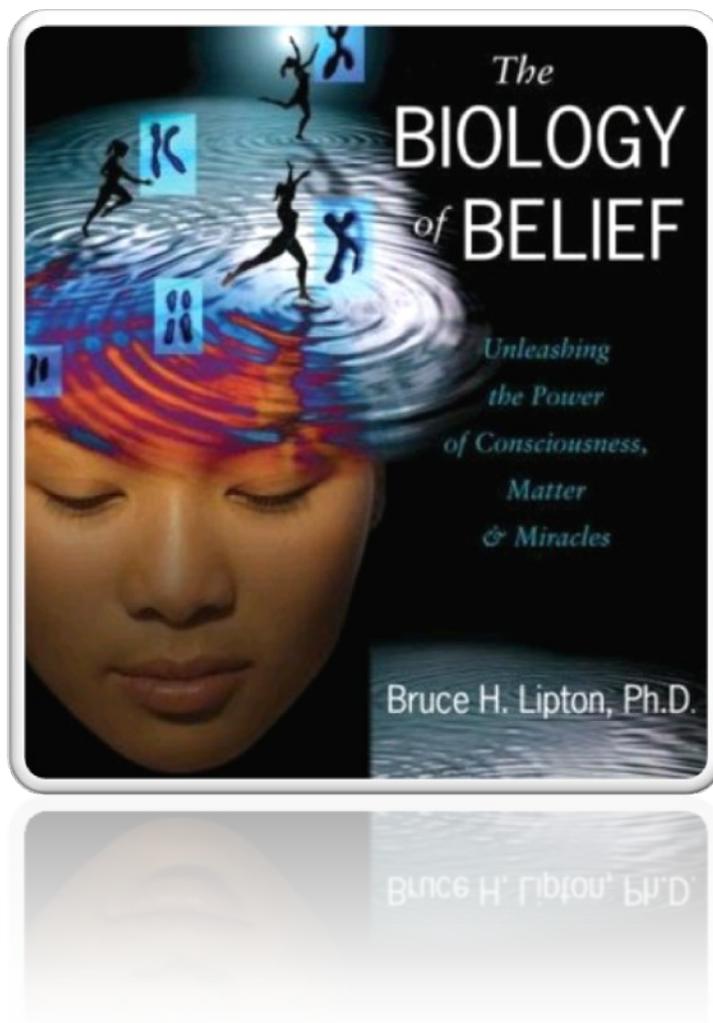


Bruce Lipton: The Biology of Belief, Fall 2009



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Transcript

[Initial introduction has not been recorded]

...that civilization as we have known it is coming to a very abrupt end... very, very soon.

And the significance is, you look out and you see all the crisis, we can talk about it - global warming.

We can talk about the food industry that you've just heard about.

We can talk about the political upheaval, the healthcare crisis, and we can go on and on and on.

And then you try to say, well I mean, it's like all of it is coming at one point.

And the reason why is because they are symptoms of something that is so profoundly important and such a major upheaval that's coming so quickly that actually the book is written out, that are put out, that's called Spontaneous Evolution

Because within a very short time, within 2 years, maybe even within a few months.

Everything the way the world has been running is going to turn upside down.

It's going to be blown away. It's going to be very exciting!

And the reason why it's important for you is this: There are the generations called the X, Y, Z: the alphabet generation – which I assume we're all a part of.

And the relevance about the alphabet generation is that there was a discontinuity between the previous generations.

Everything up to the previous generation was "Yeah, my children are going to do better than I'm going to do and we're making a world for my children"

Then of course when parents own five BMW's and a mansion for two people and a kid, and it's hard – how is that kid going to grow up and do better than that?

And so it's very interesting because they reach the point where your prospects seem like:

"How they hell can I keep up with it? I can't even pay the rent, I'm having trouble getting the food covered and everybody's talking about how the kids are always going to do better than the parents"

It's obviously for awhile, that it's not even going to look that way, especially for you, and why this is relevant is this: *This is not a coincidence!*

This is part of an evolutionary upheaval.

Your role in it is actually, guess what, to be detached from the structure. To not be part of the structure at all!

And the reason why this is an important role for you is very simply this: You can't take down the structure if everybody is holding onto the structure!

If everybody said "This is the way we all wanted!" and held onto the structure, the structure cannot change.

But now we got nearly 50% of the population and that includes you that are not part of the structure and we can actually say: "Who cares?"

Who cares what happens up there and what all these people are doing on Wall Street and the banks

Who cares about that?

Because you're not part of it.

And it's a good reason why you're not part of it

Because you don't have any reason to hold onto this thing.

And as a result as the change starts to come it will happen very quickly because such a large portion of the population does not have any investment in this particular structure right now

And yet why this is important is because when the upheaval comes: it's being handed to you!

And when the upheaval comes, it's also important for this: It takes you to a new level of thinking, gives you a different way of looking at life. Technology that doesn't even exist at this moment.

2005 – 60% of college graduates had jobs when school ended.

Last year, it was 20% and it's going down lower.

And the relevance is that the future doesn't offer you the jobs that we're having now

But the future offers you new stuff that's not even evolved at this moment

But there're so many new jobs, new industries, and new technologies evolving everyday

So my point about this is specifically for you is very simply this

You're in a state of upheaval.

You feel disconnected from the situation.

It seems out of hand...

And it is.

And the reality is that everything is in its right place

You are in the right place for the next evolutionary leap to come

And I'll explain why the end is coming

And that's basically because the reason why civilization is coming to an end

And it's actually an understandable reason

So it's not mystical or metaphysical or magical

And it's based on understanding this:

That civilizations, like people, have life cycles

Anything like an organization like that grows

It evolves and then develops and matures and ultimately declines

So when we talk about a civilization or an individual human over time what we can talk about is a period of development and then a slope and then a decline

And what's this really associated with?

The first phase of a child's life or civilization's life is, in this developmental phase, is experiment.

That's what kids do.

They go out and try all different kinds of things

So when the civilization, and the young one that is forming right now, try things, try all new kinds of things

Why?

Because existing things don't work really well.

So you try things that are new.

Once you start to establish a way of life, then unfortunately, the ideas start to get very rigid.

So, just like parents, you grow up. They were wild as kids and then they reach the parent stage and guess what?

They became very damn rigid and their outlook and everything became “That’s just the way life is”

And they held on to that belief and try to get you to conform to that when you were in your experimental phase

So the idea is this:

Civilization like parents grow up and become rigid.

But when you become rigid in a world that is dynamically evolving, nothing in the universe stays the same.

