

# InPresence 0001: Becoming the Best Version of Yourself with Jeffrey Mishlove

Video Transcript - *New Thinking Allowed* with Jeffrey Mishlove  
[www.newthinkingallowed.org](http://www.newthinkingallowed.org)



---

*Recorded on February 28, 2018*

*Published to YouTube on March 2, 2018*

**Copyright © 2020, New Thinking Allowed Foundation**

(00:33) Hello. I'm Jeffrey Mishlove, and I'm inaugurating, at this moment, a new series within the New Thinking Allowed video channel on YouTube. I'm calling this new series, "In Presence." It's about opening up to the magic of the present moment, being present to the depths within yourself that are beckoning you to live the most authentic life possible, to become the best version of yourself. By naming it "In Presence," I want to acknowledge the group of 100 or so leaders, thought leaders, in the field of intuition, because I've hosted an email discussion list called "In Presence" for the last quarter century and I've had the great opportunity to associate with writers, intuitive consultants, psychics, artists, creative visionaries, researchers in this field for a long time.

(01:42) I would like to also begin by talking about what it meant for me to get in touch with my own destiny. I think, in a way, this very moment of communicating, of sharing from my heart, and hopefully from my heart to your heart, is an example of what I'm talking about.

(02:05) I'm going to describe for you a moment that was very pivotal in my life, that changed my whole life. I was in my early twenties at the time, just completing my Masters degree in Criminology at the University of California. I was in agony, because I really wanted to focus on the positive side of human deviance. Instead, I was working in the psychiatric unit of San Quentin prison with murderers and rapists. While this was very revealing to me, and I'm grateful for having had that experience, it wasn't what I wanted to do. I knew that my deepest desire was to focus on psychics, on intuitives, on mystics, on what we call the occult, the hidden aspects of life. They were so hidden, you might say that you couldn't pursue them at the University of California at Berkeley. There was no way. And, that's true at most universities, unfortunately today still. So, I agonized for months.

(03:22) You know, my willingness to be in agony over this for months, I think was important. It's like a process of where you tense up, you tense up, you tense up, and then you can relax and enter into a new state because you tensed up. It's known as Jacobsonian Relaxation, that process of tensing and then relaxing.

(03:51) So, after months of being tense like that, I had an insight that an answer would come to me in a dream. And indeed, I had a dream that night, the day that I knew I would have a dream. I dreamt that I

was visiting some friends of mine in Berkeley, where I lived at the time, and knocked on the door of their little student apartment. Nobody answered, so I found the key, let myself in, went into their living room and saw a magazine sitting in the middle of their living room floor. The magazine in my dream was named, "Eye." I was paging through the magazine, when I woke up from this dream with this feeling of such excitement, like, oh wow, I have the answer now. But, I didn't have a clue as to what the answer was.

(04:46) So, I put on my tennis shoes, this is in the days before running shoes, I put on my tennies and ran across Berkley like four miles to married student housing, knocked on the door of this apartment, nobody answered. I happened to know they kept a key under the doormat. So, I let myself in, saw on the middle of their living room floor a magazine. Here's an interesting example of dream distortion - the name of the magazine wasn't "Eye," it was "Focus." Slightly different. And it brought focus to my life, literally.

(05:25) It was the magazine of KQED, listener-sponsored radio and television in the San Francisco Bay area. At that moment, I made a decision that I would pursue media as a way to achieve my desired career. And, at the time, I can tell you, I didn't own a radio. I didn't own a television. Even more, I didn't believe in radio or TV. As far as I was concerned, long haired Berkley hippie that I was, the only authentic forms of human interaction were face to face. The electronic media, in every regard, was phony baloney.

(06:09) But, I changed my mind. I went to volunteer at KPFA Radio, Pacifica Radio, a non-profit radio in Berkeley where I lived. Even though I had my Master's degree, I was happy to accept their offer to sit at the desk and press a buzzer every time somebody rang the doorbell to let them in. After a few weeks of doing that, I learned how to put a radio program together. I interviewed a number of my friends, local psychics, and did a program about how you don't have to be famous and from out of town to be psychic, that people were having psychic experiences.

(06:55) The program director at KPFA liked what I had done and said, well, we have a slot available for you. You can have a regular program every Tuesday and Thursday, called "The Mind's Ear." All of a sudden, I found myself sitting across a table from world class experts, who were on their book tours, passing through San Francisco, and with 10,000 people listening in. It gave me the confidence to create a unique and individual interdisciplinary doctoral program at Berkeley in Parapsychology.

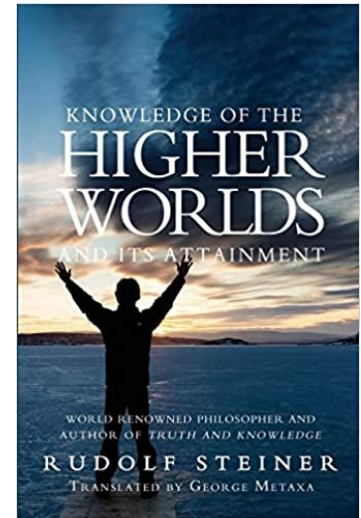
(07:31) So, I've been studying psychic phenomena and intuition for a long time since then, getting near to half a century. But the key for me, the lesson that I drew from this experience, is that when you get in touch with becoming the best version of yourself, following your highest destiny, being a really good person, doing goodness, creating goodness in the world, spreading light - that there are invisible forces that want to help you to do that. And they certainly have helped me. It's not as if my life has been easy since then. I've had trials and tribulations, as we all do. I don't consider myself a guru by any means.

I'm not interested in any of you becoming like me. I'm interested in you becoming more like you. And that's what this "In Presence" series will be about.

(08:41) I do want to encourage you to think about goodness. You know, the word "good" and the word "god" both come from the same Anglo-Saxon root. When I talk about intuition, psychic abilities, it's like acquiring god-like powers, but it has to be done in the best and the "goodest" way, if I can coin that word.

(09:13) You see, Rudolf Steiner, the great Austrian mystic was an inspiration to me. He wrote a book, he died in 1925, but he wrote a book called, well he wrote 200 books, one of them was called *Knowledge of the Higher Worlds and Its Attainment*. It has been an inspiration to me almost from the beginning of my quest.

(09:34) One of the things he said there is, before you take a single step towards knowledge or power, take two steps towards ethics. I think you can see in the lives of saints and other really good people, they are quite familiar with psychic functioning, with mystical states of consciousness. It's a natural thing. It's nothing associated with their ego.



(10:03) Nor do I claim to have any great psychic powers associated with my ego. They come and go as they wish, and I live my life. I've had hundreds of experiences, but I wouldn't, as many of the people who I work with, who are professional psychics, can do it on a regular basis. But, that's not me. I don't consider myself a professional psychic. I consider myself somebody who has had the great fortune of being able to follow their own path in life. Mystical psychic experiences have been part of that path, a very important part. And, I think they are a very important part of everyone's life, because it's part of simply being conscious, having consciousness, having awareness.

(10:58) Well, I'm going to conclude this inaugural program for now. I hope that many of you will comment. I'll do my best to respond to comments on these videos. I expect that this will be a long running series. My hope is that it'll be something that might even become daily, because the quest that I have been on has been one of nearly half a century and one that I have been on every day. That's the sort of thing I believe I can share with you. Thank you for being with me. (11:38)

---

## **New Thinking Allowed Foundation**



**Supporting Conversations on the Leading Edge of Knowledge and Discovery  
with Psychologist Jeffrey Mishlove**

*Visit our [YouTube Channel](#) for More Videos*