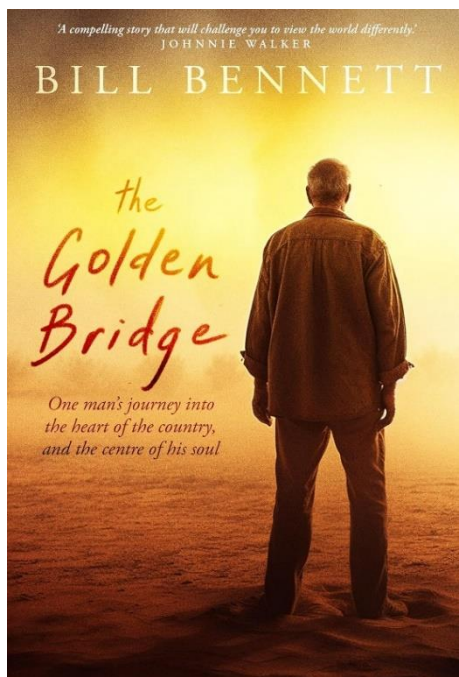


## A ZOOM TALK BY BILL BENNETT 29/06/25

Bill began his talk by explaining how he came to write *The Golden Bridge*. It was in the middle of COVID, in the winter when it gets down to minus five degrees Celsius where he lives. In the middle of the night, Bill woke up with the story fully formed. Bill found it hard to believe. So, what happened then, was that he had a conversation, ostensibly with himself, but in fact it was a conversation with those that put the story before him.



He said he was not doing this. And they said, 'well, yes, you are. You are going to write it'. And he said, 'No, there is no market for this. It will never sell. No one will read it. It's going to be a total waste of time'. And they said, 'you're writing it'. And he said, 'No, no, I'm not. I'm going back to sleep. Good night'. And they said, 'Bill, you're writing it. You're going to get up tomorrow morning and you're going to start writing'. Bill said, 'I don't want to waste a good six months of my life, because that's how long it's actually going to take, to write this book and to do all the editing and so forth. I can see no value in it. It's an interesting story. But really, who cares?' And they said, 'Bill, you're writing it. Get up early, start writing'.

Bill woke up around 4.30 am. He went downstairs, and had two double espressos and kept his mind as empty as possible. He sat down at his computer and began writing, and he did that every single morning between 4.30 am and 9.30 am until he completed the book. If research was necessary, he would do that in the afternoon or evening beforehand, and each day he would write about 1,200 words. He didn't work out characterisation or structure but just

trusted whatever was guiding him. Bill did do some research on dowsing, but at the start didn't know there was going to be a chapter on it.

Bill believes any truly creative endeavour is a process of channelling. His job was just to get himself out of the way, rather like dowsing. Jennifer, Bill's wife, joined him on the Zoom and told us that Bill sent the first chapter to their daughter, who's a criminal barrister. She rang her mother up and said, 'As your lawyer, I have to tell you your husband's planning on killing you'. In reply, Jennifer said, 'It's OK, darling. If something happens, I'll let you know,' which we laughed at, but one needs to have read the book to get the joke.

Bill talked about growing up with parents who were both scientifically trained and their thinking was evidence based. Both were dentists. Anything that couldn't be quantified or measured didn't exist. Having started studying medicine at Queensland University, but realising it wasn't for him, he changed to an arts law degree majoring in journalism and Mandarin Chinese.

He had a dream at an early age to be the first ABC (Australian Broadcasting Corporation) correspondent in China. He then worked for ABC for 12 years as a journalist, and then moved from journalism to making documentaries, and then switched to making feature films.

In about 1999, and by this stage his feature film career had progressed, Bill was making quite significant movies. One was a light-budget thriller with Burt Reynolds for which he had to go to Los Angeles, so he found himself driving to the airport early one morning for a casting session.

