

WEBVTT

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00:00:00.380 --> 00:00:03.520

[Voices] Inescapably, inescapably.</v>

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00:00:04.180 --> 00:00:08.320

[Nolan] Inescapably, foreign. Welcome to Without Borders.</v>

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00:00:08.320 --> 00:00:12.960

This is the podcast for nomads, expats, third culture kids, immigrants,

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00:00:12.960 --> 00:00:17.440

or anyone else that feels inescapably foreign. Today I'm here with Dr.

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00:00:17.440 --> 00:00:21.120

Michael Bren, aka, the travel psychologist.

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00:00:21.610 --> 00:00:25.760

So Michael is also an author, lecturer, travel storyteller,

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00:00:26.080 --> 00:00:30.720

adventurer and publisher of travel books and guides. Oh, and remember, um,

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00:00:30.720 --> 00:00:33.360

if you are new to the show, you can always access the

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00:00:33.360 --> 00:00:38.360

transcript at www.withoutborders.fyi. Well,

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00:00:38.360 --> 00:00:40.880

let's get into it. Michael, how are you doing today?

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00:00:41.210 --> 00:00:43.480

[Michael] Uh, great. Thanks for having me as a guest.</v>

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00:00:44.170 --> 00:00:47.190

[Nolan] I'm excited to have you as a guest. I've been, uh,</v>

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00:00:47.190 --> 00:00:50.670

doing a lot of research the past few days about you and your work. Um,

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00:00:50.670 --> 00:00:52.270

so Michael, where, where are you right now?

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00:00:53.170 --> 00:00:58.030

[Michael] I'm on Bainbridge. I, uh, off of Seattle,</v>

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00:00:58.090 --> 00:01:01.230

off across the sound. When you look at a map,

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00:01:01.230 --> 00:01:04.510

you'll see there's a division of Washington State,

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00:01:04.510 --> 00:01:09.460

and I'm on the same area where the Olympic Peninsula is,

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00:01:09.460 --> 00:01:12.380

where the National Park, Olympic National Park is.

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00:01:13.040 --> 00:01:16.980

[Nolan] Yes, I'm familiar. Beautiful area because I, I grew up in British Columbia,</v>

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00:01:17.070 --> 00:01:20.460

so I I also lived in Vancouver for a long time. Um,

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00:01:20.870 --> 00:01:25.060

so both West Coasters, I guess. Uh, where did you grow up, Michael?

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00:01:25.060 --> 00:01:26.660

Did you grow up in Seattle, or.

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00:01:27.070 --> 00:01:31.100

[Michael] No No, I grew up in Pennsylvania and, uh,</v>

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00:01:31.290 --> 00:01:32.900

part of my, uh,

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00:01:32.900 --> 00:01:37.460

history is I eventually moved to Hawaii to do my doctorate.

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00:01:37.970 --> 00:01:42.220

I thought if I'm going to do a PhD, uh,

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00:01:42.220 --> 00:01:44.220

and I'm bitten by the travel bug,

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00:01:44.890 --> 00:01:49.020

I couldn't find a better place at the time to dedicate five years

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00:01:49.550 --> 00:01:54.260

to working on a PhD than the beaches and beach parks of

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00:01:54.290 --> 00:01:55.123

Honolulu.

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00:01:55.980 --> 00:01:59.630

[Nolan] Yeah, I, I have some questions about that as well,</v>

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00:01:59.630 --> 00:02:02.470

because I'm also curious about the paper you wrote. Now,

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00:02:02.470 --> 00:02:05.910

I know it was a long time ago, so we don't have to get into all the details,

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00:02:05.910 --> 00:02:07.870

but I am curious about the,

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00:02:07.890 --> 00:02:12.430

the paper Intercultural Communication and the Adjustment of a

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00:02:12.780 --> 00:02:15.390

Sojourner or how, what's the word?

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00:02:15.680 --> 00:02:16.910

[Michael] Uh, Sojourner.</v>

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00:02:17.390 --> 00:02:21.650

[Nolan] Sojourner or Traveler, right. [laughter] Um, but Michael,</v>

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00:02:21.650 --> 00:02:26.450

but before we get into that, you are the man that coined the,

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00:02:26.470 --> 00:02:30.410

the phrase travel psychology. And that was in 1965,

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00:02:30.750 --> 00:02:33.730

and now if someone googles travel psychologists,

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00:02:33.730 --> 00:02:36.570

they'll see some other people pop up as well.

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00:02:36.570 --> 00:02:40.010

And it seems to be a growing field, especially in the, um,

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00:02:40.540 --> 00:02:43.690

in the social sciences. Um, now me,

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00:02:44.430 --> 00:02:47.650

I'm more familiar with the term cultural psychology. Right.

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00:02:47.650 --> 00:02:52.490

Which started in the 1920s with the, the Soviet Russians, I uh,

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00:02:52.490 --> 00:02:56.890

Lev Vygotsky and Alexander Luria. Oh, goodness. Um,

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00:02:56.900 --> 00:02:58.810

so I'm curious, how do you,

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00:02:58.960 --> 00:03:02.920

you distinguish between cultural psychology and travel psychology?

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00:03:04.150 --> 00:03:08.840

[Michael] Well, I don't, that's okay. That's it. I mean, simply stated,</v>

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00:03:08.930 --> 00:03:12.920

uh, I just plunged ahead with, uh,

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00:03:12.920 --> 00:03:17.740

thinking of all things, travel, psychology, um,

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00:03:17.780 --> 00:03:22.340

which is not so much dealing with specific cultures,

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00:03:23.070 --> 00:03:25.220

uh, as that study may be,

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00:03:25.280 --> 00:03:30.240

but basically trying to ferret out and understand better

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00:03:30.550 --> 00:03:35.040

what is it about our psychological makeup that

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00:03:35.240 --> 00:03:38.720

comes into play with travel, and how,

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00:03:39.990 --> 00:03:43.660

uh, does this affect the way we interact with people today?

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00:03:43.800 --> 00:03:46.500

International behavior is so important.

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00:03:46.880 --> 00:03:51.320

Being able to get along with people all over the globe is,

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00:03:51.530 --> 00:03:56.200

is critical. And I think, uh, at the time I started it,

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00:03:56.200 --> 00:04:00.380

people were aware of intercultural, uh,

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00:04:00.600 --> 00:04:05.220

relationships and, uh, it surprised me.

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00:04:05.220 --> 00:04:09.880

It really surprised me that no one else really before me

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00:04:10.530 --> 00:04:15.040

focused on the whole concept of what is traveling all about and,

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00:04:15.040 --> 00:04:17.440

and how is it so important in our lives.

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00:04:17.710 --> 00:04:22.210

I just couldn't believe at the time that nobody else

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00:04:22.590 --> 00:04:27.170

was really studying this. They were studying aspects of it. So, for example,

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00:04:27.860 --> 00:04:28.240

uh,

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00:04:28.240 --> 00:04:32.930

I worked for the University of Hawaii Peace Corps program where American

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00:04:32.930 --> 00:04:37.810

Peace Corps volunteers would go around the world and help, uh, with,

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00:04:37.900 --> 00:04:40.970

uh, other cultures, uh, supporting them.

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00:04:41.370 --> 00:04:46.290

These were generally, at the time, younger people full of, uh,

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00:04:46.290 --> 00:04:48.330

enthusiasm and spirit,

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00:04:49.460 --> 00:04:52.570

wanting to go help peoples of other countries.

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00:04:52.750 --> 00:04:56.530

And the University of Hawaii had a Peace Corps training program.

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00:04:57.100 --> 00:05:01.930

So I thought, wow, I should get involved with that. And I did. And,

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00:05:01.930 --> 00:05:05.890

uh, I wrote some papers about my experiences with that.

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00:05:06.280 --> 00:05:10.850

That began my learning of what it's about to study the

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00:05:10.850 --> 00:05:13.090

psychology of people traveling,

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00:05:13.270 --> 00:05:17.010

how travel affects us and how we affect others.

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00:05:18.600 --> 00:05:22.890

[Nolan] Yeah. Um, and and when you were doing the,</v>

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00:05:22.890 --> 00:05:25.850

the Peace Corpse, uh, when you were at Peace Corpse Volunteer,

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00:05:25.850 --> 00:05:30.610

that also led you to study Chinese, Japanese, Indonesian,

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00:05:30.710 --> 00:05:32.570

and even Tongan, correct?

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00:05:33.070 --> 00:05:33.850

[Michael] Yes. I,

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00:05:33.850 --> 00:05:38.730

I wish I had actually become a Peace Corps volunteer and gotten sent overseas,

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00:05:38.870 --> 00:05:43.010

but I was part of the psychology staff at the University of Hawaii.

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00:05:43.350 --> 00:05:44.370

But nonetheless,

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00:05:44.960 --> 00:05:49.530

I sat in with the trainees and studied Tongan because foreign

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00:05:49.930 --> 00:05:53.770

languages was a passion for me. And so I loved doing it.

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00:05:53.790 --> 00:05:56.810

And the funny thing was, I was the best [laughter],

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00:05:57.110 --> 00:06:01.160

I was the best speaker [laughter] among all the volunteers. I mean,

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00:06:01.160 --> 00:06:06.040

it was just nice. And I pale'd with the, um, uh, instructors.

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00:06:06.040 --> 00:06:08.720

I became sort of like a teacher's pet, so to speak.

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00:06:08.720 --> 00:06:13.720

So sometimes they came over to Honolulu because the training sites took place

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00:06:13.720 --> 00:06:16.680

on the island of Molokai, which is a neighbor island.

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00:06:16.940 --> 00:06:18.320

And so they'd meet with me,

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00:06:18.320 --> 00:06:22.480

we'd go have a beer together and talk a little Tongan and a little English,

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00:06:23.110 --> 00:06:24.880

a little bit of both. It was fun.

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00:06:25.270 --> 00:06:26.880

[Nolan] Very cool. Now,</v>

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00:06:26.880 --> 00:06:31.840

are there any words or expressions that you remember that you find difficult

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00:06:31.840 --> 00:06:33.160

to translate into English?

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00:06:33.160 --> 00:06:36.840

Because it's something I like talking about with the guests on this show who are

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00:06:36.840 --> 00:06:40.720

multilingual. Um, like for me, I speak Spanish and Flemish,

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00:06:40.720 --> 00:06:43.880

and there just are some words that you can't directly translate.

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00:06:43.880 --> 00:06:48.280

You have to provide a bunch of context for people to kind of get what it is.

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00:06:48.530 --> 00:06:52.720

So I was wondering, are there any interesting Tongan expressions or words or?

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00:06:52.720 --> 00:06:53.470

Well.

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00:06:53.470 --> 00:06:57.000

[Michael] Yeah. You know, I have to say, I'm, I'm a bit rusty.</v>

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00:06:57.970 --> 00:07:01.560

[Nolan] Oh, yes. Sorry to put you on the spot. I realize it's a, a time ago. But.</v>

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00:07:01.660 --> 00:07:05.120

[Michael] You know, things like, uh, you know, you've done things,</v>

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00:07:05.550 --> 00:07:07.520

said things so often, so

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00:07:10.680 --> 00:07:15.360

[inaudible] uh, it's just an expression pop up into my mind.

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00:07:15.360 --> 00:07:19.360

And Tongan was fairly similar to Samoan

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00:07:20.020 --> 00:07:24.800

and, uh, I could have chosen the Samoan program to work with, but,

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00:07:24.800 --> 00:07:28.960

uh, for some reason I had chosen the Tongan. Uh, but like you,

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00:07:28.960 --> 00:07:33.120

you were talking about my history a little bit. I studied, uh,

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00:07:33.150 --> 00:07:35.720

a few other languages. For example,

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00:07:35.720 --> 00:07:39.880

when the University of Psychology department, uh,

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00:07:39.950 --> 00:07:41.080

gave me a,

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00:07:41.270 --> 00:07:45.520

a leftover fellowship that somebody had to quit

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00:07:45.960 --> 00:07:49.340

and they said, would you like this fellowship? I said, sure, I'll take it.

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00:07:49.520 --> 00:07:53.180

And that included the ability to study Chinese,

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00:07:54.310 --> 00:07:57.700

uh, a whole summer language course of two,

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00:07:57.800 --> 00:08:02.100

the equivalent of two years of Chinese. And I loved that. And,

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00:08:02.100 --> 00:08:05.700

and I feel I did pretty well. And a funny anecdote,

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00:08:06.090 --> 00:08:10.500

I was only auditing the course. So the instructor called me up and said,

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00:08:10.710 --> 00:08:14.460

Michael, Michael, you did so well in the spoken part of Chinese,

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00:08:14.460 --> 00:08:19.180

but you did take the final exam in written Chinese

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00:08:19.980 --> 00:08:22.420

[laughter] And I'll tell you, that was a,

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00:08:22.560 --> 00:08:27.380

the written Chinese was just too hard to stuff into a whole

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00:08:27.380 --> 00:08:29.940

summer with what, with learning to speak.

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00:08:29.940 --> 00:08:33.580

I wanted to learn to speak more than I was concerned with reading it.