That is the one truism – it’s always changing.

So basically it says this:

How can you live into a future if you hold onto a rigid idea?

The rigid idea generally causes challenges, the challenges from following these rigid beliefs.

Then cause us to do what?

Causes people to start pull out of the system!

And when they start to pull out of the system, the system starts to decline

And as it starts to go down, the old beliefs fall away.

But guess what?

As the old ones are going down, something else is happening

A new one is beginning.

So where are we today?

We’re in this civilization that is crashing at this moment with you as part of this civilization that is moving upwards right now.

This has happened repeatedly through Western history.

It has happened over and over again.

So if I go back over Western history, I can talk about there’s a period called Animism

Which is like the Native Americans, the druids in Europe, the aborigines in Australia, the Indians in South America.

Animists.

And then that way of life left and turned into polytheism.

And polytheism, the many god things Egyptian, Romans, Greeks and all that.

Yeah, but the Roman Empire fell as well.

When the Roman Empire fell, it fell because monotheism came in as a new belief system and a new culture.

Christian monotheism took over the beliefs of polytheism, and then monotheism began to crash.

And when it began to crash, it actually began scientific materialism.

The current version of our culture today, and it's called scientific materialism for a reason and I'll explain

It has existed and now is in its decline and the new one is beginning.

You say what is the pattern here?

What does it represent?

Why the pattern?

And the fact is "Ah, that is a very interesting question"

Because here is an interesting answer

All civilization or culture is based on a set of beliefs

And since the dawn of civilization, since the dawn of humanity, people have always felt there were two parts of the world that you live in.

The physical world that you see right here and an invisible world which has great influence over the visible world.

So we as early humans, first decided there were two realms – The physical realm that you can see and touch and an invisible realm.

And over history, what you are going to see is whether we believe more in the invisible realm or whether we believe more in the physical realm – these are the changes that are occurring.

And why this becomes relevant is because we're in a process of change

So if I said to you: "I want to make a chart, and this is a chart that's like a color gradient, the more yellow it is the more you believe in spirit is primary"

Because I said if you were back in the ancient days, some people say no because the material world is really what's real and that's what you want to be in it

And another group will go and say: The material world is get in your face man, what you really want to be is in some invisible place, somewhere else.

That's the story of Judism-monotheism isn't it?

Isn't the church's story was the earth is damned the physical world is a temptation?

And what was the function?

To be here, to live out plays of morality, to see if you're worthy to go to the higher place, which is where?

Not here 😊

And so that was the whole mission

So the question is: Do you believe in the spiritual realm as being more dominant?

So I make a gradient where no color is zero, and when you get a full yellow it's a hundred percent.

And I say in contrasting gradients is this: Do you believe in the material world as the primary reality that exists, and I would say another gradient, but it's a reverse gradient.

If you don't believe in the material world you're up here, and if you believe the material world is primary, you're down here.

Now you look at the two gradients, and actually, I combine them together

And when you combine them together, it looks like this: where the 50/50 mark is if you're up here you emphasize the spiritual realm as being more important than the physical realm

And if you're down here, you emphasize the material realm as being the most relevant and that spiritual may not even be existent!

And so depends on where you are on the chart

And here's what's interesting

Where you are on the chart, as this is where it all comes down to, the reality of what's happening right now and it goes like this

There are things called the perennial questions

These 3 major questions and the perennial questions ask for thousands and thousands of years

And here are the 3 questions - they've been asked forever:

- 1) How did we get here?

- 2) Why are we here?
- 3) How do we make the best of it?

And you say what's relevant about this and here's what I'm going to tell you

This is a fact!

A civilization finds answers to these questions from some source

A single entity, an organization or whatever gives an answer and the group of you all say "Yeah! That sounds really cool! We believe that, that's a really good one"

When you accept the answers and here's the catchy part

When you accept the answers from some entity or organization and they provide answers and you accept that.

Here's the fun part.

You make them the truth-provider for you culture and for your civilization

Whoever gives you these answers, they are also the source of your truth.

So if you want to find out anything you say "Who gave me the answers? I want to go back and get the other things I want to know from them"

So whoever provides answers that the group accepts then that entity or organization is the truth provider for that civilization

They provide us with the basic paradigm meaning the basic fundamental ideas of a civilization

Where do you get the cultural, fundamentally belief of how to operate a civilization from?

The answers to these questions

So I say, what do these represent?

Let's take a look at it over time and see how it's changed and where we are on the map

So I go back over 10,000 years ago and I find that we're at the center of the map.

This is the animism one, like the Native Americans let's say. Okay?

What's relevant to them?

They believe in a spiritual and material world equally valid at the same time entangled and not separable.

You want to hunt a deer?

You better pray to the deer's spirit, because the deer's spirit is as valuable as getting the deer itself

That everything had spirit to the Indians.

The raindrops had spirit, the rocks had spirit, the animals, the people have spirits!

And yet, you could never separate the spirit from the matter so it wasn't like spirit was primary

No, matter and spirit were one and the same

It was balanced

You say what were the answers to the questions that the animists, in living in a world of harmony between spirit and matter, how did they answer the question?

How did we get here?

Mother Earth and Father Sky

That sounds so mythical and almost bible talk and so on

No it isn't.

It's actual truth and I'll tell you why

You're made out of organic chemistry which makes you separate from the earth and the dirt and the soil and all the other stuff that is called inorganic chemistry okay?

But you say, what's organic chemistry?

It's when you take soil, earth, mineral, inorganic chemistry and fuse it with light from the sun.

And that causes organic chemistry

Your bodies are made out of a mixture of molecules from the earth and energy derived from the sun

And that's what enlivens the earth material

So organic is an enlivening material, where does it come from?

You physically came from mother earth, that's where the chemistry came from, but until they were enlightened by the sun they weren't alive anyways

An actually true story

Why are you here?

They saw it as a tending of the garden

Meaning, keeping harmony and balance in the environment, which is a good idea

And how do you do it?

You just live in balance with nature!

Which was a wonderful idea, and in fact supported these people for thousands and thousands of years

However, about 4,000 or so years ago, there was a change.

And that change led to polytheism, and notice that we are moving towards a more spiritual world.

Why?

Because here's what polytheists did

Polytheists took the spirit out of you!

Took the spirit out of raindrops, took the spirit out of everything else, and what did they do with it?

They made gods.