As he approached an intersection where it was dark, there was no traffic on the road, the light was green up ahead, he went to accelerate to make sure that he got through, particularly as he was running late, when a voice said, 'Slow down'. He thought, that's weird.

He then went to accelerate again, when the voice said more emphatically, 'Slow down'. Instinctively he slowed down when a huge truck thundered through the red light on a cross-stream. Had he not heard that voice, and listened to that voice, the truck would have killed him.

This started a long journey for Bill trying to find out what the voice was. He had three questions. **What was the voice? Where did it come from? Why did it**

**save his life?** The end result of this was the film called "PGS, Intuition is Your Personal Guidance System".

He spent ten years studying intuition but could not find a definition of it that matched the voice he heard. This led him to come up with his own definition: *Intuition is a sudden unexplained insight that comes unaided by logic, or expertise.* He realised there were different types of intuition which no one had really discussed before.

So, he broke intuition down into four different categories:

Firstly, **Survival Intuition**, which is similar to a mothers' intuition, survival of the species. Survival Intuition, is an intuition that happens through a heightened sense of perception or awareness. It's a physical intuition like walking past a dark alley and getting a creepy feeling. 'I shouldn't go down that alley'.

The second one Bill called **Cognitive Intuition** which is the intuition that is most commonly known. It's what a lot of people call gut instinct and it's based on what he calls 'subsumed instant recall'. If a racing car driver says he drives intuitively, it is based on the fact that he possesses an extraordinary expertise. If a CEO of a company says he has made a gut decision on an issue, it is based on years at that company where he developed a specialist expertise.

The third kind is what happened to Bill, a voice out of nowhere saying 'slow down'. Bill calls this one **Mystical Intuition** which is inexplicable. It cannot be explained by science. When Bill made the PGS film, he took it all around the world and had screenings everywhere, and people came up to him and recounted their own stories about being saved by a voice.

The fourth one is what Bill calls **Proxy Intuition** which is intuition that happens through someone else, through the agency of someone else. Bill gave the example of a number of instances of 9-11 where people who were going to go to the towers that day, didn't go as somebody said to them 'Hey, can you hold on? I just want you to fix up this', or the bus was late, or the taxi was late, or a child went down with something and they had to attend to it. Proxy intuition is intuition that comes through somebody else because it can't get through to you personally.

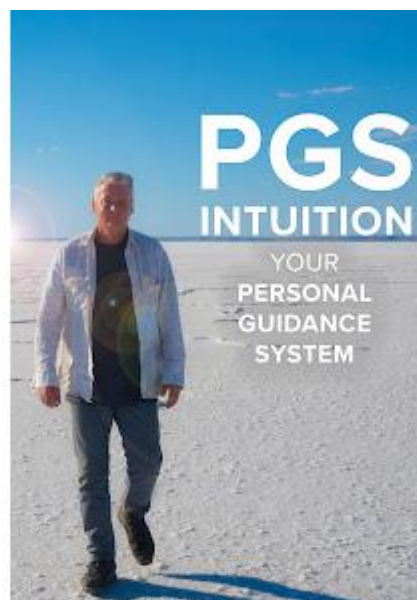
It's Mystical and Proxy intuition that Bill feels fit into the mystical category.

Most people call the first two 'intuition', but it is explainable and can be proven through the scientific process.

Mystical Intuition for Bill is true intuition. What he determined was that we have within us an energetic system that is as legitimate as our cardiovascular system, our respiratory system, or lymphatic system -it's just that it's 'energetic'.

And because it's energetic and because it can't be measured and proven scientifically, science doesn't believe that it exists. Bill said one can look at Chinese medicine, it goes back 2,000 years, and they've been dealing with energetic systems for all that time. So basically, he said that the thrust of the film was that we have a legitimate operating system within our bodies that operates through our energetic system, and connects through us physically through the chakras, which science hasn't proven yet. But it **will**.