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00:08:33.580 --> 00:08:35.540

And I said to the professor,

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00:08:35.540 --> 00:08:39.900

thank you so much for calling me and warning me that you'd have to fail me in

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00:08:39.900 --> 00:08:40.480

the course,

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00:08:40.480 --> 00:08:45.300

cuz I didn't take the written exam on written language of

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00:08:45.300 --> 00:08:48.420

Chinese. And I said, I'm only auditing the courses.

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00:08:48.920 --> 00:08:52.260

I'm not taking them for credit. And he went, he was so relieved,

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00:08:52.770 --> 00:08:57.040

it was so nice of him to call me. But, uh, and I took, uh,

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00:08:57.310 --> 00:09:01.680

Indonesian, I got a little grant to study the equivalent of two years of,

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00:09:01.690 --> 00:09:06.160

of Indonesian, but if you don't use 'em, you lose 'em.

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00:09:06.170 --> 00:09:10.640

So I got a little rusty, and every once in a while, I'll speak a little German,

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00:09:10.670 --> 00:09:14.520

a little Spanish, a little French, uh, some Russian.

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00:09:14.520 --> 00:09:16.080

I have three years of college Russian,

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00:09:16.580 --> 00:09:19.240

but I don't often get to use them all the time.

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00:09:19.620 --> 00:09:23.480

And this is what's so wonderful about being a Peace Corps volunteer,

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00:09:24.050 --> 00:09:25.960

is the language training they give you.

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00:09:26.140 --> 00:09:29.000

You get to go to the country if you're lucky,

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00:09:29.000 --> 00:09:32.240

you don't have a bad case of culture shock.

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00:09:32.670 --> 00:09:34.280

That is when,

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00:09:34.640 --> 00:09:39.160

just at the point where you need the understanding of the nonverbal

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00:09:39.160 --> 00:09:43.720

aspects and the interpersonal aspects of interacting with people,

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00:09:43.830 --> 00:09:47.440

you're still not good enough in the language and you're not getting it.

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00:09:47.440 --> 00:09:51.530

And your interactions, you get depressed. That's called culture shock.

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00:09:51.790 --> 00:09:56.010

And when you finally overcome that and turn it all around,

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00:09:56.010 --> 00:09:59.810

you become more fluid in the language. You're getting along with the people,

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00:09:59.810 --> 00:10:00.600

much better.

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00:10:00.600 --> 00:10:05.290

You're understanding them and you're adjusting better and you're happier.

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00:10:05.790 --> 00:10:09.220

All of us that go overseas, excuse me,

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00:10:09.220 --> 00:10:13.980

get a little touch of it and, uh, you just have to bear with it and overcome it,

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00:10:13.980 --> 00:10:18.460

and then you do just fine. That's just a little aspect of travel psychology.

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00:10:19.180 --> 00:10:21.550

[Nolan] Yeah. So now that I, um,</v>

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00:10:21.880 --> 00:10:24.750

in travel psychology or in cultural psychology as well,

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00:10:24.750 --> 00:10:27.870

they do talk about culture shock and, um,

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00:10:27.870 --> 00:10:31.750

the adjustment period and how it can vary from person to person.

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00:10:32.330 --> 00:10:37.070

Now what, what are some tricks you would give people to,

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00:10:37.440 --> 00:10:39.870

um, shorten this culture shock period,

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00:10:40.480 --> 00:10:44.870

or to adjust in ways that might make it a little bit easier?

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00:10:46.100 --> 00:10:48.650

[Michael] Uh, fortunately, uh,</v>

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00:10:49.120 --> 00:10:53.770

time and motivation and excitement are on your side

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00:10:54.100 --> 00:10:59.090

because when you're traveling, uh, you just open yourself up more.

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00:10:59.300 --> 00:11:04.010

If you are eager to delve into and immerse yourself into a

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00:11:04.010 --> 00:11:05.690

culture, uh,

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00:11:05.800 --> 00:11:10.800

it's lucky that the travel experience just suddenly cracks

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00:11:10.800 --> 00:11:11.680

open the universe.

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00:11:12.350 --> 00:11:16.760

Suddenly you realize it's the most exciting and quickest way

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00:11:17.210 --> 00:11:19.760

to learn. When you're an excited traveler,

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00:11:19.980 --> 00:11:24.760

you have all this new stimuli coming in from every direction and

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00:11:24.830 --> 00:11:29.520

deeply ingrained in your personal being in your mind is,

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00:11:29.880 --> 00:11:34.180

today is the first day of the rest of my travel life.

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00:11:34.700 --> 00:11:37.560

And here's what I think helps us all.

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00:11:37.820 --> 00:11:42.520

And that is the notion that when you're eager and you're excited

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00:11:42.620 --> 00:11:47.420

and you have all these new exciting experiences and you're open to it,

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00:11:48.020 --> 00:11:50.490

uh, there's no better quicker way to learn.

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00:11:50.670 --> 00:11:54.880

Cuz you're constantly getting reinforced by making good decisions.

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00:11:55.490 --> 00:11:56.640

Uh, so in other words,

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00:11:56.900 --> 00:12:01.320

you make an effort to speak to somebody you don't fully

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00:12:01.320 --> 00:12:04.920

understand and appreciate the, the menus and the foods.

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00:12:05.260 --> 00:12:09.280

But if you just explore, which is why you're there to explore,

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00:12:09.580 --> 00:12:13.970

you are there when you're traveling to be all that you can be,

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00:12:14.900 --> 00:12:16.050

to personally grow,

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00:12:16.300 --> 00:12:20.810

to personally have these new experiences and the excitement of the successes

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00:12:21.230 --> 00:12:23.530

and the effect the successes have on you,

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00:12:23.910 --> 00:12:28.850

far exceeds the little failures that we all have. Little failures,

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00:12:28.850 --> 00:12:32.330

we overcome them. Fortunately, when we're traveling, they're not too,

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00:12:32.330 --> 00:12:37.050

too serious. It's just more serious when you're spending a longer time.

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00:12:37.350 --> 00:12:40.330

Now, I don't know your personal experience, so I'd like to ask you,

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00:12:40.790 --> 00:12:42.970

but how long have you been in Spain?

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00:12:44.100 --> 00:12:47.330

[Nolan] Um, I've been here two years. Well,</v>

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00:12:47.330 --> 00:12:51.010

there was a year where I was going back and forth between Belgium and Spain. Uh,

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00:12:51.010 --> 00:12:52.610

but I've been here for two years now.

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00:12:53.110 --> 00:12:57.890

[Michael] Did you experience some of these periods of time when you felt, oh my gosh,</v>

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00:12:57.890 --> 00:12:59.650

I'm just not getting it.

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00:12:59.650 --> 00:13:03.410

I'm not understanding everything and [laughter]

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00:13:03.410 --> 00:13:07.130

[Nolan] No. Uh, but that's because I'm a little bit of a, an anomaly.</v>

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00:13:07.240 --> 00:13:12.210

I was pretty much born on a plane [laughter] I was born in, uh, um,

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00:13:12.620 --> 00:13:15.050

chillis, south America and San Santiago.

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00:13:15.480 --> 00:13:18.170

Then a year later I was an Antwerp, Belgium.

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00:13:18.310 --> 00:13:22.810

And then a year after that I was in Canada and my parents took me a different

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00:13:22.810 --> 00:13:25.770

country every year. So, um.

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00:13:25.990 --> 00:13:30.050

[Michael] And look, if you look at the life you're leading, uh, I,</v>

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00:13:30.120 --> 00:13:32.810

I imagine there's nothing more exciting, uh,

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00:13:32.810 --> 00:13:37.010

than the life that you're experiencing and you're living all these things that a

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00:13:37.010 --> 00:13:41.850

lot of us need to deal with more if we're not lucky enough to have

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00:13:41.850 --> 00:13:46.250

been born in another culture where the language is coming fast and furious

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00:13:46.470 --> 00:13:49.930

and you're learning it as a kid. There's nothing like that.

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00:13:50.230 --> 00:13:51.770

But we do the best we can.

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00:13:52.310 --> 00:13:53.290

[Nolan] And yeah, well,</v>

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00:13:53.290 --> 00:13:57.450

I I didn't speak Spanish beforehand because I was only in Chile as a baby.

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00:13:57.550 --> 00:14:01.410

And then with my parents, I spoke Flemish, um, yeah,

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00:14:01.410 --> 00:14:03.810

it was Flemish and then I grew up speaking English,

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00:14:03.810 --> 00:14:08.730

so I did have to learn Spanish here in Spain. And I'm still learning. Um,

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00:14:08.730 --> 00:14:12.170

yeah, uh, I'm enjoying it. I love language as well,

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00:14:12.170 --> 00:14:16.750

but it's definitely more of a struggle than I thought. Um, but yeah, I,

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00:14:17.090 --> 00:14:20.990

I'm definitely an advocate for people getting out there and experiencing new

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00:14:20.990 --> 00:14:22.750

cultures. And I'm,

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00:14:22.750 --> 00:14:26.550

I'm proud and I feel fortunate for the fact that I was able to live in so many

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00:14:26.550 --> 00:14:28.390

different countries at an early age.

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00:14:28.650 --> 00:14:33.590

But there are definitely psychological phenomenon and problems as well.

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00:14:34.060 --> 00:14:38.710

With being a third, third culture kid. I've definitely had identity issues,

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00:14:39.280 --> 00:14:44.190

um, sometimes still do. Right. I'm constantly struggling to find out where my,

235

00:14:45.130 --> 00:14:49.490

where I might be rooted. And at this point, I don't feel really rooted anywhere.

236

00:14:49.580 --> 00:14:52.040

Um, but that also makes me feel, feel like a world citizen,

237

00:14:52.120 --> 00:14:54.360

which you go into as well.

238

00:14:54.970 --> 00:14:57.550

[Michael] That's, uh, that's great.</v>

239

00:14:57.550 --> 00:15:02.310

And that's what I love about travel is I'm on my way to developing

240

00:15:02.310 --> 00:15:05.270

myself somewhat as more of a world citizen.

241

00:15:05.600 --> 00:15:10.150

We need more people who have this world citizenship

242

00:15:10.340 --> 00:15:13.310

experience, a notion about themselves.

243

00:15:13.700 --> 00:15:16.830

Then if many of us were more like this,

244

00:15:17.740 --> 00:15:21.870

I think we would have, uh, more peace in the world. But, you know,

245

00:15:21.870 --> 00:15:23.990

that's just a little bit of philosophizing.

246

00:15:24.600 --> 00:15:28.770

[Nolan] Yeah, no, I, I agree. I mentioned this on a another show,</v>

247

00:15:28.770 --> 00:15:32.490

and even though I do think there's a role for patriotism, uh,

248

00:15:32.490 --> 00:15:33.450

especially in sports,

249

00:15:33.450 --> 00:15:37.890

like I think sports would be boring as hell if it wasn't for patriotism.

250

00:15:38.300 --> 00:15:40.890

Uh, but that's not to be confused with nationalism, right?

251

00:15:40.890 --> 00:15:45.710

I think that's something that people have to avoid.

252

00:15:45.730 --> 00:15:48.990

And I think travel is one of the things that can, can, um,

253

00:15:49.310 --> 00:15:52.430

dismantle nationalism, uh, what, what do you think?

254

00:15:53.040 --> 00:15:55.030

[Michael] Oh, I totally agree with you. Uh,</v>

255

00:15:55.620 --> 00:16:00.230

that's where my learning and traveling is, has brought me,

256

00:16:00.840 --> 00:16:05.470

uh, that exact, uh, conclusion. Absolutely.

257

00:16:06.210 --> 00:16:08.440

[Nolan] Um, now here, just to start from the beginning, cause I,</v>

258

00:16:08.440 --> 00:16:11.480

I do want to get into your new books, but, um, I,

259

00:16:11.480 --> 00:16:15.880

I was curious about the paper your, uh, that was published in the prestigious,

260

00:16:16.090 --> 00:16:18.320

uh, Psychological Bulletin, right?

261

00:16:18.320 --> 00:16:23.280

So intercultural communication and the adjustment of a Sojourner. Um,

262

00:16:23.280 --> 00:16:27.120

so I know you're right about the social patterns of behavior and personality

263

00:16:27.150 --> 00:16:31.880

traits you noticed when studying expats, immigrants. And, um,

264

00:16:32.250 --> 00:16:32.880

so I'm just,

265

00:16:32.880 --> 00:16:36.240

I'm curious to know a little bit more about these social patterns and

266

00:16:36.240 --> 00:16:40.160

personality traits that you noticed with people who are,

267

00:16:40.260 --> 00:16:43.000

are keen to kind of live a nomadic lifestyle.

268

00:16:44.540 --> 00:16:49.090

[Michael] There's nothing like being shocked in a pleasant way when you're traveling.</v>

269

00:16:49.480 --> 00:16:54.460

I just re recall one time when I was crossing a straight Morocco and here

270

00:16:54.460 --> 00:16:59.160

crossing oppositely coming into the direction, uh, where I was,

271

00:16:59.340 --> 00:17:00.760

was a woman, uh,

272

00:17:00.760 --> 00:17:05.720

whose whole face and body was covered except for her

273

00:17:05.720 --> 00:17:09.850

eyes. You know, it is sort of like fast forward,

274

00:17:10.560 --> 00:17:14.450

it's a, in an analogous way, uh, how many of us,

275

00:17:14.780 --> 00:17:17.050

whether we were aware of it or not,

276

00:17:17.410 --> 00:17:21.170

we're facing other people during the covid epidemic.