And the gods were separate from the material world

So we separate matter and spirit, and we give emphasis to the spirit collectives as gods

And that becomes important because people lost their spiritual connection at this point

Because the spirits were now separated from them and so we are all seeking spirit but it was outside

You say how did we get here and the polytheists answer the question

And they said “We came from chaos”

Now wait a minute, the other one said, you know, Father Sky and Mother Earth, what about this one?

Well, it’s interesting because we come from chaos is the quantum mechanics understanding the big bang

And all the matter came from the chaos of energy and blew up and BOOM! Here’s all the matter

So they had a different answer

But then why are we here?

That was a troublesome question

If it was chaos, I can’t give you a reason why we’re here, it just sort of came out of the chaos!

Yeah, but how do you make the best out of it?

Well, the polytheists had a good thing because the gods could transform their shapes

Now all of a sudden they would live in a world where they would tell you that the person sitting next to you could be a god and you didn’t know if it was or not

So what was your choice?

Well if you treat everybody as if they were a god, then that means you'd never offend the gods and that you'd probably live happily with everybody else as well

So that was the nature of life in polytheism

Okay?

But then, it changed again.

And this time when it changes, we actually go deeper into the spiritual realm

And that's where monotheism comes in

And what does monotheism do?

Well, polytheism separated you from spirit, well spirit, here's a bunch of gods and here's you over here

Now what did monotheism do?

It said that all the gods that were over here are actually just one god and guess what?

He doesn't even live on the planet anymore

So basically, not only have you been separated from your spirit, spirit is also now not even part of the world that we live in according to the belief system!

And the relevance about that is that it changes the way we respond to life

So instead of monotheism of where how we got here?

Divine intervention – that god put you here, and that’s why you emphasize god above you

Because god was the creator and you are here to live out plays of morality

And so according to the church, that the earth and physical realm were just something to take you off the track

And that’s why the people like in Opus Dei, the catholic organization, they would beat themselves a lot

Why?

Because if they rejoined life, they were too connected to the earth and they really want to be connected to the invisible thing over there

And how do you do it?

You live by the laws of the bible

Now this shapes the world that you live in, every culture and belief.

And so, why is this relevant?

And the answer comes like this I’ll tell you why:

A) The answers came from who?

The Church

Relevance, if you want any truth about life, where do you go?

The truth-provider!

Which is?

The church!

And therefore they shape the culture

So think about it this way

How, I mean, imagine it's like Friday night and we got all "Hey everybody come on down to the park, we're going to burn a witch, and it's going to be exciting!"

And the reality is, reality, look think about it!

That culture, families would go to witch burnings!

And you think "How horrible can that be!"

Not in their cultural belief

Their cultural belief said that this is a witch

You are doing here a service by burning here because she is going to get closer to god.

So I mean, imagine the world is shaped by the belief systems and the truth-providers

So we can go back and say "Yeah, we could just as easily go burn some women no problem and all because we're going to help them, and everybody should bring their kids because we're going to have a good time"

So basically, what I'm saying is now only did they come up with the answer but they shape the way you live on this planet

The issue about the church though becomes very critical in this regard

Because they claim something called "Infallible Knowledge"

You say, what does that mean?

Well, knowledge is power, that's what it means

What does infallible knowledge mean?

Absolute Knowledge

And what does that mean?

Whoever wields it has absolute power

And that's what the church wielded

And the problem with absolute power is that absolutely corrupts

The church got so corrupted in its power base that it really caused the schism between the followers and the church

And this led to a change in the belief system

And people started to come down toward the more material realm as a result of the Protestant reformation

And you say "Why are we moving towards materialism?"

And the answer is because the Protestants came up and said "Look, God's a loving guy, and whatever this is, is that if you're doing good then God will give you some physical things, you know toys and things"

And so getting matter is a reflection of living in harmony with god, which is completely different from the church's monotheism where matter was a contaminant

The Protestant reformation brought in the work ethic and said "If you work really hard, God will support you and give you matter"

So there was a preoccupation to come back and deal with matter as part of the world that we live in

It doesn't change the paradigm because the answers to the questions didn't change

They're still the same

Divine Intervention.

Live out plays of morality.

Live by the laws of the bible.

However, after the protestant reformation, the corruption of the church, something new happened

And that new thing that happened was the creation of science

Science occurred as a profession of the reformation of the church

And the reason is because up to that point, it was a sin to go against the church's belief system so if a scientist ever came up with another answer

In that something about life that differed from the church

That scientist would have to go to the inquisition and then recant his sins and then maybe be able to live

So basically, science didn't have an opportunity until the reformation

That's when the questioning of the church happened

That's when science came to rise as a profession

The next level of the evolution was actually driven by the science of this guy

Issac Newton

And why is that important?

And here's what it says

And this is the relevance of science, so let me tell you the relevance of science before we get off

Science was seeking truth

But truth was provided by the church, they were they official truth-providers of civilization

So there was a probably antagonism between science and the church when it got off the ground

But there was a détente

Now why is the détente important?

Because it shapes the world today

And here's what was the détente

How can science survive in a world dominated by the church and knowledge?

And the answer was this:

They made an agreement.

Science would study the physical world and leave the invisible world to the church

The metaphysical world, the world of spirit and all that stuff

Science say "Look, we will not go there. We will create scientific methodology, we will look for truth and we will only be able to identify truth by having something we could measure and record and observe."

And basically it says "Wait, if science is based on measuring and recording and observing then its really restricted to what you can see and feel and touch!

The physical world!

So science says “We will not even go and touch that invisible side, we’ll just stick here with the physical world”

Well, the big jump in the physical world came from Isaac Newton for this reason

Isaac Newton created mathematics called differential calculus

And using that math was able to map the movements of the planets and the solar system and accurately predict their movements

And you go “Well, what’s so big deal about that?”

And the answer is this:

Because up until Isaac Newton there was always belief that the church was teaching that the heavenly spheres were controlled by God

But Isaac Newton created an equation where he didn’t put God in the equation

It was just based on the physical characteristics of the planets

And he was able to predict the movements without invoking God

And the relevance about that?

Everybody stopped and said “You can understand how the universe moves and operates without having God’s hand to do it?”

It’s a machine!

So that was the concept that was established in Isaac Newton’s era and the wake of his discoveries that we started to look at the world as a machine!

It’s mechanical!

Maybe we could understand it without bringing that God story into the whole thing if we could just understand the physical realm!

But the point is

Well science was coming up with all new understandings of the universe

But it hasn’t been able to take over the basal paradigm

And the reason is why?

And the answer to that question is because...

It couldn't answer the first question!

What's the first question?

How did we get here?