Bill also said he was shocked to find that it was only four generations ago that science discovered bacteria. Four generations ago, science discovered germs. He pointed out that if science is so far behind, if they're playing catch-up to that extent, what else don't they know? What else is there out there that they dismiss because they haven't been able to prove it, but in fact is legitimate?



This is the basis of the film PGS and it changed Bill's whole way of thinking, realising that maybe science doesn't have all the answers. There is the **known**, **there is the unknown**, and **then there is the unknowable**, and within the unknowable is where the mystery lies, is where the wonder lies.

Bill said that the unknowable is the territory that we're dealing with at the moment, and it shouldn't be dismissed, and yet it is so often is. After making that film he came out a totally different person than when he started it. The same thing happened to Harry in the book 'The Golden Bridge'. He starts off on his journey as someone who worked as a mechanical engineer, in which his whole life was driven by calculation, mathematics and logical thinking but during the course of his walk in the centre of the desert, he meets various people that make him look at the world in a fundamentally different way. One of these people is the dowser.

Returning to the making of the film, the three questions were 'what was that voice', 'where did it come from', 'why did it save my life'? Bill had an interview with a scholar of the Dalai Lama, in the Dalai Lama's complex, and Bill asked 'why me', 'why did this voice save my life'? He replied there were two possibilities – that I had accrued karma from a previous life or that I had more work to do. The latter resonated with Bill, that he had more work to do and it just wasn't his time.

Bill told us that a lot of people who have had near death experiences say they are also told, 'Go back, now is not your time, you've got to go back, there's more work for you to do'. Ever since that time Bill has been motivated, and has accelerated his workload.

In response to a question about the creative process, Bill said that when he started writing at an early hour he was still partly in a 'dream' state. There were no distractions which helped him to finish by around 9.30am, after which his daily routine started. So, staying in the dream state for as long as possible was the key to the process, and just trusting whatever came into his mind. If one was to try and guess it, or try and place an analytical template upon it, it would lose that special magic.

Bill mentioned Larry Charles, who was the well-respected writer and director of Seinfeld and who, in his book explains how he applies an analytical rigour to directing, which is a very different approach when compared to Bills'.

Bill trusts that his creative instincts are such that everything will turn out OK when directing a film. He suggested that we are all creative in our own way, and it was important to trust in the purity of that creative process. So, his advice is to 'just let go and trust that whatever comes through is meant to, and is unique to you'.

In the making of PGS Bill wondered how he could define the process of accessing your intuition? He came up with five steps. **Stop, Listen, Ask, Trust, Follow**. First you have to:

### **Stop.**

Get rid of any unfinished business around you then

### **Listen**

Listen to what comes through.

### **Ask**

This is very important. You've got to ask for help from your creative powers, your higher self, your spirit guides or whatever you believe in.

### **Trust**

You've got to trust in the asking, then you've got to trust what you're told by them.

After that the most important thing, and where a lot of people slip up, is you've got to follow through.

### **Follow**

You've got to follow that intuitive guidance that you've been given.

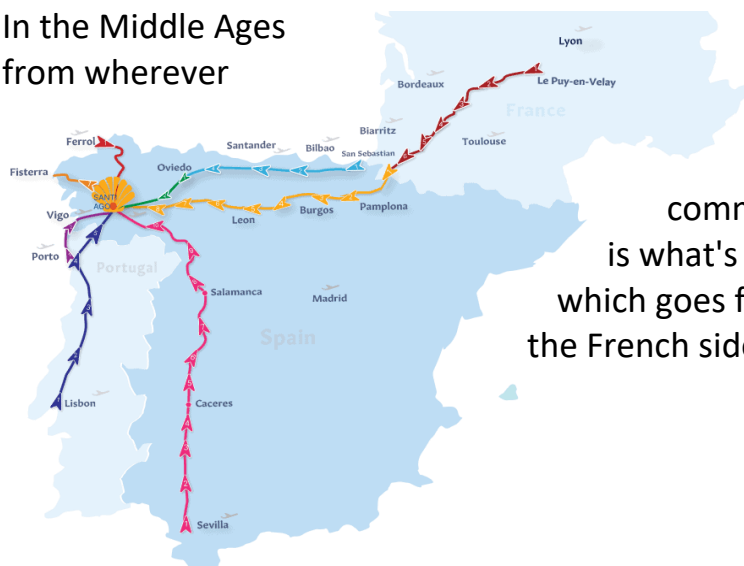
You've *got* to put it into action. **Stop, listen, ask, trust, follow**.