277

00:17:21.420 --> 00:17:26.030

We might as well have just been looking at someone who just showed a pair of

278

00:17:26.030 --> 00:17:28.190

eyes to us and nothing else.

279

00:17:28.690 --> 00:17:32.310

And all of a sudden when she and I passed one another,

280

00:17:33.110 --> 00:17:37.720

she winked at me and it threw me

281

00:17:37.960 --> 00:17:41.920

into a, a, a pleasant fit. Like, oh my God,

282

00:17:43.000 --> 00:17:44.650

what's with this other person?

283

00:17:44.760 --> 00:17:49.260

I had no other way to read our interaction.

284

00:17:49.460 --> 00:17:53.680

And then our interpersonal behavior, other than she winked at me.

285

00:17:53.860 --> 00:17:55.720

And I thought, Hmm,

286

00:17:56.070 --> 00:18:00.640

I think that this was a very modern day woman in

287

00:18:00.640 --> 00:18:05.240

Morocco just covered up as it was around that period of time.

288

00:18:05.380 --> 00:18:10.080

And Morocco, it's less so today. And I started imagining, I mean,

289

00:18:10.080 --> 00:18:14.120

I never had any interaction with or beyond that, but I started to think,

290

00:18:14.880 --> 00:18:15.830

my gosh, you know,

291

00:18:15.830 --> 00:18:20.830

that's tabula rasa blank tablet when you're, uh,

292

00:18:20.830 --> 00:18:25.390

faced with another person and you do not have all the different ways

293

00:18:26.080 --> 00:18:30.870

or accused of understanding or even beginning to interact with

294

00:18:30.870 --> 00:18:31.703

one another.

295

00:18:32.130 --> 00:18:36.350

I'm sure I smiled in my flabbergasted way,

296

00:18:36.530 --> 00:18:39.550

and I'm sure she was left with an opinion,

297

00:18:40.350 --> 00:18:44.630

probably laughed and probably thought, oh, the poor, poor guy. He just hadn't,

298

00:18:44.630 --> 00:18:49.510

he didn't have a clue really how to react to me. And, uh,

299

00:18:49.600 --> 00:18:53.510

so our worlds then separated. And that was a,

300

00:18:54.100 --> 00:18:58.910

a stunning moment in my life that got me to thinking how much we

301

00:18:58.910 --> 00:19:03.590

take for granted in our interactions with people, and how few,

302

00:19:03.590 --> 00:19:04.423

how little,

303

00:19:04.690 --> 00:19:09.450

how few people really appreciated the fact that

304

00:19:09.450 --> 00:19:12.850

most of their interactions with people,

305

00:19:12.970 --> 00:19:16.570

let's say in their own cultures, were so automatic,

306

00:19:16.820 --> 00:19:20.090

so pre-programmed, so regulated,

307

00:19:20.090 --> 00:19:22.010

so predictable

308

00:19:22.010 --> 00:19:25.050

And then that had me starting to think more, well,

309

00:19:25.330 --> 00:19:28.690

isn't that a little bit more of what it's like when you're,

310

00:19:28.760 --> 00:19:32.290

find yourself totally into a new country,

311

00:19:32.320 --> 00:19:35.970

a new culture where you haven't interacted that much with the people.

312

00:19:36.630 --> 00:19:41.480

How much do we take for granted from what comes

313

00:19:41.480 --> 00:19:46.480

from living in a like America or Chile or

314

00:19:46.480 --> 00:19:48.520

Germany? Um,

315

00:19:48.560 --> 00:19:53.170

where suddenly we realized, well,

316

00:19:53.790 --> 00:19:57.460

there's much more to what's going on between people.

317

00:19:58.370 --> 00:20:01.990

And there's nothing like covid to let you see,

318

00:20:02.940 --> 00:20:07.070

suddenly to realize that, my goodness, I'm taking so much for granted. You know?

319

00:20:07.070 --> 00:20:11.270

And you're smiling under your mask and you realize suddenly, oh, oh,

320

00:20:11.270 --> 00:20:12.510

they don't see me smiling,

321

00:20:12.890 --> 00:20:16.230

but they may see my eyes doing something a little bit.

322

00:20:16.280 --> 00:20:20.870

So I began to focus on my,

323

00:20:20.960 --> 00:20:24.990

uh, doctoral dissertation for a second on the, uh,

324

00:20:24.990 --> 00:20:27.860

human use of space, uh,

325

00:20:28.400 --> 00:20:31.260

and the specific little study that I did,

326

00:20:31.260 --> 00:20:36.140

because you can only do a teeny tiny fraction of anything when

327

00:20:36.140 --> 00:20:41.060

you're doing a, a thesis for your master's or your PhD. And I decided,

328

00:20:41.100 --> 00:20:46.060

would it be possible to measure human attitudes with a ruler?

329

00:20:46.390 --> 00:20:49.790

Uh, you know, I should have played that up more, uh,

330

00:20:49.790 --> 00:20:54.150

when I was writing my dissertation, but I would've been jumped on, jumped upon,

331

00:20:55.000 --> 00:20:59.950

uh, the faculty who were gonna, uh, challenge me with good,

332

00:21:00.150 --> 00:21:04.670

interesting questions to defend, circle, defend my dissertation.

333

00:21:05.400 --> 00:21:09.230

Uh, but that was fun for me. I really got into it. I.

334

00:21:09.230 --> 00:21:11.630

[Nolan] This is something you accomplish it. How, how can you.</v>

335

00:21:11.640 --> 00:21:15.510

[Michael] Oh, I did, I did it. I, it didn't take me that long. Uh,</v>

336

00:21:15.510 --> 00:21:20.470

I knew early on that the best way to do a doctoral thesis was to collect your

337

00:21:20.470 --> 00:21:23.470

data in the quickest amount of time that you could.

338

00:21:24.290 --> 00:21:28.920

So I had use of one section of the cafeteria at the

339

00:21:28.920 --> 00:21:33.600

University of Hawaii for inviting my subject, my guests, uh,

340

00:21:33.600 --> 00:21:37.040

the participants who volunteered probably for course credit as well,

341

00:21:37.410 --> 00:21:38.640

to be my subjects.

342

00:21:38.770 --> 00:21:43.640

So I had 78 people arranging a little collection of

343

00:21:44.170 --> 00:21:48.800

symbols, maybe political figures, uh, uh,

344

00:21:49.190 --> 00:21:52.680

friend, acquaintance, stranger as a checkpoint.

345

00:21:53.000 --> 00:21:54.680

Cause I predicted that friends,

346

00:21:55.290 --> 00:22:00.040

if I asked you to place myself on a little sticker on a field that I was gonna

347

00:22:00.040 --> 00:22:04.000

ask you questions to make up a story about the characters. And then I asked you,

348

00:22:04.410 --> 00:22:07.360

uh, okay, now place an acquaintance, now place a stranger.

349

00:22:08.100 --> 00:22:12.800

And I measured the distance between their placement of these stickers and the

350

00:22:12.800 --> 00:22:16.590

concept of myself. And I predicted, for example,

351

00:22:16.590 --> 00:22:21.520

that friends would be placed closer to the concept of me, myself,

352

00:22:21.520 --> 00:22:26.280

and I, than a stranger would. And that was a little check and balance. So yes,

353

00:22:26.280 --> 00:22:29.480

and I did little sets of different concepts.

354

00:22:29.740 --> 00:22:34.160

[Nolan] And did you notice any differences between people who were from, uh,</v>

355

00:22:34.160 --> 00:22:37.480

a collectivistic background versus an individualistic background?

356

00:22:37.480 --> 00:22:39.830

Because of course, there are, uh,

357

00:22:39.830 --> 00:22:44.830

differences with how easy it is to penetrate an in, um, an inner circle, right?

358

00:22:44.830 --> 00:22:47.550

An individualistic, uh, cultures.

359

00:22:47.550 --> 00:22:49.870

It's quite easy to —

360

00:22:49.870 --> 00:22:53.590

[Michael] That's a very good question. Very good question. And fortunately,

361

00:22:53.590 --> 00:22:56.790

living in Hawaii where you had different people of different cultural

362

00:22:56.790 --> 00:22:59.630

backgrounds, you might get some of these differences.

363

00:23:00.080 --> 00:23:03.750

So I'd had Japanese Americans, Japanese Hawaiian Americans,

364

00:23:04.800 --> 00:23:07.240

uh, people from, uh,

365

00:23:07.720 --> 00:23:12.640

Japanese American backgrounds in Hawaii as she would've Chinese, Korean,

366

00:23:13.830 --> 00:23:18.440

Samoan. Uh, but I, I showed that, uh,

367

00:23:19.290 --> 00:23:23.870

the differences between peoples was fairly consistent

368

00:23:24.790 --> 00:23:26.300

in that, uh,

369

00:23:26.560 --> 00:23:31.340

the concepts that you liked or that you disliked, uh,

370

00:23:31.340 --> 00:23:34.950

were all always placed closer to okay,

371

00:23:35.000 --> 00:23:36.830

no matter what cultures you were from.

372

00:23:37.120 --> 00:23:41.270

So that was like a law of the universe that, uh,

373

00:23:41.270 --> 00:23:46.160

those that you have more positive regard and affect towards are going to be

374

00:23:46.160 --> 00:23:50.480

closer to you. So when I did that paper, getting back to that paper,

375

00:23:50.480 --> 00:23:54.960

intercultural communication and, uh, the adjustment of the soldier,

376

00:23:55.710 --> 00:23:59.920

that was really what were some of the factors that influenced,

377

00:24:00.490 --> 00:24:04.800

uh, your, uh, interactions with people of different cultures?

378

00:24:05.020 --> 00:24:09.960

One aspect of that was the whole concept of psychological distance,

379

00:24:10.880 --> 00:24:13.040

physical distance, conversation, distance,

380

00:24:13.300 --> 00:24:17.720

the amount of touching and physical bodily interactions that we have,

381

00:24:17.980 --> 00:24:22.520

how far apart we stand. And there I saw differences.

382

00:24:22.940 --> 00:24:23.750

For example,

383

00:24:23.750 --> 00:24:27.960

I found that people of South American origins

384

00:24:28.240 --> 00:24:32.840

generally had closer interacting distances, uh,

385

00:24:32.840 --> 00:24:37.000

between themselves and others. And we interpret that differently.

386

00:24:37.300 --> 00:24:42.120

And in this study of collecting different studies together, I found,

387

00:24:42.120 --> 00:24:44.600

for example, in my own life experience,

388

00:24:45.190 --> 00:24:48.960

I went to Mexico as a high school student. Uh,

389

00:24:48.960 --> 00:24:53.800

we had a trip to Mexico and, uh, you know, friends take, uh,

390

00:24:54.000 --> 00:24:58.760

video and films and movies of one another in the culture. And I never,

391

00:24:58.760 --> 00:25:01.800

I'll never forget, I was standing on the steps of, uh,

392

00:25:01.800 --> 00:25:05.920

the big cathedral in Mexico City and the vendors,

393

00:25:06.610 --> 00:25:10.840

uh, that sell you items that travelers I like to get, you know,

394

00:25:11.410 --> 00:25:12.120

uh, I,

395

00:25:12.120 --> 00:25:16.830

I kept noticing he was moving into my space and I was always moving

396

00:25:16.830 --> 00:25:21.550

backwards. And that the film showed me moving away, moving in, moving away.

397

00:25:21.890 --> 00:25:24.430

And whether I was conscious of it at the time,

398

00:25:25.730 --> 00:25:28.460

I didn't really know the social science behind it,

399

00:25:28.720 --> 00:25:33.700

but I realized that Mexican people tended to talk a

400

00:25:33.700 --> 00:25:38.220

little bit closer to one another, uh, than, uh, non-Hispanic.

401

00:25:38.720 --> 00:25:41.700

And, and there were different kinds of predictions.

402

00:25:42.010 --> 00:25:46.860

I saw the same sort of thing operating a little bit with Scandinavians,

403

00:25:46.860 --> 00:25:51.460

having further, uh, conversational distances, uh,

404

00:25:51.460 --> 00:25:53.540

English people, the same thing.

405

00:25:53.840 --> 00:25:58.460

And I didn't really know it until I started learning all this research that

406

00:25:58.930 --> 00:26:03.700

they constantly are adjusting their spatial interactions as a cultural thing,

407

00:26:03.950 --> 00:26:08.180

because they need to be closer. That's how they were raised, born and raised.

408

00:26:08.320 --> 00:26:12.860

And sometimes it can be misinterpreted as cult, uh,

409

00:26:12.890 --> 00:26:17.100

colder, less, uh, personal. Uh,

410

00:26:17.100 --> 00:26:21.020

and these are subtle interactions that color or interactions.