The church said we got here through Genesis, the whole magic of the seven day and boom we're all here

And the relevance about that is science didn't have any other answer

Science couldn't come up with anything different than that

So science was not able to take over the basal paradigm even though it became the new source of knowledge about the universe in which we lived

And it was based on materialism

So the science that we are dealing with is a science that was couched and based in the material realm

That said "We study the material realm, we don't study that invisible stuff"

That's why the schism between science and religion

Religion says "No we focus on the invisible side"

Science says "We don't care"

But this guy comes into play and that changed everything

Because what happened was

The church, of course, was a disgruntled old hog and members that were looking for other answers anyway

And it comes up that Darwin comes up with the theory of evolution on the Origin of Species

And what does he say?

How does it come about?

Well he says "Well, you take this dog and this dog, one a girl and one a boy, and boom, bring them together and you mate them, and you get a whole litter of puppies!"

And everybody goes "Yeah"

Because back in those days, no television, no game boys, what was the recreation?

People were breeding plants and animals and that was like their hobby

So a very large number of the population was very familiar with breeding

Yeah, but here's what Darwin said:

"Yeah, but you bring the dogs together, they each have traits and their traits are passed on to their children, but every now and then a weird puppy shows up – the runt of the litter or something strange that's just different from all the rest"

And what he said was "these accidental random differences are precursors to other species if you breed them and keep breeding them and all their changes occur accidentally, then one species will ultimately turn into another species!"

Well back in those days every goes "Sure as hell that sounds great"

Why we grow plants and animals, we see the weird one show up every now and then,

It's not a big step of the imagination to say that if we just keep breeding weird ones it goes off somewhere else

So everybody accepted that because of a more practical reality facts than the seven day Genesis story

And so they said, "Good idea! This sounds more truthful than the church's story"

And so what happened is

As science started to come in

Guess what?

The curve starts moving from the spiritual primacy and then it crosses the borderline

We say

Important point, this is why it's important because we're going to see this come up again

You ready?

The borderline is balance between spirit and matter

It is harmony

It is powerful

And why was this point powerful?

Because when this belief showed up at this time which was in the 1700's

This belief of spirit and matter being one and the same was called Theism

And you say where did that come from?

And they say well, there was a philosophy that changed the world that is called the Age of Enlightenment

Wow!

It was a whole philosophy about a Utopian where everybody could live in harmony and everything grows beautifully and life was just totally beautiful and beautiful

Compared to the time they were living in and coming into this period

And you say “Where did the Age of Enlightenment come from?”

And this is really exciting for me, maybe for you

It came from principally a guy called Jean Jacques Rousseau

And he wrote the philosophy of the enlightenment

And you say “Yeah, but where did he get the concept?”

And here’s the joke:

He studied the American Indians.

He studied the American Indian way of life and he said “My god, these people are living off of the land and they live in harmony and they love each other and they get along and they create this wonderful life”

And what was different about that than the life in say Europe?

In Europe that was a caste system

Where every level of life you grew into

If you were in the lower caste you could never get out of that no matter what you did your whole life

If you were in the upper class, you were gifted for your whole life!

So all of a sudden you say

In the European world, you couldn’t go past your class status and that was it

You were born into it and that was it

But what was relevant about the American Indians?

That you could create what you wanted to create

That no one would limit you

You were free to stand on the land and make as much of a life as you possibly can with no caste system r limitations

And people thought that was so fabulous

A world where you can just go and become yourself and do the best you can

And it was interesting because it was so called

The Native Americans have become in their language called “The Noble Savage”

The Noble Savage was something that people aspired to in Europe and it drove them to come to the United States

And their theists were more of a science spiritual practice of the thing

Theism said it was a science that Nature and God were one and the same

And you go “So big deal”

And I go “Well, bigger deal than that”

The bigger deal is this, and let me tell you who the theists were, the principle theists

George Washington, Thomas Jefferson, Benjamin Franklin, John Adams, Thomas Payne, and the lists goes on

And you say “Who were these?”

They founded the United States

And the relevance?

The United States was not a Christian nation when it was founded

It was a theist nation, it didn’t deny Christianity and it really said “Go for it and go worship whatever it is you wanted to worship”

But it was built on the principle of equality and the balance of material and spiritual

And the whole essence of it was built from these people’s vision of theism and enlightenment and the Native Americans

And that’s why, guess what?

It’s on the midline, the only problem is that they brought a lot of their European influences

And so they came here to emulate the Indians and ultimately killed all of the Indians

And so basically, that was the virus coming from the other countries that destroyed the United States at that point

However, everything keeps moving

And in 1776, the states was formed, but in 1859 Charles Darwin publishes the theory of evolution

And why is that important?

Because *now*, science has truths

Science got some truths that the people said "I buy those truths more than the truths from the Church"

Relevance?

The Church has lost monotheism, starts to disappear, the world is now taken over by scientific materialism

And they say "Yeah, how do they answer the questions?"

And here's how they did it:

You got here through random mutations

Oh yeah? What's that mean?

It means that it's just an accident that you're here, it's total like genetic dice

You shook the dice and you ended up here

There's nothing more than that

You say "Well, if that's true, then why are we here?"

The answer is, it was an accident!

There's no reason for us to be here!

But now that we're here, we're driven to reproduce

So it seems that our main function is reproduction!

And the reality is, why are we here?

It's an accident

And then the last one, and I'm going to tell you the reason for all three of these and why it shapes the world that we live in

The last one is that we live the laws of the bible behind, which is monotheism, and enter a world that is based on the laws of the jungle

Whoever is the guy standing at the end is the winner

No matter how you got to be the fittest in this world

You either use your brain or you use an Uzi

It makes no difference!

Whoever's standing is called the fittest

So basically what does this mean about the world that we're live in?

Well, number one it says this

There is no connection between you, the environment, and nature

Why?

Well, you got here by accident, and so there wasn't any direct connection between you and what you came from

That was just an accident, you evolved accidentally

And you say why is that relevant?

And the answer is this

Because it disconnects us from nature

And by disconnecting us from nature, gives us that thing that humans have done

It's like "Ah, who cares? Throw your garbage in the river, who cares? Pollute the stuff, there's enough nature for everybody.

Don't worry that the lions are going extinct because you can always go to the zoo and see a lion if you want to."

And the concept has taken us away from nature

Taken us out of harmony and balance

And most importantly, the last one is the killer

And you say "Why?"

Because the essence of the Darwinian Theory is that there's a struggle for your survival

That life is a struggle, it was based on totally incorrect science

It said that animals breed faster than plants

Meaning that they reproduce more

And you say “why is that relevant?”

