

TRANS CRIPT

Dr. Kate Raynes
Goldie

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[MUSIC] Kirsten: Hello everyone. I think those of you that know me, but especially have been listening to this podcast for a while, know that I absolutely love having guests that are in the sciences, who are willing to talk about things that are ineffable. Dr. Kate Raynes-Goldie is exactly that. She's a PhD-trained business and cultural anthropologist, AI keynote speaker, TEDx speaker coach, business news tech and innovation columnist, and is the creator of Super Connect, which is a proven tool to foster human connection, boost psychological safety, ignite curiosity, and most of all, enable better conversations about difficult things. But mostly what she and I talk about in this conversation, besides for the magical miraculous part, is play. When I was interviewing her behind her on this shelf, well, there were all these Lego heads, giant Lego heads, and so it was pretty charming to be looking at her and talking about these things while seeing these hilarious funny heads behind her. Dr. Kate shares a story of something that's really mysterious and really beautiful. And essentially, well, I don't want to spoil it, but I wanted to give you a little background about her miracle and just how not only mysterious these states of mind are, but how probably with enough practice, most of us can attain them, and specifically what she talks about is entering this period of timelessness, or, as it's known, Samadhi. And so what Samadhi is, is a state of deep absorption, focus, and stillness and meditation, often considered a peak experience of spiritual training. And it's a state of consciousness where the mind is unified, calm, and non-reactive, leading to a sense of bliss and enlightenment. It's a Sanskrit word, meaning concentration, absorption, or to bring together. And people who often experience this have this sense of timelessness, like they've gone beyond time, or time does not exist, or it falls away. And it's really this, I mean, some people might call it flow, some people might call it, well, Samadhi. And it's really this mysterious place. It's almost beyond words to explain. So we talk about this in this episode, and once again it reminded me that not only the world, but our very own internal workings, our brains, our minds, our hearts, and how they all come together, well, it's all incredibly mysterious. So without further ado, here's my conversation with the absolutely fabulous Dr. Kate Raynes-Goldie.

[music] Dr. Kate: She invited me to come to one, and I didn't really know what it was, but I just said, "Okay, I'll come." And so we get there, and I think it was just shortly before I, I think I was packing, and I was reading the materials, and then I realized that it's, there's no eating. So it's like four days of fasting. So I was like, "Okay." I was thinking like, "How are we gonna eat, like for what we're doing? How is this gonna happen? How are we gonna get food?" I was like, "Okay, well, that answers that question." So I was like, "Okay, this is fine. I've never done that before."

[music] Even though I do a lot of work and play, and have a PhD in research, evidence-based science, all that stuff, the other side of me that I bring in and have only started really telling, like, I'll tell certain people if I know that they're, you know, ready to hear it, but you know, kind of the general consumption has been more recent.

But I've also, for 20 years, been practicing Qigong and Reiki and nearly completed a year-long energy healing certification. So I've done all the coursework, but just need to finish my practical. But that's like bringing shamanism together with biocranial sacral massage, and so all of these kind of esoteric practices, but really powerful when you bring them together with facilitation. So I spend a lot of time doing interesting things, let's say. And so one of the interesting things was, a few years ago, I had a friend who, she does these retreats, and she invited me to come to one. And I didn't really know what it was, but I just said, "Okay, I'll come." And so we get there, and I think it was just shortly before I, I think I was packing, and I was reading the materials, and then I realized that there's no eating. So it's like four days of fasting. So I was like, "Okay." I was like, "How are we going to eat for what we're doing? How is this going to happen? How are we going to get food?" I was like, "Okay." Well, that answers that question. So I was like, "Okay, this is fine. I've never done that before."

But it was a, basically, we go out to this amazing land, and that was how I met my friends who have the property in the wheat belt, this off-grid property. So that was the one connection. I was meeting them and getting to hang out with them, and you were talking about everything having a spirit. So there's this amazing rock there that, anyway, that's a whole other thing, but it's just this amazing magical land where magical things happen. So we go there, and it's called Nature Quest. I think it's a methodology that she uses that involves nature as kind of like a meditation, healing practice. So it involves basically being by yourself, not eating for three or four days. So you're outsecluded in the wilderness, basically sitting on a rock. You know, there's nothing, you just have a sleeping bag at hand, and that's it. And I think by day three, I just woke up one morning, and I just was like lying on this rock, and I just woke up and just sat up, and I just stared at this tree in front of me, and just time stopped existing, and I could tell that the time had passed after maybe three or four hours because the sun had moved or the shadows had moved, but it was just like there was the noise, the talking in my head, there was just complete silence. It was like time, thoughts, nothing existed, and I've never had that happen to me before since, and it was just amazing.