You've **got** to trust what you're being told intuitively and creatively. Then you've got **to follow through and act on it**.

Where most people fall down is when they let their logical mind kick in.

Bill went on to talk about the Camino and his belief in the transference of energy. He said the Camino is actually a network of pilgrimage routes that lead to Santiago de Compostela, which is a city in the far west of Spain. There's a cathedral there, and it is believed that the relics of St. James are buried at that cathedral site.

In the Middle Ages  
from wherever



and earlier, pilgrims walked they were in Europe and made their way across to Santiago. Nowadays the most commonly known pilgrimage route is what's called the Camino Frances, which goes from St. Jean-Pied-de-Port on the French side of the Pyrenees, across the

Pyrenees, and across the width of Spain. It's an 800 kilometre/500-mile walk.

Pilgrims have been walking this from very early times. In fact, there is evidence that pagans used it as it took them to what's called Cape Finisterre, which is they believed at the time, the end of the world. They visited there to see the equinoxes.

Bill told us that the Camino is a well-trodden pilgrimage route that goes across Spain, and he believes that this has resulted in an energetic imprint because many pilgrims walk with spiritual intent and we are energetic beings. This comes back to his belief that our energy system is a legitimate functioning system in our body.

We have the seven main chakras and a lot more minor ones as well, which include some on our hands, on and below our feet, above our head, to name but a few. These chakras release and receive energy. If, as a pilgrim you walk with spiritual intent, what you're doing is laying that spiritual energy into that pathway as you walk. And there have been millions of pilgrims walking the same path over millennia.

Each pilgrim walking with spiritual intent has laid that imprint into the route, but the opposite can also happen. If a pilgrim walks with a reception to spiritual energy then that pilgrim can, through the chakras in their feet, pick up the energy imprint that is in the path to give them healing. Miracles can happen.

Bill knows of people in their 80s and 90s who are infirm and who can hardly walk around their bedroom, who then walk 800 kilometres. He knows people who have been cured of cancer - these are featured in his Camino film.

These are pathways of spiritual energy that have been laid down over a thousand years or more by millions of pilgrims. Bill told us he has no interest in walking a path just for the sake of doing it. So, Bill's theory is that pilgrimage routes have this spiritual imprint, and non-pilgrimage routes don't. He thinks there is something very special about the Camino.

Last year almost 500,000 people received their Compostela, which is the certificate that one receives for walking the Camino - but you receive it for only



walking the last 100 kilometres. You don't need to walk the full 800 kilometres to receive your Compostela.