And I say think about it this way

There’s a farmer

He grows a bushel of wheat in his yard and if he works really hard

Next year, and works really hard maybe he’ll grow two bushels of wheat

Now if he *really* works hard in the third year, maybe he can even make three bushels of wheat

And if he *really really* pushes it, maybe the next year he can make four bushels of wheat

So one year one, second two bushels, third year three bushels, fourth year four bushels

Now you say “Why is that relevant to the farmer?”

Well, let’s say that he has cows

He has two cows in the first year, and look wow, he has four cows in the second year

Then he has *eight* cows in the third year and sixteen cows in the fourth year

And you say “Wait a minute, agriculture’s growing at a slope called 1,2,3,4,5 arithmetically, but animals are doubling their population geometrically!”

Can you see where the problem comes from?

The answer is

We’re going to have too many animals and not enough food

That was the driving of the theory of evolution

A struggle for survival that all of us will not make it

And in this struggle, it’s based on competition

And in this competition, who wins?

The fittest one wins!

So that says, what is the culture of the world that we live in?

It's a complete struggle for life-dog eat dog-rat race world-go out there fight and struggle

You *may* make it, you may not make it, nobody guarantees you anything

But it is a struggle, that is one thing we'll guarantee you

And life would be difficult

And guess what?

It's all based on competition

And the world is now separated from nature and competing against each other

And guess what?

The ooold talk is coming back up

Too many people on the planet for the food supply!

So what do you think the science people in this belief would do?

Make more produce?

No, they recognize that it's not going to grow as fast as the animals

And they want to eliminate the population

And that is the scientific pursuit of brining harmony back in a world based on scientific materialism

So the relevance is this:

Science comes in and creates a field of sciences

Why does this become important?

It's all the sciences you study are connected because all scientists are in the same field but they're subdivisions

And there's a building

The bottom building of the science building is mathematics

You have to have math before you do science

That's why Newton couldn't predict the movements of the planets until he created differential calculus

Then from the math, guess what you create?

Physics!

Yeah that's the mechanism!

Physics means mechanisms

That's why you say quantum physics, quantum mechanics

Newtonian physics, Newtonian mechanics

Quantum, the physics and mechanism are the same word

Yeah, well if you understand the mechanisms than you can understand chemistry because that's the physical world interacting with each other using the mechanisms from physics

Yeah, but there's a whole bunch of different kinds of chemistry

When you get up to the top where you have biochemistry which what?

Introduces the nature of the biology sciences

Yeah, but now that you understand biology

Guess what, there's a new science called psychology which is derived from biology

Everyone of these is built on top of the preceding ones

But here's the rule and why it's important for the civilization for you

When a science on the lower tier changes the belief system

Then all the other sciences must incorporate that belief

So basically, every science is taken in a little deeper and deeper by reducing it more

And the ultimate aim

Once you understand how it works

Then you have something called determinism

Which means if you don't know how it works, you could predict what's going to happen

If you could predict it or modify it you can then create predictions

So it says we can create a utopian world if we know how it works

First understanding of this though is the concept of a mind-body duality

And why is that important?

Because Descartes came up and say there's a mind and a body and they are two different things

The body is physical, the mind is an energy, it's an invisible thing
You can't measure it, you can't put it in a box, it's invisible
And yet they connected them together
However, when Newtonian physics took over
Newtonian physics say that the world is based on a physical reality
That this vital force, this thing called a mind and energy of the body
Cannot, in fact, not affect the material body
The invisible stuff, leave that to religion
We can understand the body by just taking the chemistry part and understanding the mechanics
Reductionism and determinism
So they throw the mind out
Science threw the mind out hundreds of years ago
Why?
It's an energy, it doesn't affect the material realm
So that's the concept of Newtonian physics based on matter only
So that's why medicine doesn't really like talking about the mind
But it does like talking about the body and looks at the body as a machine
And they say that it's basically a machine
Why is it relevant?
Because if you take it apart and understand how it works
Then you can take that knowledge and then repair anybody's body using the mechanism once we
understand how it works
So science starts taking the body apart
And here's the first thing they find
The body is principally a structure made out of protein
The word protein means "first element"

The first element of your body is protein

The protein molecules, maybe over a 150,000 of them, are like building blocks that build your body

You like going to Home Depot and you want to build a kitchen

You go in Home Depot and they have all these different parts and faucets and sinks and pipes valves and all that

Well the protein are the parts

Your body is made out of protein

So when you look in a mirror – protein machine

You're looking at a protein machine, but also here's the catch

Proteins move

They're the molecules that can change shape

And I say "Naw"

If a protein doesn't change shape and the body is made out of that protein

That's called a cadaver

A cadaver is a protein body, but it doesn't move!

There's no life!

Life comes from changing shape, why?

Because movement comes from changing shape

Proteins move, and because they move, they create the functions called life

So you're a physical protein in a functional protein mechanism

Where do proteins come from?

Well, the blueprints come from the DNA

And why does this become relevant?

Because your physical characteristics are your proteins!

Your behavioral characteristics are your proteins!

So I say "Yeah, what gives you the traits? Where do you get the characteristics from?"

It comes from your proteins, but yeah, but who makes the proteins? It's a very complex molecule

The answer is:

Oh! DNA is the blueprint for the protein

You say "that's really cool, so that my DNA is the code for my physical body and my behavior"

And I go "Yes it is."

You say "Yeah, that's interesting"

Because we bought into a belief by Francis Crick, the founder with Watson – Watson and Crick; the DNA double helix

Francis Crick comes up with what is called the Central Dogma - this is what it's called in a textbook.

In science, what does it say?

Well, you've heard the story

Information goes from DNA to RNA to protein

Remember? Does everybody remember the DNA, RNA, protein sequence?

Yes and no come on

[Audience] Yes.

Okay so why is it relevant?

You're taught that, and listen to what it's called in the book – The Central Dogma

And you say "What does that mean? So what?"

I go "Nah uh, I taught it for 15 years and I never looked up the word 'Dogma'"

When I left the university I looked up the word dogma and I was completely blown away for several reasons!

Here's the definition of dogma!

A truth, based on religious persuasion, and not scientific fact.

I was teaching religion in medical school for 15 years.

And the reality is why?

Because that belief that you read about and have heard about and is published 1958 – was never true.

It was a hypothesis!

You say “What does that mean?”

I say “It was a suggestion!”

And they expected this answer, so when a suggestion came out everybody went “Well, that sounds right.”