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00:26:21.470 --> 00:26:23.700

So the intercultural communication,

412

00:26:23.700 --> 00:26:28.150

the adjustment of soldier included not only distance,

413

00:26:28.520 --> 00:26:32.550

uh, interactions, but, uh, social, psychological,

414

00:26:33.770 --> 00:26:37.160

uh, interaction too. So it covers a lot of things. And by the way,

415

00:26:38.240 --> 00:26:43.130

anyone who wants to read this paper absolutely, for free, no charge,

416

00:26:43.280 --> 00:26:47.960

just go to my website and look up intercultural communication.

417

00:26:47.960 --> 00:26:51.240

You should find it. I have a little play on words.

418

00:26:51.240 --> 00:26:55.950

I call it travel psychology university. It's just,

419

00:26:56.020 --> 00:26:59.910

I have a few things that are more academic. Uh,

420

00:26:59.910 --> 00:27:02.110

but feel free to go there and take a peek.

421

00:27:02.450 --> 00:27:05.310

[Nolan] And I think the paper is 106 on your website, right?</v>

422

00:27:05.310 --> 00:27:08.830

Because I think you have 1, 102, 103.

423

00:27:08.830 --> 00:27:12.710

[Michael] There's different things. Yeah. I, I think it may be 106 </v>

424

00:27:12.710 --> 00:27:16.820

And just keep in mind, at the time you're a graduate student,

425

00:27:17.510 --> 00:27:21.240

if you're lucky enough to get an article, uh,

426

00:27:21.240 --> 00:27:25.600

published in a prestigious university, uh, I mean, uh, uh,

427

00:27:25.950 --> 00:27:30.100

what are they called? Uh, there's a term for juried,

428

00:27:30.330 --> 00:27:32.700

kind of juried, um,

429

00:27:33.450 --> 00:27:38.090

paper that's really an accomplishment for a graduate student..

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00:27:38.090 --> 00:27:42.450

Can I get to an anecdote that some of people in the audience will appreciate

431

00:27:42.640 --> 00:27:43.770

more than others?

432

00:27:44.350 --> 00:27:48.090

But the first day I went to the University of Hawaii,

433

00:27:48.870 --> 00:27:49.690

the first day,

434

00:27:49.690 --> 00:27:54.690

they introduced the students one at a time to a big circle full of

435

00:27:55.230 --> 00:27:56.970

instructors. So you're,

436

00:27:57.300 --> 00:28:01.570

they're all sitting around you and you're the only student in it at that

437

00:28:01.570 --> 00:28:06.410

particular time, and they want to get to know you. So all eyes are upon you.

438

00:28:07.410 --> 00:28:11.710

And, uh, so two of the faculty members asked me a question,

439

00:28:12.380 --> 00:28:17.320

what are you here to study? Oh, okay. Valid question.

440

00:28:17.320 --> 00:28:21.240

It would introduce me to the group of faculty members. I said,

441

00:28:22.220 --> 00:28:24.840

I'm here to study the psychology of travel.

442

00:28:25.470 --> 00:28:29.450

I swear to you that's exactly what I said. Well, so happens.

443

00:28:29.450 --> 00:28:34.050

These two people that asked me this question were serious

444

00:28:34.320 --> 00:28:38.930

animal behaviorist psychologists. What does I mean by that?

445

00:28:39.280 --> 00:28:43.410

They studied animal behavior and controlled experiments,

446

00:28:43.870 --> 00:28:48.450

for example, most people think of that as rats running mazes.

447

00:28:49.020 --> 00:28:52.930

So these psychologists study the behavior of animals,

448

00:28:53.780 --> 00:28:58.330

uh, how that may compare to human behavior. Well, I wanna tell you,

449

00:28:58.720 --> 00:29:01.650

I was not an animal research psychologist.

450

00:29:01.920 --> 00:29:06.130

I never handled a rat in any of my psychology courses.

451

00:29:06.830 --> 00:29:11.290

And so I said, I'm here to study the psychology of travel. Well,

452

00:29:12.870 --> 00:29:16.260

one of them said to me,

453

00:29:16.270 --> 00:29:21.200

in front of all these faculty members, there's no such thing as that.

454

00:29:21.930 --> 00:29:25.380

You can't study the psychology of travel here.

455

00:29:26.730 --> 00:29:28.350

[Nolan] But I find that so strange. Like,</v>

456

00:29:28.350 --> 00:29:32.950

why wouldn't they have heard about Lev Vigotsky and Alexander,

457

00:29:33.880 --> 00:29:35.510

uh, Luria and

458

00:29:35.510 --> 00:29:39.150

[Michael] Of course, they were animal behavioral psychologists.</v>

459

00:29:39.150 --> 00:29:44.060

They were not interested so much in human behavior as animal

460

00:29:44.340 --> 00:29:48.850

behavior, as odd as I may sound. But wait, I said, number one,

461

00:29:48.850 --> 00:29:53.130

I may have stood up and I may have pointed right to them.

462

00:29:54.520 --> 00:29:59.290

I said, number one, who are you to define what this field is all about?

463

00:29:59.390 --> 00:30:04.090

Can you imagine doing that as a graduate student to these faculty members?

464

00:30:04.680 --> 00:30:07.650

I said, if that's your attitude, I don't think I want to be here.

465

00:30:08.150 --> 00:30:12.830

And I got up and I walked down to that room and I thought to myself, my God,

466

00:30:12.850 --> 00:30:16.190

how could you do such a stupid thing? But wait, I'm almost finished.

467

00:30:16.890 --> 00:30:21.550

Two other faculty members ran behind me, tapped me on the shoulder.

468

00:30:21.550 --> 00:30:23.350

And they said, you get back in there.

469

00:30:23.540 --> 00:30:27.710

Just because they said that doesn't mean the rest of us agree with them.

470

00:30:27.850 --> 00:30:31.860

And these are the more humanistic, uh, psychology professors.

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00:30:31.860 --> 00:30:36.780

So that's really how I started the subject matter of the study of the

472

00:30:36.780 --> 00:30:37.940

psychology of travel.

473

00:30:38.510 --> 00:30:42.660

[Nolan] Oh, okay. And was, cause I, I know you mentioned in your,</v>

474

00:30:42.660 --> 00:30:47.220

the beginning of your book, you also mentioned Dr. Herbert b Weaver. Uh,

475

00:30:47.220 --> 00:30:49.820

was he a faculty member at that time as well?

476

00:30:50.420 --> 00:30:52.520

[Michael] Yes, he was. And he was,</v>

477

00:30:53.050 --> 00:30:56.400

he was involved with the visitor industry in Hawaii.

478

00:30:56.490 --> 00:30:58.920

He was one of those people that thought, okay,

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00:30:59.150 --> 00:31:03.600

here's somebody that's interested in some of the things I'm doing, and wow,

480

00:31:03.870 --> 00:31:08.520

psychology of travel. This is a terrific thing. And he became my mentor,

481

00:31:09.910 --> 00:31:12.660

uh, during my psych psychology studies there.

482

00:31:13.740 --> 00:31:17.110

[Nolan] Okay. Because I'm, I'm curious about one thing, cuz obviously this is,</v>

483

00:31:17.110 --> 00:31:20.390

this is quite an old study and I'm not a hundred percent sure if it's,

484

00:31:20.390 --> 00:31:24.830

it's still applies today. And I'm wondering what you think, cuz he looked,

485

00:31:25.160 --> 00:31:26.870

um, uh,

486

00:31:26.870 --> 00:31:31.350

his findings were that Catholics and Mormons had significantly more

487

00:31:31.670 --> 00:31:35.830

negative attitudes towards abortion than either, uh,

488

00:31:35.830 --> 00:31:39.750

Protestants or those with no religious preference.

489

00:31:40.050 --> 00:31:41.590

[Michael] And that was Herbert Weaver.</v>

490

00:31:42.080 --> 00:31:46.690

[Nolan] Yeah. Yeah. Well, from what I could find, and I found it interesting because,</v>

491

00:31:47.500 --> 00:31:52.050

um, well America on average is more Protestant than, than Catholic.

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00:31:52.710 --> 00:31:57.130

And I think the abortion laws, especially right now, are just fucked up.

493

00:31:57.260 --> 00:32:00.210

Usually I have a little bit more respect for, um,

494

00:32:00.730 --> 00:32:03.050

[laughter] when cultures have certain, uh,

495

00:32:03.050 --> 00:32:06.890

different views about abortion and things like that. But in the case,

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00:32:06.900 --> 00:32:08.130

in the US I,

497

00:32:08.240 --> 00:32:12.730

I don't respect it as much because I feel like it's just gone backwards. Um,

498

00:32:12.730 --> 00:32:14.410

but anyways, the other reason I was,

499

00:32:14.440 --> 00:32:19.010

I founded an interesting finding is because something else I heard is that

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00:32:19.010 --> 00:32:23.610

Protestants are on average more likely than Catholics to show the

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00:32:23.610 --> 00:32:27.450

fundamental attribution error. Uh, so that's the,

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00:32:27.450 --> 00:32:32.410

the tendency to see behavior as reflecting individual dispositions rather

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00:32:32.410 --> 00:32:36.490

than social context and roles. It's like, based on that,

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00:32:36.800 --> 00:32:38.690

I would think that Catholics,

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00:32:38.800 --> 00:32:41.960

since they might not have the fundamental attribution error,

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00:32:42.030 --> 00:32:45.540

that they might be more open to understanding it.

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00:32:45.540 --> 00:32:48.100

But it seems like that's not the case. Uh,

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00:32:48.100 --> 00:32:50.860

I was wondering if you have any insight on this, because, uh,

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00:32:50.860 --> 00:32:54.180

I knew that you had a personal connection with Dr. Herbert. So.

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00:32:55.580 --> 00:32:57.530

[Michael] No, you know, I did not</v>

511

00:32:59.150 --> 00:33:04.110

interest myself or focus on that aspect of human behavior at

512

00:33:04.110 --> 00:33:07.910

all. I really didn't, I was not interested in that.

513

00:33:08.300 --> 00:33:12.600

I was more interested in basically, uh,

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00:33:12.600 --> 00:33:16.360

what happens to an American in another culture. You know,

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00:33:16.360 --> 00:33:20.040

you can't study everything. You can only, uh,

516

00:33:20.040 --> 00:33:23.000

limit yourself to the sorts of things that you were interested in.

517

00:33:23.230 --> 00:33:27.760

I was more interested in intercultural intercultural interactions.

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00:33:27.760 --> 00:33:31.800

Hawaii was a place where you had people from all different kinds of cultural

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00:33:31.800 --> 00:33:32.633

backgrounds.

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00:33:32.910 --> 00:33:37.600

I know that religion has played some part in the history of, uh,

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00:33:38.070 --> 00:33:41.810

development, social development in Hawaii. Uh,

522

00:33:41.920 --> 00:33:46.570

I was not often thrilled with, uh, what some of the,

523

00:33:47.180 --> 00:33:50.450

uh, white man's organized religions, uh,

524

00:33:50.870 --> 00:33:55.330

did in their influence, uh, throughout Pacific cultures, uh,

525

00:33:55.380 --> 00:33:58.570

as Europeans did to the Native Americans.

526

00:33:59.120 --> 00:34:03.650

I was not interested in those subjects as much as

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00:34:03.950 --> 00:34:08.330

the psychological topics that pertain to people as a general rule,

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00:34:08.940 --> 00:34:12.050

uh, across the board. So I didn't focus on any of that.

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00:34:12.200 --> 00:34:17.170

I don't think I ever discussed with him those papers. And frankly,

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00:34:17.170 --> 00:34:21.610

I wasn't even in aware of what you were just telling because, uh,

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00:34:21.960 --> 00:34:24.010

I didn't necessarily delve into his,

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00:34:24.600 --> 00:34:29.420

his own personal research when he did his graduate work also in Philadelphia.

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00:34:29.970 --> 00:34:33.420

[Nolan] Well, that's fine. We, we can get into more of than, than what you were,</v>

534

00:34:33.420 --> 00:34:37.500

what you're Yeah. More, um, an, an expert on, so when it comes to inter

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00:34:39.060 --> 00:34:41.380

cultural, um, interactions,

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00:34:41.380 --> 00:34:45.140

it often makes me think of intercultural competence, right?

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00:34:45.140 --> 00:34:49.340

Which is important for businesses and just people in general. Uh,

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00:34:49.340 --> 00:34:52.580

so what are some of this interesting notes that you could give the listeners

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00:34:52.580 --> 00:34:57.580

about intercultural competence? Um, now I know that's a very broad question,

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00:34:57.580 --> 00:34:58.820

but just any interesting note,

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00:34:58.820 --> 00:35:01.580

whether it be certain things that we should know when going to China,

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00:35:01.580 --> 00:35:04.500

certain things we should know when going to Japan, certain things,

543

00:35:05.340 --> 00:35:06.260

whatever pops in your head.

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00:35:06.290 --> 00:35:11.100

[Michael] Well, now recall, uh, a lot of my research, once I graduated,</v>

545

00:35:11.950 --> 00:35:15.420

uh, I finished with graduate school and for example,

546

00:35:15.420 --> 00:35:20.220

went to teach for the University of Maryland overseas

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00:35:20.820 --> 00:35:25.100

European program, uh, being in, uh,

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00:35:25.100 --> 00:35:28.900

Spain for total three different terms, Southern Spain.

549

00:35:30.150 --> 00:35:34.200

Uh, I began to interview people.