Kirsten: - It sounds like it, well, I was just thinking that sounds like a vision quest. They do those in the desert Southwest, I mean, really all over the world, where you go somewhere without food for three or four days, and then something happens, you encounter an animal or anything really, and you have this kind of revelation, but it sounds like you have this deep connection with this tree to where you lost your sense of self. Would that be correct?

Kate: - I think it was definitely losing my sense of self. I don't know, the tree was just a way for me to know that time had passed, it wasn't particularly, yeah, but it was definitely, yeah, that my sense of self had stopped existing, but I believe it is based on vision quests, that is where it's rooted in, but it's not from the indigenous traditions.

I have been sent home one of those by my parents that was sort of a culturally appropriated version of it. It was a bit problematic, but that's a whole other story. Yeah, so I am familiar with those as well, and this is, I think, more of a, yeah, similar aligned, but different.

Kirsten:- Okay, wait.

Dr. Kate: - Same kind of vibe. -

Kirsten: Your parents sent you on one? - When you were a kid? -

Kirsten: Yeah. - My parents had this thing about sending me off in the summers to random things that were not so great and I never had any choice in it. So this may be part of my, like, you know, let's play to recover from this, 'cause I was probably, I think the first time they sent me off on something I was about 11, but this is, I think, 13, and it was, I found out recently, I was talking to my mom about it, that it was the first time that they ran it, and it was a non-Indigenous person running it, so I think that there is a lot of, and this was back in, like, the early '90s when we would do things like that. I mean, I guess we still do, but it was more predictable back then, and I was gonna say, "Hey, wait a second. "This might be a bit problematic." Like, not just from cultural appropriation, but I think also just from a, you know, connection to, like, there's just so much energetically that is important as well, and I just found the whole experience really traumatic. Where's this Nature class one? It was actually really great. -

Kirsten: My God, I'm so sorry.

Dr. Kate: - One that I chose to go on a walk. Yeah. (laughs)

Kirsten:- Sorry, I got sent to Girl Scout Camp a couple of times, which, you know, was pretty benign, you know? It wasn't like nothing weird happened. I mean, yes, something weird did happen, but I don't talk about it. And then later on, my father sent me to a horse camp up in Wisconsin for two weeks, and yeah, as a kid, you don't really have a choice. No one says, "Hey, do you wanna do this?" They're just like, "Hey, go pack a bag "because you're leaving tomorrow for a week, two weeks." And it's sort of, sometimes it's a good camp, and sometimes it's, you're like, "Who was, what is happening here?" So.

Dr. Kate: - I like to think parenting has evolved a bit since then. There's a bit more like, you know, consent sometimes, I hope. (upbeat music)

Kirsten: I hope you appreciated this conversation, and you got a sense of Samadhi, a sense of timelessness. It seems like it stole up upon Dr. Kate somewhat unawares, and she got lost in this time. You know, the old poets might call this period that Dr. Kate experienced a reverie.



I think there are so many cultures all over the world, and the words used to describe these experiences are all different. But whatever you may call them, whether it's Samadhi, timelessness, or reverie, it's all very mysterious. And I think magical, because where do we go? And in that place are all things possible.

I'm so grateful to Dr. Kate for spending some time with me, for sharing her stories, for laughing along with me, and explaining or sharing about an experience that no doubt deeply changed her life. To read more about Dr. Kate and the work she's doing in the world, and the work about play and fun and curiosity, and all those delicious things, well, there'll be a link in the episode show notes. You know me, and I'm all for more play. I'm all for more fun. This world needs it, and I think we all need it too. In essence, I think by listening to this podcast, you are entering my playroom, where I'm encouraging us all to dream bigger, understand this world is far more grand than we can see with our regular eyes, and that mystery and promise await for each and every one of us.

Thank you for listening, and here's my one request. Be like Dr. Kate. I mean, you already know what I'm gonna say. Play, have fun, have curiosity, build the Death Star, or do whatever floats your boat as far as playing and being in this world. And sometimes it's gonna mean we're gonna get off our tablets, our phones, our computers. We're actually gonna go out into the other world, into the outer world, and meet people, have real conversations, do silly things, and maybe laugh so very much. So be like Dr. Kate. Go out and play, build community, and find others to play with, and have fun, and be silly. And I suspect that within no time whatsoever, you're gonna wake up every day, and you're gonna think, my gosh, this world is so bright. This world is so beautiful, and I can't wait for the very next excuse to be silly and play, and have fun.

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