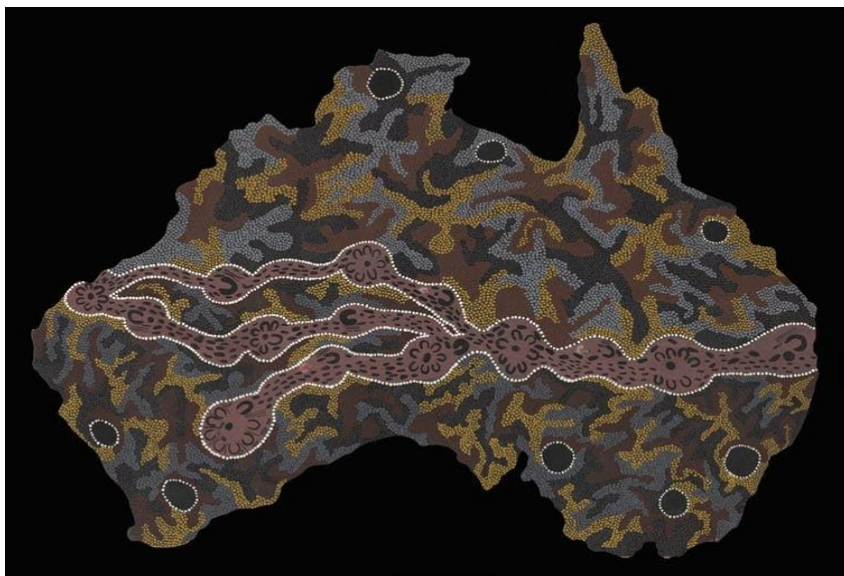
What the Pilgrim's Office in Santiago says is that for every one person that receives a Compostela, another 10 to 12 walk some part of the Camino that year. So, that's 5 to 6 million people walking a Camino every year which Bill thinks is extraordinary.

Bill thought that could represent a shift in planetary consciousness. People are walking the Pilgrimage - they're not walking the Appalachian Trail, they're not walking the Pacific Crest. They're walking the Camino.

What that meant to Bill was that the planetary consciousness was calling people to seek some greater meaning in their life. That's happening in the moment at a time of huge change, politically, economically. People are walking the Camino to find greater meaning. They're being called. The Earth has energy. It is consciousness. These pathways have consciousness.

Bill made a comparison with Songlines, which are unique to Australia in that they're a construct of the Aboriginal people. They're a creation myth.

Essentially, Songlines, the Aboriginal people believe, came into being through ancestral spiritual entities. They go back 40,000 years and were laid down through song, through music and words, a means of walking and surviving through their land. Songlines include information about ancestral beings, about geography, about food sources, about survival.



Bill said they are actually a complex and sophisticated system of communication that's been handed down generation after generation after generation. Bill said he has known about Songlines for quite some time, and had made a couple of films involving Aboriginal people, although when he started to dig deeper into what Songlines were, it hit him with enormous power, just how sophisticated these people were and still are.

And we, as a white culture, have never fully acknowledged just how incredibly complex and sophisticated they are. Early white settlers who arrived in this country thought that they were primitive savages, they had no idea, no understanding of the deeper spiritual connection they had with the land.

Bill said this started him thinking about energy flows and he made a distinction between man-made ley lines which are straight alignments, and paths such as Camino and Songlines which aren't straight. So, are they energy lines? He believes the Camino and the Songlines are very, powerful energetic pathways.

Nearer the end of his talk Bill was asked if he thought Western science, would acknowledge, measure and use the sort of energy Bill had been talking about. Bill said he was astonished at how many schools still teach Newtonian physics which teaches that we live in a mechanistic world, in which everything is reducible and it's not.