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00:35:35.060 --> 00:35:40.010

I thought the way I was going to really learn about psychology of travel would

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00:35:40.010 --> 00:35:43.690

be to ask people. So I began to interview people.

552

00:35:43.690 --> 00:35:46.210

I interviewed upwards to a couple thousand people,

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00:35:46.670 --> 00:35:50.050

and I would ask them questions, uh, way back then,

554

00:35:50.050 --> 00:35:52.970

when I began in the sympathies, even till today,

555

00:35:52.970 --> 00:35:57.850

I tend to ask the same sorts of questions. Uh, they tell a story, for example,

556

00:35:58.620 --> 00:36:01.170

of how, uh, they were,

557

00:36:01.350 --> 00:36:05.330

and lots of people were vulnerable to being pickpocketed,

558

00:36:06.390 --> 00:36:10.540

uh, and why, and, uh, they were pickpocketed how they handled themselves,

559

00:36:11.140 --> 00:36:14.230

what they learned from the experience of being pickpocketed.

560

00:36:14.700 --> 00:36:16.880

And then I asked them, if you don't mind,

561

00:36:16.880 --> 00:36:19.440

would you go back and recreate the experience?

562

00:36:19.740 --> 00:36:23.320

How and what would you do differently now? So, uh,

563

00:36:23.470 --> 00:36:27.120

many of the interviews were based on hearing, uh,

564

00:36:27.360 --> 00:36:31.480

personal experiences through interviews, and then, uh,

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00:36:31.870 --> 00:36:36.870

having them explain what happened to them and then asking them what what they've

566

00:36:36.870 --> 00:36:40.290

learned about that and what they would do.

567

00:36:41.780 --> 00:36:44.510

[Nolan] Okay. So I'm, I'm just wondering, what are some specific, uh,</v>

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00:36:44.510 --> 00:36:48.470

pointers that you could give people? You know, like for instance, in Canada,

569

00:36:48.680 --> 00:36:51.470

in Japan, um, Slovakia,

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00:36:51.470 --> 00:36:55.270

these are all places where you have to take off your shoes before you go inside.

571

00:36:55.840 --> 00:36:57.950

Uh, little pointers like that, or, you know,

572

00:36:57.950 --> 00:37:01.390

like thumbs up in some cultures means great jobs and other cultures,

573

00:37:01.390 --> 00:37:04.990

it can mean fuck you. Um, so it's any pointers like this.

574

00:37:05.480 --> 00:37:09.970

[Michael] Oh yeah, uh, hundreds of these things.</v>

575

00:37:10.260 --> 00:37:14.090

Uh, pulling up specific examples is not the easiest thing,

576

00:37:14.520 --> 00:37:18.340

but the arrival experience. Uh,

577

00:37:18.340 --> 00:37:21.780

just a simple activity of arriving,

578

00:37:22.330 --> 00:37:26.370

coming from home where you are running, uh,

579

00:37:26.370 --> 00:37:28.850

largely on automatic, uh,

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00:37:29.040 --> 00:37:33.810

I like to think of culture as a mosaic of lots of little

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00:37:33.810 --> 00:37:37.090

tiles, little pieces fitting together like puzzle pieces.

582

00:37:37.510 --> 00:37:41.290

And it's a fabric of interlocking influences.

583

00:37:41.490 --> 00:37:46.010

Everything that defines, now, let's just say, uh,

584

00:37:46.010 --> 00:37:48.970

being back at home in America, you're readily automatic.

585

00:37:48.970 --> 00:37:52.010

You don't think of what you're doing. You interact with people,

586

00:37:52.160 --> 00:37:55.210

you're not aware of the conversations distances.

587

00:37:55.210 --> 00:37:59.210

You're not aware of how much you will touch somebody else,

588

00:37:59.500 --> 00:38:04.290

or how much you'll look directly in their eyes. It's all automatic. Alright?

589

00:38:04.290 --> 00:38:09.050

What happens when you have an all night flight? This is just an example of,

590

00:38:09.050 --> 00:38:11.290

of the starkness of the contrast.

591

00:38:11.510 --> 00:38:15.370

You land in Schiphol in Amsterdam,

592

00:38:15.380 --> 00:38:18.170

or you land in, uh, Rome.

593

00:38:18.550 --> 00:38:22.930

And then you take the train from these airports to the downtowns.

594

00:38:23.070 --> 00:38:27.010

And what you don't realize is because you're still, you're tired.

595

00:38:27.360 --> 00:38:31.880

You're just not thinking about things

596

00:38:32.030 --> 00:38:36.960

that you should observe and take more for, uh, less for granted.

597

00:38:37.330 --> 00:38:41.520

So when you, uh, suddenly get onto that train,

598

00:38:41.520 --> 00:38:45.200

that may be crowded with people, if somebody bumps you,

599

00:38:45.860 --> 00:38:49.830

what do you think? You think, oh, uh, what you would normally think back home,

600

00:38:49.830 --> 00:38:54.600

oh, excuse me, sorry. And you move away and, uh,

601

00:38:54.880 --> 00:38:59.230

you find your wallets missing and you have no idea that you were

602

00:38:59.970 --> 00:39:03.300

targeted because of your,

603

00:39:04.490 --> 00:39:05.660

into their minds.

604

00:39:05.660 --> 00:39:09.820

Total lack of awareness of having arrived

605

00:39:10.620 --> 00:39:15.530

in a place that, uh, and behaving totally automatically like you behave at home.

606

00:39:16.040 --> 00:39:19.050

It's so simple for these people to distract you.

607

00:39:20.480 --> 00:39:22.230

It happens so often.

608

00:39:23.020 --> 00:39:27.950

I talked with a correspondent of a famous worldwide magazine in

609

00:39:27.950 --> 00:39:32.830

Rome who was pickpocketed it three times and mugged once. Uh,

610

00:39:32.830 --> 00:39:37.080

he wasn't aware of it. Now you're not aware of it. And that's.

611

00:39:37.080 --> 00:39:39.880

[Nolan] That's how does this tie into cultural competence?</v>

612

00:39:41.170 --> 00:39:45.370

[Michael] Cultural competence is suddenly becoming more alert,</v>

613

00:39:45.370 --> 00:39:49.170

more aware of your surroundings, and looking around, for example,

614

00:39:49.170 --> 00:39:53.890

looking and thinking, uh, how are these people interacting me with me?

615

00:39:54.060 --> 00:39:56.990

Am I protecting myself now?

616

00:39:56.990 --> 00:40:01.520

They don't even think of it until often when it's too late.

617

00:40:01.660 --> 00:40:04.960

And that's why they become victims because they don't expect it.

618

00:40:04.960 --> 00:40:09.320

They're not aware of it. They're not doing things, uh, to become more aware.

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00:40:09.570 --> 00:40:10.560

In the very beginning,

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00:40:10.560 --> 00:40:15.520

I just use that as an example of the stark contrast of arriving somewhere

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00:40:15.520 --> 00:40:19.440

totally new when you're just behaving in your normal way,

622

00:40:19.550 --> 00:40:22.050

that you need to, for example,

623

00:40:22.160 --> 00:40:27.090

look at the hands of a clock in the 15 minute segments

624

00:40:27.120 --> 00:40:30.050

around the clock. Like to see secret service people.

625

00:40:30.890 --> 00:40:35.180

[Nolan] And I guess not being aware of these things can lead to some quite funny</v>

626

00:40:35.180 --> 00:40:39.180

stories, uh, which you have a lot of in Idiots Abroad.

627

00:40:40.030 --> 00:40:42.940

So for the listeners, um, who are interested in it,

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00:40:42.940 --> 00:40:46.820

it's a collection of 85 comedic short stories. And, uh,

629

00:40:46.890 --> 00:40:51.380

from over 2000 interviews as there are stories like Dances with

630

00:40:51.450 --> 00:40:55.260

Tigers Fruit de la Mer uh, the Browns whore House,

631

00:40:55.260 --> 00:40:59.180

hotel [laughter] shit, eating pigs of Goa. Um,

632

00:40:59.180 --> 00:41:02.060

now of course you don't need to retell an entire story,

633

00:41:02.060 --> 00:41:06.140

but I was wondering if you could just give some highlights to entice the

634

00:41:06.140 --> 00:41:07.620

listeners to read the work.

635

00:41:07.620 --> 00:41:10.220

[Michael] Well, I'd like to tell about, uh,</v>

636

00:41:10.220 --> 00:41:14.860

my experience of being a complete idiot abroad, if you know I'm okay, uh,

637

00:41:14.860 --> 00:41:17.740

because, uh, it was a learning experience for me.

638

00:41:18.080 --> 00:41:22.180

I'm traveling with two friends to Europe in 1964.

639

00:41:22.390 --> 00:41:23.420

We rent a car.

640

00:41:23.970 --> 00:41:28.780

None of us have had any experience in Europe prior to that. Uh,

641

00:41:29.010 --> 00:41:32.620

I don't say we're unintelligent, we're intelligent, uh,

642

00:41:32.620 --> 00:41:35.050

people who want to interact and make friends and,

643

00:41:35.350 --> 00:41:37.770

and have as much fun and experience as we can.

644

00:41:38.140 --> 00:41:42.450

So the first thing is we're in a hotel along the French room along the French Rivera.

645

00:41:42.820 --> 00:41:46.330

We figure, oh, let's go have a picnic. Let's have a picnic lunch.

646

00:41:46.330 --> 00:41:50.530

We buy wine and cheese and bread like you cannot get anywhere else.

647

00:41:50.920 --> 00:41:55.290

Then in France, and take us all back to our hotel.

648

00:41:55.550 --> 00:41:58.490

And I see, oh, there's a, an appliance in here.

649

00:41:58.490 --> 00:42:01.970

The perfect place to chill our wine. We pack,

650

00:42:02.060 --> 00:42:05.490

we pack this round little thing, uh, with ice, that's,

651

00:42:05.490 --> 00:42:09.370

you turn the faucets on and it's sports water. What is this? All right.

652

00:42:09.370 --> 00:42:13.250

We pack our bottles of wine in ice. The girls, uh,

653

00:42:13.250 --> 00:42:16.650

at the time come in to clean the rooms. They see, uh,

654

00:42:16.650 --> 00:42:21.370

these bottles packed with ice in the bidet and didn't know what a bidet was.

655

00:42:21.600 --> 00:42:26.210

Well, a bday is for, uh, basically bathing, uh, your private parts.

656

00:42:26.540 --> 00:42:29.810

It has nothing to do with washing your feet or packing of ice.

657

00:42:29.810 --> 00:42:33.370

Every time we came back, back and forth to the South Hotel that grows,

658

00:42:33.370 --> 00:42:36.610

just fell on the floor laughing. You cannot do,

659

00:42:36.790 --> 00:42:39.730

you do not book the bottles of wine in there.

660

00:42:42.210 --> 00:42:46.650

That is not for chilling your wine. All right, well, that was a rude lesson.

661

00:42:46.650 --> 00:42:49.050

Learned. Maybe that same night.

662

00:42:49.150 --> 00:42:53.730

I'm not going to say if it was immediately that same night we go to a restaurant

663

00:42:53.950 --> 00:42:57.330

and we couldn't read the menus. We had no idea what was what.

664

00:42:57.860 --> 00:43:02.530

So I put on my dark glasses because I knew this was be really embarrassed—

665

00:43:02.530 --> 00:43:07.490

Embarrassing. And we move our fingers and we stop on a menu and we'd choose

666

00:43:07.690 --> 00:43:10.750

steak tartar. Steak tartar

667

00:43:11.100 --> 00:43:14.870

I don't know how many people in the listening audience know what that is,

668

00:43:14.870 --> 00:43:19.710

but they're more sophisticated today than we were in 1964.

669

00:43:20.470 --> 00:43:25.230

Okay, bring us steak, tartar. And um, here comes, uh,

670

00:43:25.410 --> 00:43:29.990

raw horse meat. That's what steak tartar is. And we didn't know that.

671

00:43:30.300 --> 00:43:31.710

Excuse me for one second.

672

00:43:32.260 --> 00:43:34.950

[Nolan] Well, it can be with beef too, but [laughter]</v>

673

00:43:35.970 --> 00:43:39.680

[Michael] Um, so anyway, it comes and we ask, what is this?</v>

674

00:43:40.480 --> 00:43:45.460

And they say, uh, steak tartar is raw horse meat

675

00:43:45.720 --> 00:43:50.060

And they mix in the mustard in the greens. And I thought it was delicious.

676

00:43:50.520 --> 00:43:51.860

The other two guys go,

677

00:43:52.460 --> 00:43:56.020

cream and fury and anguish and raise their hands up in the air.

678

00:43:56.150 --> 00:43:59.140

We will not eat this uncooked food.

679

00:43:59.710 --> 00:44:03.660

We do not eat food that is not cooked. Cuz it was raw horsey.

680

00:44:03.890 --> 00:44:06.780

I thought it was fantastic. I, again,

681

00:44:06.780 --> 00:44:10.820

I had my sunglasses on and I tried to distance myself from my two

682

00:44:11.020 --> 00:44:13.380

traveling friends as best I could.