And it comes from a book!

Then it was 1968, then 1978, then 1988

Then it was 2,3 generations, 4 generations

Year 2000!

Still in the book.

But guess what?

Over 40 years, we let go of the fact that it was only a hypothesis and never tested and made into a truth

It’s weird, it’s the truth!

So we accepted something that wasn’t true and is actually religious belief that you are programmed by your DNA

And in this story, the information goes from DNA, goes into RNA, which then goes into protein

And you go “Why is the arrows so big deal here?” [Referring to DNA →RNA →Protein]

And I go like this “Because it says information only comes from this direction”

And you go “Yeah, but what the hell does that mean?”

I go “This is you!”

You’re your body, you’re your protein

What does it say?

You, your life, your action on this planet in no way goes back up and changes your heredity

It says that your life is disconnected from your heredity

You’re given your heredity and you can’t influence it

Do you understand what I’m talking about?

Your life is here, but you can't alter your genetics

And you go "Wow, that's really interesting"

Yeah, I call that very important because that's the belief called the Primacy of DNA which you read in the textbooks same meaning

Primacy means first cause

You tell me about your problem, and I'll tell you about the first cause

First cause is DNA, then all of a sudden everybody goes "all the genes and you're just a printout of all your genes"

You're controlled by your genes.

Has anybody in this room heard the phrase, "A gene turned on."

Yes? Right?

Okay, how about this one?

Have you ever heard the phrase, "A gene turned off."

Well, let me tell you a simple truth

This is like a big joke!

A joke of everything!

Genes neither have an on or an off

Genes are blueprints so they could make protein

And you go "Yeah, but what does that mean Bruce?"

You to an architect's office, the architect's working on a blueprint

You lean over her shoulder and you say to her

"Excuse me, but is that blueprint on or off?"

[Audience laughter]

Right?

She goes like you're nuts, what they hell are you talking about? There's no on or off, it's a blueprint!

And I'm going, "Precisely! Exactly!"

The truth is that DNA is a blueprint and there is no on and no off

And they say “Yeah, well that’s interesting”

And I say that it sure as hell should be interesting after you’ve been programmed and your family before you has been programmed to believe that genes can turn on and off and regulate your life

That you’re a victim of your genes to find out that genes don’t have an on or off and don’t regulate anything

In a world where the whole damn thing is built on genetic regulation and I’m telling you the truth

Genes do not control who you are

But the problem with that is that we bought into it

And we made a model that’s called a medical model of health

And what is it?

You are a biochemical machine, and you’re controlled by genes

And you go what does all that end up?

Well I say there’s nothing spiritual about you number one,

Number two, you’re a mechanism made out of chemistry

Number three, you’re controlled by your genes

Relevance?

If you’re broken, it has nothing to do with you

But you need somebody to fix you

And the relevance comes to this:

The story as illustrated in a couple of Life magazine right here

It says “Were you born this way?”

And why is it relevant?

Because it is a belief in something called genetic determinism that you were programmed with

They still read about it in the newspapers today

“A gene has been found to have been associated with this, and a gene has been found to control this”

You heard the stories but the truth is are you genetically determined?

And the answer is no

But you believe it

And you say what's the difference?

And I say think about it this way

As far as you know, did you pick the genes that you came with, yes or no?

[Audience goes "No"]

No, but if you don't like the genes that you have

You want to have some different traits

Can you change the genes, yes or no?

But look at it this way

I've given a story that genes control your life at the same time I'm telling you didn't pick them, you can't change them, and they control you

That makes you a what?

You're a victim! Of heredity!

It's already running in your family

Cancer, diabetes, obesity, Alzheimer's...

It's like you're in the family, and the genes are coming down

And you're going why they hell did you have to be my parents to pass this on to me?

[Audience laughter]

And the reality was because you believe it

And here's why it's relevant

If you're a victim what do you need?

[Audience replies "Rescuer"]

A rescuer! Hmph

So that means this

Rather than trusting that you can be involved with your own health, the first thing you do is you give up responsibility for maintaining this and tell the rescuers called the Medical People to fix you!

I don't do it, I'm a machine!

And then we talk, oh!

[Aside] We don't have a microphone here right? Okay, is that a microphone? It's a picker upper to, is it broadcasting? Oh, I have a video I want to show but I really can't show it so we're going to go right through it

Uh, basically what the concept is

You *believe* you're a victim

And then you're not just a victim of things on the outside of you

We get you to believe that your own selves are trying to terrorize you

That even inside your body there's a war going on and the cells are trying to take over and kill you

You become this victim and everything you need is protection

And you buy it

What this was all about was a thing called Lipozene

The ad says look hey you're trying to lose weight, but you can't do it! And you know why? It's not your fault!

It says that it's not your fault, it's not your fault

Because they're going to show you why you, where the extra weight come from

And you know what's neat?

They tell you

But you know what's even better?

They have a drug called Lipozene

And it says here where the beautiful part of the whole ad is

You don't even have to change your lifestyle – just take a Lipozene

And basically what it says is this

You're a victim of things out of your control

You're getting fat

And you don't have to worry about anything

Just take the Lipozene and keep your life exactly the same way it is

And then I love it because when they say it's not your fault, it's not your fault

But this was the chart they show

This was the chart of how stupid people have become

Because they say that it's not your fault and then they oops go back

It's not your fault, but it's due to poor diet – but that's not your fault so just forget about that

Oh! Oh! It's due to a lack of exercise – but that has nothing to do with you, it's not your fault

It's stress at work, forget it

Look, you're a victim, buy the pills

Don't change your lifestyle, just buy the pills

And the reason is this

Because as long as you buy that you're a victim

Then you bought that somebody has to save you in this process and it costs money

And that's what the whole healthcare crisis is all about

And it's interesting because if there's not enough new diseases, they make them up every week

And this one is the most amazing one

"Healthy food obsessions spark new rise in eating disorder"

The new orthorexianervousa [Not sure about spelling]

This is the new disease!

This is in a book, it's a disease, let me tell you what it says

Orthorexianervousa sufferers like to focus on the righteous eating and have rigid rules about avoiding certain foods

Does anybody have about avoiding any certain foods here?

We going to have a new drug for you

It's going to handle your case of orthorexianervousa, so just sign on, we have drugs for everybody

Okay?

And the reality is

Do genes control your life

Well we say that they do

We said in a book right now, go read it, there's a textbook down the hall in the science classes that says the nucleus is the control element of the cell

Now why do they say that?