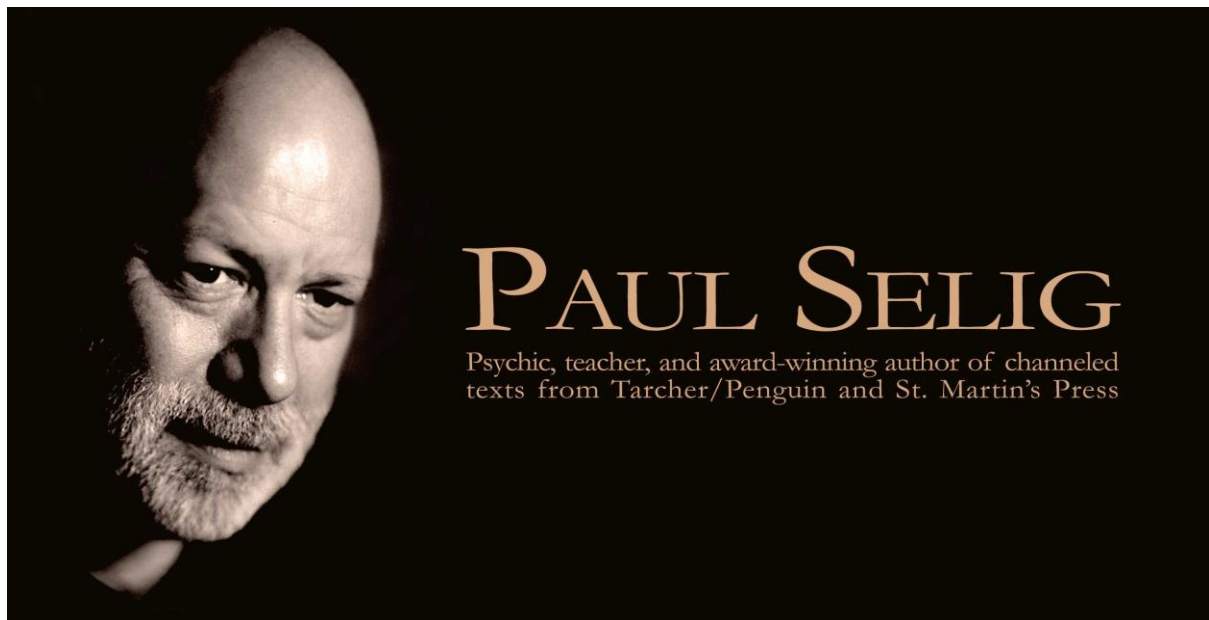
You could go right the way back to Copernicus and the religious belief that the planetary systems and the Sun revolved around the Earth, and you were deemed a heretic and were locked up, but science then proved that we do revolve around the sun which was heretical for the religious scholars at the time.

Science validates through evidence, instrumentation and calculation and there are scientists working at the moment that are getting very close to measuring this stuff. Once science is able to touch it, feel it and measure it then they will say that it's real.

But in Bill's view as functioning human beings, we need mystery. If we took mystery out of our life, how empty would our life be? Coupled with mystery comes a sense of awe and wonder, and how empty would our lives be if we didn't have awe and wonder? 'It's the known, the unknown and the unknowable. We need to have the unknowable in our lives.

We need that mystery. We need that dimension of existence that is simply unknowable'. Bill said that he has been with enough serious mystics in the world to know that there is an afterlife.

Bill suggested that if anyone is interested in this subject, to check out Paul Selig who was an academic at NYU. He had a spiritual experience that fundamentally changed his life. He became a channel and now he channels books. Bill said he was thinking of contacting him and saying he would like to make a documentary about his work. Bill had been with him when he was channelling and in his view, he couldn't make it up. To Bill he is living proof that there is life after death and is not scared about dying. Paul's body of work changed Bill's life.



In response to a question on how dowsing and chakras could be linked together to manage fear, Bill said he firmly believed that yoga was a great help as it opens up the energetic pathways and he practised it himself. Yoga, being an age-old Indian practice that goes back more than a thousand years or so.



Bill went on to discuss aspects of fear that appear in his film 'Facing Fear'. He had concluded that there were two types of fear - there's **true fear and false fear**. True fear is survival fear. False fear is fear that we concoct. Having made his film, Bill said he was almost totally free of fear, which is both a good thing and a bad thing. What Bill came to learn in making the film is that all fear, in one form or another, ultimately comes down to a **fear of loss**, and if you can come to terms with the fear of loss, then you can come to terms with fear.

Bill said it was now seven years since his diagnosis of Parkinsons and he thought he was doing pretty well. He had lost the fear of death and what people thought of him. Parkinson's, has affected his walking and movement but coming to terms with the fear of loss means you can come to terms with the fear of dying. He has learned about the journey you take after you die, so didn't fear dying.