684

00:44:13.730 --> 00:44:16.520

So I've been in idiot of abroad a few times,

685

00:44:16.520 --> 00:44:20.760

but I've also discovered things. I discovered, for example,

686

00:44:21.070 --> 00:44:24.600

a a uh, ripoff, uh,

687

00:44:25.310 --> 00:44:29.800

scam that, uh, was being played on American service people,

688

00:44:30.610 --> 00:44:33.390

uh, taking a bus to, uh,

689

00:44:33.520 --> 00:44:38.350

to the American military installation on the Black Sea cuz I taught there for

690

00:44:38.350 --> 00:44:42.630

the University of Maryland. And I figured, and I saw this, uh,

691

00:44:42.630 --> 00:44:46.350

scam being played out right in front of me. Uh,

692

00:44:46.350 --> 00:44:51.110

and with me being the victim and I didn't manage to figure it out and

693

00:44:51.370 --> 00:44:55.950

get personal satisfaction, I confronted them with this. What they did is they,

694

00:44:56.600 --> 00:45:00.610

uh, rushed me off of a bus from Istanbul,

695

00:45:01.380 --> 00:45:04.650

uh, to a bus station in this train,

696

00:45:04.650 --> 00:45:07.290

in this transportation system area.

697

00:45:08.080 --> 00:45:12.140

And they charged me for a ticket and they put the ticket in my hand.

698

00:45:12.140 --> 00:45:14.020

They put me on this bus.

699

00:45:14.490 --> 00:45:19.180

They just managed my whole experience of arriving in the bus and being

700

00:45:19.180 --> 00:45:22.950

put on a bus with a higher price tag of the,

701

00:45:22.950 --> 00:45:26.950

of what they charged for the fair. And then they took us off the bus.

702

00:45:26.950 --> 00:45:29.510

There was a couple people before the bus left,

703

00:45:29.700 --> 00:45:34.470

took the piece of paper out of our hands that had the higher price ticket

704

00:45:35.300 --> 00:45:40.120

and substituted the true price tickets of a different bus agency,

705

00:45:40.240 --> 00:45:44.070

which was a lot less and put us back on the bus.

706

00:45:44.240 --> 00:45:49.230

So I put two and two together, I figured it out. I ran out to the, uh,

707

00:45:49.410 --> 00:45:53.510

guy who perpetrated this thing on me. And I said,

708

00:45:53.700 --> 00:45:57.790

more or less finger pointing, cuz I did speak Turkish. I knew a few words.

709

00:45:58.220 --> 00:46:02.990

I said, you give me this much Turkish learn back,

710

00:46:03.040 --> 00:46:07.770

or I go to the police, which wasn't really a clever thing to do.

711

00:46:08.910 --> 00:46:12.960

It's risky. And he opened the door slowly and I thought, oh my God,

712

00:46:12.960 --> 00:46:17.720

maybe a gun is coming out, maybe a knife. But it was a 10,

713

00:46:17.720 --> 00:46:22.440

uh, you know, a Turkish money that he gave back to me after he had cheated me.

714

00:46:22.660 --> 00:46:25.720

And I realized it did this to many, many,

715

00:46:25.720 --> 00:46:29.320

many Americans who had no idea about it, didn't speak Turkish.

716

00:46:29.660 --> 00:46:33.320

And next took advantage. Now I met many, many Turks that I liked.

717

00:46:33.320 --> 00:46:37.840

I'm just using an example where I was scammed and I figured it out,

718

00:46:38.410 --> 00:46:40.640

uh, which is not always an easy thing to do.

719

00:46:41.250 --> 00:46:43.140

[Nolan] Yeah. And that's another one of your books, right?</v>

720

00:46:43.140 --> 00:46:45.020

You have the the Scams and.

721

00:46:45.620 --> 00:46:50.180

[Michael] Scams and Con Games. I have actually, uh, yeah, one book on that.</v>

722

00:46:51.050 --> 00:46:53.710

[Nolan] And then another book, uh, what I wanna mention as well,</v>

723

00:46:53.710 --> 00:46:56.510

because it's completely d well not completely different,

724

00:46:56.510 --> 00:46:58.510

but it's different is the Road to The Strange,

725

00:46:58.510 --> 00:47:03.270

because you're not only a travel psychologist, you're also a UFOlogist,

726

00:47:04.200 --> 00:47:08.110

um, right. And you've been the state director for the mutual UFO network.

727

00:47:09.270 --> 00:47:13.020

So, uh, when, when you describe the Road to Strange,

728

00:47:13.020 --> 00:47:17.380

you talk about paradigm shifters, both, both in travel,

729

00:47:17.910 --> 00:47:20.380

um, and supernatural experiences. So I'm,

730

00:47:20.380 --> 00:47:24.260

can you tell us a little bit more about what these paradigm shifters are?

731

00:47:24.330 --> 00:47:27.700

[Michael] Yeah, let's go right to the usual U F O network,</v>

732

00:47:28.270 --> 00:47:31.330

which was a, a group of, uh,

733

00:47:31.680 --> 00:47:36.650

people who thought there was something going on with the U F

734

00:47:36.650 --> 00:47:41.530

O experience from the early forties on this organization began

735

00:47:41.530 --> 00:47:44.930

around, uh, the early 1960s. Uh,

736

00:47:44.930 --> 00:47:47.730

there were a couple of engineers that started.

737

00:47:47.900 --> 00:47:52.860

So you had some scientists and engineers and people lay people who thought

738

00:47:52.860 --> 00:47:57.620

there was something to possibly to the U F O phenomena.

739

00:47:57.840 --> 00:48:02.140

And many of, uh, your viewers, uh,

740

00:48:02.140 --> 00:48:03.500

may notice these days.

741

00:48:03.500 --> 00:48:07.500

There's a sudden interest by the Pentagon and the Navy,

742

00:48:08.470 --> 00:48:09.020

uh,

743

00:48:09.020 --> 00:48:13.940

because of UFO types of experiences that have happened to carrier groups,

744

00:48:14.790 --> 00:48:18.820

uh, that pilots started talking, there's things happening. Well,

745

00:48:18.850 --> 00:48:23.700

that's a paradigm shift in a sense where now suddenly the Pentagon

746

00:48:23.920 --> 00:48:28.860

and military services are taking notice of a subject matter that was

747

00:48:28.900 --> 00:48:31.720

routinely ridiculed, uh,

748

00:48:31.720 --> 00:48:36.360

in the history leading up to the two, the early two thousands,

749

00:48:37.010 --> 00:48:37.370

uh,

750

00:48:37.370 --> 00:48:42.280

because there was an alleged crash of a craft that took place in

751

00:48:42.280 --> 00:48:47.000

Roswell the first day, right after that time, that crashed place,

752

00:48:47.300 --> 00:48:52.080

the general of the Army Air Force Base in Roswell, New Mexico said,

753

00:48:52.080 --> 00:48:54.600

Hey publicists in the local papers,

754

00:48:56.370 --> 00:48:59.780

UFO Alien Craft crashes in Roswell.

755

00:49:00.440 --> 00:49:05.340

And the next day, the Pentagon shut it down and they, uh,

756

00:49:05.610 --> 00:49:09.060

played it down. So a par uh, let me tell you about the paradigm shift.

757

00:49:09.770 --> 00:49:13.340

A paradigm is among other definitions,

758

00:49:13.340 --> 00:49:17.900

the way that you view the world, the, the way you as a goldfish,

759

00:49:18.710 --> 00:49:21.860

uh, view your world in the goldfish bowl around.

760

00:49:22.470 --> 00:49:27.370

If you are fortunate enough to get out of that goldfish bowl and notice that

761

00:49:27.370 --> 00:49:30.010

there are other things that are not built into your world view,

762

00:49:30.010 --> 00:49:31.490

the way you look at the world,

763

00:49:32.200 --> 00:49:36.880

such as in the old days when we thought the earth was the center, the, uh,

764

00:49:36.880 --> 00:49:41.400

of the, uh, the universe. Uh, but it turned out the, uh,

765

00:49:41.400 --> 00:49:46.040

earth was not the center of our, our particular solar system. The sun was,

766

00:49:46.100 --> 00:49:50.920

and we were not as central to the universe as we originally thought we were.

767

00:49:50.920 --> 00:49:52.320

That's a paradigm shift.

768

00:49:52.320 --> 00:49:57.290

That is a major shift in your philosophical way of looking at

769

00:49:57.290 --> 00:50:01.090

the world, looking at the universe in the UFO field,

770

00:50:01.680 --> 00:50:06.610

this guy that started MUFON, UFO network,

771

00:50:07.320 --> 00:50:09.250

said to all the researchers,

772

00:50:09.250 --> 00:50:12.890

of which there were in different states who collected and studied and

773

00:50:12.890 --> 00:50:16.970

interviewed people who claimed to have these experiences. He said,

774

00:50:16.970 --> 00:50:20.970

bring to me the cases that had, uh,

775

00:50:20.970 --> 00:50:25.610

nuts and bolts. We only want to know about craft. Okay?

776

00:50:25.610 --> 00:50:30.520

So as time went on the sixties, the, I'm sorry, the, uh, uh, yeah,

777

00:50:30.520 --> 00:50:33.280

sixties, seventies, eighties, nineties, uh,

778

00:50:33.280 --> 00:50:35.760

all of a sudden people began to realize, you know,

779

00:50:35.990 --> 00:50:40.680

people are claiming to have some experiences maybe with entities of

780

00:50:40.680 --> 00:50:42.920

different kinds. Are these, uh,

781

00:50:43.500 --> 00:50:46.940

space aliens or are these different dimensions?

782

00:50:47.160 --> 00:50:51.940

Are these possibly beings intelligences from our future? Now,

783

00:50:51.940 --> 00:50:56.940

all of a sudden, people started talking about the universe being a matrix, uh,

784

00:50:57.750 --> 00:50:58.370

uh,

785

00:50:58.370 --> 00:51:03.020

sort of a computer consciousness is now central to the way the org

786

00:51:03.460 --> 00:51:07.700

universe is organized. Well, there were people in the UFO field,

787

00:51:07.700 --> 00:51:12.650

there was a Harvard professor of psychiatry, uh, who was claiming,

788

00:51:12.650 --> 00:51:12.890

you know,

789

00:51:12.890 --> 00:51:17.010

people are reporting experiences of possibly being taken a board craft.

790

00:51:17.010 --> 00:51:21.570

What's that like? What's that about? How can that be? And he, the profess,

791

00:51:22.450 --> 00:51:25.310

yes, he was a, a professor at Harvard of.

792

00:51:25.700 --> 00:51:26.710

[Nolan] What's his name? Who.</v>

793

00:51:26.710 --> 00:51:30.230

[Michael] Who? John Mack. M a c k, John Mack.</v>

794

00:51:30.460 --> 00:51:33.350

They tried to get throw John Mack out of Harvard.

795

00:51:34.300 --> 00:51:38.110

They sued him. He sued them back, and he won his case.

796

00:51:38.110 --> 00:51:40.750

They could not throw him out of Harvard. He was saying,

797

00:51:40.750 --> 00:51:44.950

these people are reporting things, uh, that ha are very similar to one another,

798

00:51:44.950 --> 00:51:48.510

and I don't think they're lying. And then others came along,

799

00:51:48.720 --> 00:51:53.230

an artist from New York City, Bud Hopkins, h o p k i n s,

800

00:51:53.330 --> 00:51:56.630

who published some books. I knew him personally. He, uh,

801

00:51:57.000 --> 00:52:01.790

he did at least 1500 interviews of people that also claimed they

802

00:52:01.790 --> 00:52:06.110

had experiences with intelligences that are behind some of this.

803

00:52:06.130 --> 00:52:10.950

And all of a sudden the people in the UFO field, including the guy that,

804

00:52:10.950 --> 00:52:13.190

uh, formed the MUFON organization,

805

00:52:13.370 --> 00:52:16.030

was now broadening his way of looking at things.

806

00:52:16.100 --> 00:52:19.070

This is not strictly a nuts and bolts thing.

807

00:52:19.400 --> 00:52:23.510

We have to look at the reports of what people are saying, uh,

808

00:52:23.510 --> 00:52:27.310

about their potential interactions, uh, with them. So to me,

809

00:52:27.310 --> 00:52:31.870

this was all a kind of expanded travel psychology in a way.

810

00:52:32.420 --> 00:52:36.510

I thought as a teenager, I thought there was something important about this.

811

00:52:36.980 --> 00:52:41.750

I became a psychologist interested in travel psychology, uh,

812

00:52:42.060 --> 00:52:46.690

that just paralleled in a, uh, co parallel way,

813

00:52:47.060 --> 00:52:51.770

my interest in ufology because I thought if

814

00:52:51.770 --> 00:52:53.970

there is a phenomena like that's happening,

815

00:52:53.970 --> 00:52:58.770

that may be about intelligences that come from elsewhere or else

816

00:52:58.770 --> 00:53:01.210

when, and I don't know where they come from,

817

00:53:01.690 --> 00:53:05.380

that's also related to my interest in, uh,

818

00:53:05.840 --> 00:53:10.200

experiences of people with different cultures and beings,

819

00:53:11.130 --> 00:53:13.800

uh, on the earth. You know, it's just a form of travel.