Because the nucleus of a big structure right here has the DNA

Well if DNA makes all the decisions and the DNA is essentially all in the nucleus

Then the nucleus is the source of decision making control

Right?

So what organ would that be equivalent to in the human body?

What controls your human body?

The control

The brain!

Fortunately yeah! The brain!

So what are we saying?

The nucleus and the brain are the same

The nucleus is the brain of the cell

Okay, cool

Then I go wait

You take an organism; you remove the brain from that organism

The necessary consequence of that is that when you do the organism dies

That's because the brain is the coordinating thing that kept them all working together

Then I go to a cell and I remove the nucleus – a process called denucleation

Yeah so I take the nucleus out, well that should take the brain out, so the cell should die

Nope, the cell lives, and its behavior is unaffected

Wait a minute, the cell lives and its behavior is unaffected

Yes, cells could live for two or more months with no genes in them

And they're not just sitting there

They're eating, digesting, moving around, recognizing other cells, communicating with them, avoiding toxins

And I say that they life is going on in a highly coordinated life-sustaining process with no genes in them

And you say wait a minute, I thought genes controlled life

And I say well that's what you were told

But life goes on when there's no genes in it

The cells ultimately will die because the nucleus is gone

But you say oh I told you!

I say no no, it didn't die because of the functions that got lost

And you say what's the function of the nucleus?

Well, it's first of all not the brain and I go back and say what's the function

And the answer is

Reproduction!

It reproduces the part!

It reproduces the cell!

So we say does the nucleus represent the brain?

And the answer is no!

It's the gonad!

And you go yeah, but you know what's funny?

Science is a male dominated profession and we all know that males think with this

The so called making of the brain of the cell that makes all the sense in the world

Except for the reality

It is not the brain of the cell

It is only used for reproduction

It doesn't know what the hell the cell needs or wants or what the cell is doing

It is a blueprint pattern place

You want a pattern?

Go to the nucleus and get the blueprint

Okay?

So the fact

Genes do not control biology

Why?

They have no action

There's no on, there's no off, there's a blueprint

Well they say that genes don't control biology then where's the control coming from?

Then I give you the answer

The contractor

The contractor who reads the blueprint

The contractor is the one who can read the blueprints and actually rewrite the damn blueprints!

Well you say who's the contractor?

Good question

Well basically, this model is totally wrong

You are not controlled by genes

Why? There is no action to a gene

To be a controlling factor you must be able to turn something on or off, do something, or manifests something

Except a blueprint is a blueprint

So we leave this whole belief behind

And I say why is that relevant?

Because scientific materialism went deepest into this realm when it hit 1953

That's when we said oh god! That's the DNA double helix! That's the source of life!

Everybody got all excited, this is it! Source of life!

But since 1953 the pattern is moving upwards

And the pattern's moving upwards for this reason

By the time we did the human genome project which was finished in 2001

If you did a survey of the population

You say how many of you believe in the material realm

Earlier the vast majority said yeah, it's all about mechanical material, genes, chemistry, and all things physical

But since then, since '53, guess what?

More than half the people will seek an alternative medical doctor over conventional allopathic medical doctors

You say why?

Well, what do they do differently?

They work with energy, they work with spirit, they work with invisible, and guess what?

It seems to work enough that enough people will tell their families and community about it

And that's why 50% of the people will go see an energy healer before they go see a conventional medical doctor

Which means what?

We're moving back up into the invisible realm

Okay?

But that was 2001

We're still moving fast now

So the relevance here is this

For beliefs that this civilization that programmed you

These beliefs are inaccurate or outright wrong

And the relevance?

When you correct these beliefs

You change the nature of civilization

Because they impact the three primary questions

There are new answers to the questions that are not the prevailing answers that today's downward falling civilization

But they are new answers that will take your civilization and move it up in the future

So if you understand what these are then you got a handle on your power

Because your powers are recognized – get out of the matrix

The program of belief that's totally not accurate and lethal will make up the new science

First belief: biological processes employ Newtonian physics – that's what conventional medicine has

And you say what the hell is all that?

I say, Newtonian physics is the mechanical physical world physics

You say you want to look at your body?

Look at the chemistry!

How about mind?

No, the mind is not physical, it doesn't come in here

So basically it says that if you study the Newtonian world as primary, then the mechanical material world is primary, guess what?

It is wrong

Quantum physics has come in

It doesn't replace Newtonian physics

Quantum physics is a bigger science that subsumes Newtonian physics

Meaning, quantum physics is bigger

Newtonian physics is a subdivision

What is quantum physics?

Quantum physics says universe is made out of energy, it's not made out of matter

So if you're not understanding the energy and you're focusing on the matter then you are not in the right universe to make that study

Because the energy is more important

Genes control biology – that's the fundamental belief and that's what has everybody so concerned about

Oh you know – make sure you get all your checkups and manage your genes and you know all that kind of stuff like get your genes check rebound card

Don't even go there don't do it

Why?

Because genes do not control biology

But what they did control biology – that makes you a victim

And therefore everybody who believes in it has a victim mentality

They are taken over by forces that they can't control – genes

Number three: that this evolution that we're based on is called survival of the fittest as a driving force

And it turns out, absolutely, totally, incorrect, wrong destructive, and primary cause of the problem that we face today

Why?

Evolution is based on community and cooperation

The biosphere is a tightly integrated, holistic harmonizing community except for the humans

And in fact, nature has recognized our involvement and destruction of her environment and is giving us a little bit of notice saying if you don't shape up, then get out of here

And we're close to that issue, right about now until we wake up

Lastly, they say that evolution is a random process

No it is not – there's a pattern to it

And if you understand the pattern, then you go on into the future and understand how we're going there and where we're going in the very end

It also says this: You did not get here by accident

That every organism that evolved on this planet evolved – nature brought it in to create harmony and balance in the environment

So I bring in an organism that brings harmony and balance but guess what?

At some point it overgrows the situation and throws everything out of balance

What does nature do?

Bring in another organism to bring harmony and balance back

And when that throws it out then she brings in another one

And every time the new organism comes in they have more influence over that harmony and balance than the more primitive ones

Where do we stand today?

Without being aware of where we are?

We're at the fulcrum of evolution at this point

We're shifting the balance

Why?

Just one species – humanity – is at this fulcrum and if we took one away, all the other way, just tilting, we shift the entire balance of nature

So why are we here?

To bring harmony and balance to nature

What have we done?

Destroyed it

That's why the lessons are facing us right now

So how do you create your life?

This is relevant and I have an hour to go - [To host] I have to finish at 3 right?