He would still be scared if someone went to attack him, as survival fear would kick in, but he had lost other forms of fear. When you lose the fear of losing all your money, losing all your possessions, it frees you up creatively. If you take away that fear, suddenly you're not acting out of fear, suddenly you're not making decisions out of fear, you're making a decision because of the purity of that decision, the rightness of that decision. You can become really creative and productive. Bill had lost that fear of abundance.

When, and if, he is faced with fear he always asks himself 'What is the worst that can happen'? He finds it liberating. The downside of losing fear is that he doesn't care whether his football team loses or not anymore. If his team, the Sydney Swans lost playing Australian Rules, he would be devastated for the

week. Losing fear flattens out your emotions because you have lost the highs and lows of fear.

Bill said that he didn't like to talk politics, but was incensed during Trump's first term in office, but now doesn't care. He has lost the fear that the world is going to fall into a heap because we have a president whose politics he doesn't agree with. There is a line of spiritual thought that says Trump is a necessary function of change. 'Who am I to judge whether he's a good president or a bad president? I cease to get emotionally involved with a president whose politics I don't agree with, it's not that I don't care, it's about seeing beyond that. In losing fear, you lose judgement'.

Bill finds he no longer judges any more or tries not to as judgement is based on fear. Judgement is based on a person sitting in a superior position, and you judge someone fearing that they're going to in some way, cause you to face loss. It all comes back to loss. If you can come to terms with loss, you can come to terms with fear.

Bill was asked what he considered was the greatest gift he received from being on Camino? Also, what did he think about the Camino as a healing process, either for criminality or for physical or mental illness. Bill replied that he was a strong advocate for both. He understood that it was used with criminals and that their sentences can be reduced if they walk the Camino. It's a very powerful tool in that respect, both in physical terms, but also in the way that it can transform a person's life.

There are various Caminos. There's the Portuguese Camino, which is about 209 kilometres long, there's the Madrid Camino, and there is the Via de la Plata. Bill said you need space and time and you need distance to get the full impact. The Camino Frances which is 800 kilometres, gives you that time and space and distance.



There's a section of that Camino called the Meseta, which is 200 kilometres long and which is largely flat and featureless. Bill said a lot of people avoid it because it's terrifying. When you walk that Meseta, that 200 kilometres section of the Camino Frances, 'you're forced to go inside yourself because of the monotony, the metronomic sound of your poles on the ground. You're forced into hearing your breathing'. He wanted to experience this so never wore headphones.

Bill has walked five Caminos now. In Bill's view hearing the way your body works, the way it moves, the way it breathes, and your heartbeat is extremely important in Bill's view. There is a very powerful healing quotient on the Camino.

Bill was asked about his thoughts on labyrinths being used as a healing pilgrimage. Christianity developed them when it became unsafe to take traditional pilgrimages. If a long walk like the Camino was no longer accessible walking a labyrinth could be of benefit.

Bill thought they were extraordinary, and that it was possible to develop a similar connection to earth and spirit in a space like a labyrinth.

Bill feels that doing anything that comes easily to you in order to recharge, refuel and tune into the mystical elements were important. So, as well as yoga it was important to drink a lot of water, get out into nature each day, even if it's a simple walk in the park at lunchtime or walking the dog, just taking time for yourself. We devote so much of our waking life each day to other people, we rarely gift time to ourselves and it is so important to nurture ourselves.

Bill practises 20 minutes of yoga and a minimum of 20 minutes of exercise each morning which he believes has helped to keep his Parkinson's contained. As he got older he realised that it is terribly important to look after yourself. It's like what they say in the plane before you take off, grab your air mask first before helping other people.

Therefore, in order to take care of other people, we need to take care of ourselves first.

We offered our grateful thanks to Bill for being so generous with his time, and for sharing his personal experiences, insights, understandings and his love of life.

**Thanks to Sian, Diana, and AI for their help.**

**Gwynn**