820

00:53:14.930 --> 00:53:17.940

[Nolan] I see the connection there for sure. Uh, now Michael,</v>

821

00:53:17.940 --> 00:53:19.900

we are coming up on an hour and, um,

822

00:53:19.990 --> 00:53:21.980

of course these episodes are always round an hour.

823

00:53:21.980 --> 00:53:25.960

So just to bring these two together with, um, uh,

824

00:53:25.960 --> 00:53:30.840

the ufoologist, uh, UFO aspect and, and also the travel.

825

00:53:31.820 --> 00:53:36.630

I think both kind of connect to this idea of a mystical experience.

826

00:53:36.630 --> 00:53:41.270

Sometimes travel can feel mystical sometimes. Um, well,

827

00:53:41.270 --> 00:53:46.190

whether people believe in, uh, extraterrestrial life or not, um,

828

00:53:46.660 --> 00:53:50.670

I think it does connect to a mystical experience in a way.

829

00:53:50.670 --> 00:53:53.140

And the, the mystical,

830

00:53:53.450 --> 00:53:57.940

I think is something that we're kind of losing touch with nowadays.

831

00:53:59.300 --> 00:53:59.900

Um,

832

00:53:59.900 --> 00:54:04.170

so I was wondering what you think about this and how you can kind of wrap this

833

00:54:04.490 --> 00:54:06.610

up together with this feeling of the mystic.

834

00:54:07.420 --> 00:54:10.750

[Michael] I want. I would like to say that, uh,</v>

835

00:54:11.120 --> 00:54:13.230

in my wrote a strange book series,

836

00:54:14.140 --> 00:54:17.430

I did two original books with that, with a,

837

00:54:17.430 --> 00:54:21.190

a woman that was very well known in this subject matter, became a friend.

838

00:54:21.190 --> 00:54:24.670

And she wanted to co-author with me a couple of books. And we lost her.

839

00:54:24.950 --> 00:54:28.510

She passed away a couple years ago. So I continued the Road to Strange.

840

00:54:28.850 --> 00:54:33.710

The next book was my collection of interviews with people who claim to

841

00:54:33.710 --> 00:54:38.600

have either or paranormal or UFO

842

00:54:38.600 --> 00:54:41.920

experiences. And I interviewed in depth,

843

00:54:41.920 --> 00:54:46.880

maybe 40, 42 of these people. And I include myself as one.

844

00:54:46.880 --> 00:54:49.040

I have not had UFO experiences,

845

00:54:49.040 --> 00:54:53.200

but I've had a lifetime of paranormal and psychic things happening to me.

846

00:54:53.550 --> 00:54:58.080

I interviewed these people in depth, in depth. I published a book called,

847

00:54:58.370 --> 00:55:00.080

uh, the Contiguous Universe.

848

00:55:00.260 --> 00:55:04.720

And that's a study of all these people from different walks of life and the

849

00:55:04.720 --> 00:55:08.280

sorts of different kinds of experiences and try to look at that,

850

00:55:08.280 --> 00:55:13.120

try to understand that. You can look at that one. The next one is I just called,

851

00:55:13.810 --> 00:55:15.640

uh, the, uh, the wrote to Strange,

852

00:55:16.470 --> 00:55:20.880

a psychic reader with a lady reading a glowing sphere,

853

00:55:21.140 --> 00:55:23.000

you know, on a table. Uh,

854

00:55:23.000 --> 00:55:27.680

and this was just my future collection of people's experiences of

855

00:55:27.680 --> 00:55:31.640

all different kinds of paranormal and ghost experiences,

856

00:55:32.020 --> 00:55:36.680

not the the alien type stuff, which was, uh, my book on UFOs,

857

00:55:36.730 --> 00:55:41.670

uh, uh, the Road to Strange UFOs, so on for it. Right?

858

00:55:41.700 --> 00:55:46.670

That sums it up. I was open-minded to this. I see these things are important.

859

00:55:47.280 --> 00:55:50.790

My contribution, uh, both in, uh,

860

00:55:50.790 --> 00:55:54.990

coming up with the term travel psychology and being a ufologists

861

00:55:55.090 --> 00:55:58.750

psychologist. I think I paved a little new ground, uh,

862

00:55:58.840 --> 00:56:03.750

by being willing to listen to what people have to say because there's two

863

00:56:03.750 --> 00:56:08.750

mantras if that I abide by if, but one of these is true.

864

00:56:09.340 --> 00:56:12.510

What then? And there's so many of these, I believe are true.

865

00:56:12.650 --> 00:56:16.190

You have to be open to expanding the paradigm.

866

00:56:16.690 --> 00:56:20.630

And the other one is, uh, I know what I saw.

867

00:56:20.860 --> 00:56:25.290

I know what I saw. I know what I, I fucking saw. You know,

868

00:56:25.290 --> 00:56:26.970

a lot of people, uh,

869

00:56:26.970 --> 00:56:30.050

you have to give them the opportunity to express themselves.

870

00:56:30.390 --> 00:56:34.570

Not everything is believable. Not everything is true. But some of it is.

871

00:56:35.150 --> 00:56:38.490

And until we accept and study and look into this,

872

00:56:39.320 --> 00:56:42.700

our paradigms are going to be right there and flat earth man.

873

00:56:42.880 --> 00:56:45.660

You wanna stay on the flat earth, be my guest.

874

00:56:46.090 --> 00:56:50.500

I prefer to explore just like a traveler into the unknown,

875

00:56:50.670 --> 00:56:54.460

whether it be just another country and I have a lot to learn,

876

00:56:54.670 --> 00:56:59.100

or whether it's another being from another part of the universe

877

00:56:59.750 --> 00:57:02.760

that would sum it up. I'm it. I study that.

878

00:57:03.660 --> 00:57:07.200

[Nolan] All right, Michael. Well thank you very much. And to the listeners, remember,</v>

879

00:57:07.200 --> 00:57:12.200

you can go to withoutborders.fyi to find a transcript and find

880

00:57:12.200 --> 00:57:16.040

some more interesting articles on cultural psychology and some more travel

881

00:57:16.040 --> 00:57:18.600

stories. You can also check out Michael's website.

882

00:57:18.600 --> 00:57:22.040

There will be a link in the description. Alright, tune in next time.

883

00:57:22.480 --> 00:57:24.480

[Michael] Thank you. Thanks for having me.</v>

683

00:44:13.840 --> 00:44:16.860

[Nolan] Yes. So the listeners know if you do get steak tartar in France,</v>

684

00:44:16.860 --> 00:44:18.940

it's usually not horse meat, it's beef.

685

00:44:19.040 --> 00:44:22.820

[Michael] But okay. So it's, has that changed a little more recently?</v>

686

00:44:23.930 --> 00:44:27.560

[Nolan] Uh, well it's just kind of always been the case with steak tartar, but it, it,</v>

687

00:44:27.560 --> 00:44:30.800

you can get it with, uh, horse meat as well, I assume. I, I,

688

00:44:31.190 --> 00:44:32.960

I wasn't aware of it until I read it,

689

00:44:32.960 --> 00:44:35.720

but I know that people eat horse meat here in Europe.

690

00:44:36.040 --> 00:44:39.800

[Michael] Probably in America. Uh, you can get it too. I've heard that. You can get it.</v>

691

00:44:39.890 --> 00:44:42.440

So I've been in idiot abroad a few times,

692

00:44:42.440 --> 00:44:46.600

but I've also discovered things. I discovered, for example,

693

00:44:46.870 --> 00:44:50.640

a a uh, ripoff, uh,

694

00:44:51.270 --> 00:44:55.800

scam that, uh, was being played on American service people,

695

00:44:56.690 --> 00:44:59.360

uh, taking a bus to, uh,

696

00:44:59.490 --> 00:45:02.360

to the American military installation on the Black Sea,

697

00:45:02.580 --> 00:45:06.680

cuz I taught there for the University of Maryland. And I figured,

698

00:45:06.680 --> 00:45:11.280

and I saw this, uh, scam being played out right in front of me.

699

00:45:12.050 --> 00:45:17.040

Uh, and with me being the victim and I didn't manage to figure it out and

700

00:45:17.300 --> 00:45:21.920

get personal satisfaction, I confronted them with this. What they did is they,

701

00:45:22.570 --> 00:45:27.540

uh, rushed me off of a bus from Istanbul, uh,

702

00:45:27.670 --> 00:45:30.460

to a bus station in this train,

703

00:45:30.660 --> 00:45:33.380

in this transportation system area.

704

00:45:34.250 --> 00:45:38.070

And they charged me for a ticket. They put the ticket in my hand,

705

00:45:38.070 --> 00:45:39.990

they put me on this bus.

706

00:45:40.460 --> 00:45:45.430

They just managed my whole experience of arriving in the bus and being put

707

00:45:45.720 --> 00:45:50.440

on a bus with a higher price tag of the, of what they charged for the fair.

708

00:45:50.820 --> 00:45:52.960

And then they took us off the bus.

709

00:45:52.960 --> 00:45:55.600

There was a couple of people before the bus left,

710

00:45:55.830 --> 00:46:00.400

took the piece of paper out of our hands that had the higher price ticket

711

00:46:01.230 --> 00:46:06.010

and substituted the true price tickets of a different bus agency,

712

00:46:06.170 --> 00:46:09.880

which was a lot less and put us back on the bus.

713

00:46:10.050 --> 00:46:12.680

So I put two and two together, I figured it out.

714

00:46:13.190 --> 00:46:15.440

I ran out to the, uh,

715

00:46:15.580 --> 00:46:19.480

guy who perpetrated this thing on me and I said,

716

00:46:19.670 --> 00:46:23.720

more or less finger pointing, cuz I didn't speak Turkish. I knew a few words.

717

00:46:24.190 --> 00:46:28.880

I said, you give me this much Turkish clear a back,

718

00:46:28.890 --> 00:46:33.860

or I go to the police, which wasn't really a clever thing to do.

719

00:46:34.720 --> 00:46:39.130

Yeah, it's risky. And he opened the door slowly and I thought, oh my God,

720

00:46:39.130 --> 00:46:44.010

maybe a gun is coming out, maybe a knife. But it was a 10 do, uh,

721

00:46:44.010 --> 00:46:48.330

you know, a Turkish money that he gave back to me after he had cheated me.

722

00:46:48.550 --> 00:46:51.490

And I realized it did this to many, many,

723

00:46:51.490 --> 00:46:55.370

many Americans who had no idea about it, didn't speak Turkish.

724

00:46:55.710 --> 00:46:59.490

And Nick took advantage. Now I met many, many Turks that I liked.

725

00:46:59.490 --> 00:47:03.770

I'm just using an example of where I was scammed and I figured it out,

726

00:47:04.340 --> 00:47:06.610

uh, which is not always an easy thing to do.

727

00:47:07.190 --> 00:47:09.920

[Nolan] Yeah, and that's another one of your books, right? You have a lot, the,</v>

728

00:47:09.920 --> 00:47:10.960

the Scams and.

729

00:47:10.960 --> 00:47:14.840

[Michael] One Plus Scams and Con Games. I have actually the, uh, yeah,</v>

730

00:47:14.980 --> 00:47:16.240

one book on that.

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00:47:17.150 --> 00:47:19.930

[Nolan] And then another book, uh, what I wanna mention as well,</v>

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00:47:19.930 --> 00:47:22.450

because it's completely d well not completely different,

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00:47:22.450 --> 00:47:24.490

but it's different is The Road to The Strange,

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00:47:24.490 --> 00:47:29.130

because you're not only a travel psychologist, you're also a U F O ologist,

735

00:47:30.130 --> 00:47:34.080

um, right. And you've been the state director for the mutual U F O network.

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00:47:35.290 --> 00:47:39.120

So, uh, when, when you describe the Road to Strange,

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00:47:39.120 --> 00:47:44.120

you talk about paradigm shifters, both, both in travel, um,

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00:47:44.120 --> 00:47:46.160

and supernatural experiences. So I'm,

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00:47:46.160 --> 00:47:50.240

can you tell us a little bit more about what these paradigm shifters are?

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00:47:50.340 --> 00:47:53.680

[Michael] You know, let's go right to the usual U F O network,</v>

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00:47:54.280 --> 00:47:57.280

which was a, a group of, uh,

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00:47:57.630 --> 00:48:02.560

people who thought there was something going on with the U F

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00:48:02.560 --> 00:48:07.320

O experience from the early forties on this organization began

744

00:48:07.320 --> 00:48:10.960

around, uh, the early 1960s. Uh,

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00:48:10.960 --> 00:48:14.200

there were a couple of engineers that started it.

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00:48:14.200 --> 00:48:19.090

So you had some scientists and engineers and people lay people who thought there

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00:48:19.090 --> 00:48:23.520

was something to possibly to the U F O phenomena.

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00:48:23.700 --> 00:48:27.920

And many of, uh, your viewers, uh,

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00:48:27.920 --> 00:48:29.520

may notice these days.

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00:48:29.520 --> 00:48:33.720

There's a sudden interest by the Pentagon and the Navy,

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00:48:34.610 --> 00:48:34.960

uh,

752

00:48:34.960 --> 00:48:39.880

because of UFO types of experiences that have happened to carrier groups,

753

00:48:40.730 --> 00:48:44.720

uh, that pilots started talking. There's things happening. Well,

754

00:48:44.720 --> 00:48:49.480

that's a paradigm shift in a sense where now suddenly the Pen Pentagon

755

00:48:49.940 --> 00:48:54.800

and military services are taking notice of a subject matter that was

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00:48:54.840 --> 00:48:57.700

routinely ridiculed, uh,

757

00:48:57.700 --> 00:49:02.300

in the history leading up to the two, the early two thousands.

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00:49:02.950 --> 00:49:03.310

Uh,

759

00:49:03.310 --> 00:49:08.180

because there was an alleged crash of a craft that took place in

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00:49:08.180 --> 00:49:13.140

Roswell the first day, right? Af at, at that time that crashed place,

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00:49:13.480 --> 00:49:18.300

the general of the Army Air Force Base in Roswell, New Mexico said, Hey,

762

00:49:18.550 --> 00:49:20.540

publish this in the local papers.

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00:49:22.350 --> 00:49:27.310

U f o alien Craft crashes in Roswell. And the next day,

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00:49:27.310 --> 00:49:30.950

the Pentagon shut it down and they, uh,

765

00:49:31.620 --> 00:49:35.190

played it down. So a par uh, let me tell you about the paradigm shift.

766

00:49:35.900 --> 00:49:39.270

A paradigm is among other definitions,

767

00:49:39.270 --> 00:49:43.870

the way that you view the world, the, the way you as a goldfish,

768

00:49:44.680 --> 00:49:47.790

uh, view your world in the goldfish bowl around.

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00:49:48.280 --> 00:49:52.780

If you are fortunate enough to get out of that goldfish bowl and notice

770

00:49:52.980 --> 00:49:56.180

that there are other things that are not built into your worldview,

771

00:49:56.180 --> 00:49:57.660

the way you look at the world,

772

00:49:58.130 --> 00:50:02.810

such as in the old days when we thought the earth was the center, the, uh,

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00:50:02.810 --> 00:50:07.370

of the, uh, the universe. Uh, but it turned out the, uh,

774

00:50:07.370 --> 00:50:11.850

earth was not the center of our, our particular solar system. The sun was,

775

00:50:11.870 --> 00:50:16.330

and we were not as central to the universe as we originally thought

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00:50:16.540 --> 00:50:18.450

we were. That's a paradigm shift.

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00:50:18.480 --> 00:50:23.420

That is a major shift in your philosophical way of looking at the

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00:50:23.420 --> 00:50:26.940

world, looking at the universe in the U f O field.

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00:50:27.630 --> 00:50:31.000

This guy that started Muon Muon Mitchell,

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00:50:31.000 --> 00:50:35.280

that U f O network said to all the researchers,

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00:50:35.280 --> 00:50:39.000

of which there were in different states who collected and studied and

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00:50:39.000 --> 00:50:42.800

interviewed people who claimed to have these experiences. He said,

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00:50:42.800 --> 00:50:46.960

bring to me the cases that had, uh,

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00:50:46.960 --> 00:50:51.560

nuts and bolts. We only want to know about craft. Okay?

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00:50:51.570 --> 00:50:56.480

So as time went on the sixties, this, I'm sorry, the, uh, uh, yeah,

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00:50:56.480 --> 00:50:59.240

sixties, seventies, eighties, nineties, uh,

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00:50:59.240 --> 00:51:01.680

all of a sudden people began to realize, you know,

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00:51:01.870 --> 00:51:06.720

people are claiming to have some experiences maybe with entities of different

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00:51:07.000 --> 00:51:10.740

kinds. Are these, uh, space aliens?

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00:51:10.740 --> 00:51:12.900

Are these different dimensions?

791

00:51:13.120 --> 00:51:17.190

Are these possibly beings intelligences from our future?

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00:51:17.490 --> 00:51:21.590

And all of a sudden people started talking about the universe being a matrix,

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00:51:22.480 --> 00:51:23.910

uh, uh,

794

00:51:24.220 --> 00:51:29.030

sort of a computer consciousness is now central to the way the org

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00:51:29.470 --> 00:51:33.670

universe is organized. Well, there were people in the U F O field,

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00:51:33.670 --> 00:51:38.610

there was a Harvard professor of psychiatry, uh, who was claiming,

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00:51:38.610 --> 00:51:42.890

you know, people are reporting experiences of possibly being taken aboard craft.

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00:51:42.890 --> 00:51:45.730

What's that like? What's that about? How can that be?

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00:51:46.110 --> 00:51:49.510

And he got the profess yes. He was a,

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00:51:49.510 --> 00:51:53.870

a professor at Harvard of, what's his name? Who, who? John Mack.

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00:51:54.430 --> 00:51:59.310

M a c k, John Mack. They tried to get throw John Mack out of Harvard.

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00:52:00.260 --> 00:52:03.990

They sued him. He sued them back, and he won his case.

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00:52:03.990 --> 00:52:06.550

They could not throw him out of Harvard. He was saying,

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00:52:06.550 --> 00:52:11.070

these people are reporting things, uh, that ha are very similar to one another,

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00:52:11.070 --> 00:52:14.470

and I don't think they're lying. And then others came along,

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00:52:14.640 --> 00:52:19.190

an artist from New York City, bud Hopkins, h o p k i n s,

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00:52:19.290 --> 00:52:22.550

who published some books. I knew him personally. He, uh,

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00:52:22.920 --> 00:52:27.790

he did at least 1500 interviews of people that also claimed they had

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00:52:27.790 --> 00:52:32.230

experiences with intelligences that are behind some of this.

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00:52:32.330 --> 00:52:37.190

And all of a sudden the people in the U f O field, including the guy that, uh,

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00:52:37.550 --> 00:52:41.990

formed the Muon organization, was now broadening his way of looking at things.

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00:52:42.060 --> 00:52:44.990

This is not strictly a nuts and bolts thing.

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00:52:45.280 --> 00:52:49.350

We have to look at the reports of what people are saying, uh,

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00:52:49.350 --> 00:52:53.550

about their potential interactions, uh, with them. So to me,

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00:52:53.550 --> 00:52:57.830

this was all a kind of expanded travel psychology in a way.

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00:52:58.380 --> 00:53:02.470

I thought as a teenager, I thought there was something important about this.

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00:53:02.940 --> 00:53:07.550

I became a psychologist interested in tra psychology, uh,

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00:53:07.820 --> 00:53:12.810

that just paralleled in a, uh, co parallel way,

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00:53:13.220 --> 00:53:18.130

my interest in ufology because I thought if there

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00:53:18.130 --> 00:53:19.930

is a phenomena like that's happening,

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00:53:19.930 --> 00:53:24.930

that may be about intelligences that come from elsewhere or else when,

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00:53:25.080 --> 00:53:27.200

and I don't know where they come from,

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00:53:27.660 --> 00:53:31.390

that's also related to my interest in, uh,

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00:53:31.930 --> 00:53:36.050

experiences of people with different cultures and beings,

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00:53:37.060 --> 00:53:40.370

uh, on the earth. You know, it's, it's a form of travel psychology.

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00:53:40.780 --> 00:53:43.750

[Nolan] I see the connection there for sure. Uh, now Michael,</v>

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00:53:43.750 --> 00:53:46.430

we are coming up on an hour and the, of course,

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00:53:46.430 --> 00:53:47.950

these episodes are always around an hour.

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00:53:47.950 --> 00:53:51.950

So just to bring these two together with the, uh,

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00:53:51.950 --> 00:53:56.790

the ufologists, uh, UFO aspect and, and also the travel.

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00:53:57.730 --> 00:54:02.460

I think both kind of connect to this idea of a mystical experience.

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00:54:02.460 --> 00:54:07.380

Sometimes travel can feel mystical sometimes. Um, well,

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00:54:07.380 --> 00:54:12.140

whether people believe in, uh, extra address to a life or not, um,

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00:54:12.650 --> 00:54:16.620

I think it does connect to a mystical experience in a way.

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00:54:16.620 --> 00:54:19.050

And the, the mystical,

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00:54:19.360 --> 00:54:23.690

I think is something that we're kind of losing touch with nowadays.

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00:54:25.010 --> 00:54:25.690

Um,

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00:54:25.690 --> 00:54:30.400

so I was wondering what you think about this and how you can kind of wrap this

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00:54:30.400 --> 00:54:32.560

up together with this feeling of the mystic.

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00:54:33.370 --> 00:54:36.700

[Michael] I want. I would like to say that, uh,</v>

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00:54:37.070 --> 00:54:39.180

in my wrote to Strange book series,

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00:54:40.050 --> 00:54:43.260

I did two original books with that, with a,

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00:54:43.260 --> 00:54:47.260

a woman that was very well known in this subject matter, became a friend.

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00:54:47.260 --> 00:54:50.860

And she wanted to co-author with me a couple of books. And we lost her.

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00:54:50.860 --> 00:54:54.460

She passed away a couple years ago. So I continued the roads Estr.

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00:54:54.800 --> 00:54:59.660

The next book was my collection of interviews with people who claimed to

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00:54:59.660 --> 00:55:04.590

have either or paranormal or u f O

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00:55:04.590 --> 00:55:05.423

experiences.

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00:55:05.610 --> 00:55:10.310

And I interviewed in depth maybe 40, 42 of these people.

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00:55:10.570 --> 00:55:14.990

And I include myself as one. I have not had U f O experiences,

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00:55:14.990 --> 00:55:19.150

but I've had a lifetime of paranormal psychic things happening to me.

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00:55:19.500 --> 00:55:23.910

I interviewed these people in depth, in depth. I published a book called,

853

00:55:24.160 --> 00:55:25.910

uh, the Contiguous Universe.

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00:55:26.010 --> 00:55:30.910

And that's a study of all these people from different walks of life and the

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00:55:30.910 --> 00:55:34.630

sorts of different kinds of experiences and try to look at that and try to

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00:55:34.630 --> 00:55:39.070

understand that. You can look at that one. The next one is, I just called,

857

00:55:39.760 --> 00:55:41.590

uh, the, uh, the Rote to strange,

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00:55:42.340 --> 00:55:46.630

a psychic reader with a lady reading a glowing sphere,

859

00:55:46.930 --> 00:55:49.070

you know, on a table. Uh,

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00:55:49.070 --> 00:55:53.990

and this was just my fuge collection of people's experiences of all

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00:55:53.990 --> 00:55:57.590

different kinds of paranormal and ghost experiences,

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00:55:58.010 --> 00:56:02.990

not the the alien type stuff, which was, uh, my book on UFOs, uh,

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00:56:03.750 --> 00:56:07.460

uh, the Road to Strange UFOs, so on for it. Right?

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00:56:07.460 --> 00:56:10.660

That sums it up. I was open-minded to this.

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00:56:11.130 --> 00:56:15.620

I see these things are important. My contribution, uh,

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00:56:15.620 --> 00:56:16.740

both in, uh,

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00:56:16.740 --> 00:56:20.940

coming up with the term travel psychology and being a ufologists

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00:56:21.000 --> 00:56:24.680

psychologist. I think I paved a little new ground, uh,

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00:56:24.810 --> 00:56:29.640

by being willing to listen to what people have to say because there's

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00:56:29.640 --> 00:56:34.640

two mantras if that I abide by if, but one of these is true.

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00:56:35.270 --> 00:56:38.400

What then? And there's so many of these, I believe are true.

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00:56:38.460 --> 00:56:42.160

You have to be open to expanding the paradigm.

873

00:56:42.660 --> 00:56:46.640

And the other one is, uh, I know what I saw.

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00:56:46.870 --> 00:56:51.250

I know what I saw. I know what I fucking saw. You know,

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00:56:51.250 --> 00:56:52.970

a lot of people, uh,

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00:56:52.970 --> 00:56:55.970

you have to give them the opportunity to express themselves.

877

00:56:56.310 --> 00:57:00.290

Not everything is believable. Not everything is true. But some of it is.

878

00:57:00.910 --> 00:57:04.490

And until we accept and study and look into this,

879

00:57:05.380 --> 00:57:08.640

our paradigms are going to be right there on the flat earth. Man.

880

00:57:08.820 --> 00:57:11.600

You wanna stay on the flat earth, be my guest.

881

00:57:12.070 --> 00:57:16.440

I prefer to explore just like a traveler into the unknown,

882

00:57:16.610 --> 00:57:20.280

whether it be just another country and I have a lot to learn,

883

00:57:20.490 --> 00:57:25.160

or whether it's another being from another part of the universe

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00:57:25.890 --> 00:57:28.740

that would sum it up. I'm it. I've studied that.

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00:57:29.580 --> 00:57:33.120

[Nolan] All right, Michael. Well thank you very much. And to the listeners, remember,</v>

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00:57:33.120 --> 00:57:38.120

you can go to Without.borders.fyi to find the transcript and find

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00:57:38.120 --> 00:57:41.840

some more interesting articles on cultural psychology and some more travel

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00:57:41.840 --> 00:57:44.440

stories. You can also check out Michael's website.

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00:57:44.640 --> 00:57:48.200

There will be a link in the description. Alright, tune in next time.

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00:57:48.680 --> 00:57:50.440

[Michael] Thank you. Thanks for having me.</v>