[Host] Well, no you don't have to

When they start walking out okay?

[Host] We got till 3:30

Okay why I want to tell you this is because here's why it's important

You have been programmed to be victims

You have been programmed to recognize that there are forces outside of you that control everything

And I'm going to show you no that's not true

That you are masters of your creation

But then there's a problem because if I tell you that you're creating this world

You would probably say to me "Bruce if I was creating this world, I wouldn't have created this one"

And the reality is "Yeah you probably wouldn't have, but you're still creating it"

And if you know how you're creating it then you would also know how not to create it and create something else

How's it work?

First of all, I'm going to talk about cells

And you say what's the big deal about cells?

And here's what's relevant

Do you look at yourself in the mirror and see a single person looking back at you?

And I'm going to tell you guess what

That's an illusion and it's totally wrong

You are not a single person

You never have

You are actually made out of about 50 trillion cells – it is the cells that are the living entity!

So when you look at yourself, you're looking at 50 trillion cells working in a community

You are not a one thing except a community

And so the significance is this: You're made out of cells

And now here's another thing: All the functions that you have in your body are present in virtually every one of your cells

Every cell's got a respiratory, digestive, excretory system

Every cell's got an endocrine system, reproductive system, musculoskeletal system

Virtually every cell's got an immune system!

Relevance?

Cells... are miniature people

Cells are miniature people, they have a life – cells have jobs, some cells are bone cells, some cells are muscle cells, some cells are brain cells

They all start out the same, but they made a community that partitioned out the work!

And here's what's relevant about this!

Cells get paid!

Yeah, so inside your body there's a molecule called ATP (AdenosineTriPhosphate) that's the equivalent of money

You get paid in ATP

But guess what?

Not all cells get equally paid

You get your pay commensurate with your work

A skin cell does not make as much money as a neuron

As a matter of fact, a neuron has an entourage, that's how big it is in the world – they have other cells helping it

Okay? So here's the point

Every cell has a job

Every cell gets paid

Every cell gets healthcare

Every cell gets protection

A true environment where no cell is left behind

Why is that relevant?

Because in this planet, we can't survive with 7 billion people on this planet, and under your skin are 50 trillion sentient individuals living in harmony, living in community

And in a healthy body, what does that represent?

50 trillion blissed out citizens at one time

And we can't make a go of it here with just the few billion people on this planet

There's 8 thousand times as many citizen in the body as there is on the entire Earth and in a much smaller environment

The conclusion of all this is – you want to know how to make life work on this planet?

You know how mystics have a saying – the answers lie within

The fact is they do

You look inside and see how politics, economy, healthcare, and all these other things are managed by 50 trillion cells

Apply that to our world that we live in and all of a sudden you realize that we haven't really even begun to explore what humans can do on this planet

So, human bodies carry 50 trillion cells

Cells have same functions as every part of the human body and the human organ and the cellular organelle is equivalent

Wherever you have a organ carrying out a function the cell has an organelle – Latin for small organ

Okay

Cells are miniature people

That is an absolute truth

Why?

You want to talk to your body and get it to heal?

Then talk to them as people, they understand what's going on

Because your brain is the government of 50 trillion cells

And if you think that's a good thing or a bad thing then I think you have a looking for a president

Would you want a former president to be the government of your body?

The answer is – god forbid that that could happen

But the reality is this

The state of your community and your body is the state related to your consciousness and your thoughts

Why?

Because your thoughts are broadcasted to 50 trillion citizens

If you think you're threatened by this world

What do you think 50 trillion citizens inside are thinking?

/gasps!

Jesus you know?!?! We're in trouble!

And the reality is yeah, because if you're telling them you feel threatened, you're telling them they're threatened

So you're having a continuous communication with your cells whether you know it or not

I work with stem cells, that's what I did

Some people think stem cells are new kinds of things

I was cloning stem cells back in 1967 before your grandparents were born

And back then they were fundamentally the most important pieces of information I've acquired in my whole academic career

And here's the point

All of you have stem cells

If you didn't, you'd be dead right now so that's a good sign that you do have them

Why?

Because you are losing billions of cells everyday

Billions of your cells are dying of old age and being replaced

But yeah, who is doing the replacing?

The answer is stem cells

So all of you have stem cells right away

So here's the experiment that I did that blew my mind and caused me to walk out of the university after I have tenure already

Kind of a stupid idea, but it was fun

Basically it was this experiment, so look, you don't even have to be rocket scientists

This is what's so cool, no rocket science is necessary

Here's what it is:

I started with one cell in a petri dish

I isolated one stem cell and put it in a dish by itself

It divides every ten hours

So ten hours it's 2 cells, twenty hours 4 cells, it goes on and on

After 2 weeks or so I got thousands of cells in the petri dish

Yeah, but what's important?

All cells are genetically identical

That's a start, we all came from the same parent!

Now watch, I take some cells out of this petri dish and put them in a petri dish by themselves and I change the environment

Meaning the culture medium

I changed some of the chemistry of the environment

The cells become muscle cells

I go back to the same dish and grab some more cells and put them in a 2nd petri dish with a 2nd environment and they form bones

I go back to the same dish and put them in a 3rd petri dish with yet a different environment and they form fat

Question

What controls the fate of the cells?

Environment!

They were genetically identical!

So you can't say the genes caused any of this stuff

The genes were responding to the environment

That's the nature of the secret

Genes respond to what's going on in the environment

Relevance?

Let me tell you one more thing because it gets personal in a few minutes

I take this plastic petri dish of cells that are healthy

I move it to this environment that sucks

And guess what happens?

Cells get sick!

The cells begin to die

The culture begins to crash

I say what should I do to make them healthy?

Should I give them some Prozac or something?

What the hell should I do?

And the answer is: give them no drugs

Take them from the bad environment and put them back in the good environment

They will instantly recover and grow and be healthy

Drugs don't help you in a bad environment

What you really want to do is get into a harmonious healthy environment

The cells will automatically and spontaneously heal themselves

Well how does all this work?

Well by putting chemistry on top of my cells in the culture dish

I say yeah, what goes on in the dish?

I say, yeah so I got some cells in the culture dish and I say what happens?

Well I drop the chemistry in

The chemistry is dropping in and some of the chemicals stick on the surface of the cells

And then I say then what happens?

Well then, the signal from the surface sends information in that controls the behavior of the cell

And if I don't have the proteins that make that behavior, then the signal goes to the nucleus and says

I need that protein and causes that DNA to be read so that I could make the protein and to the function

So the signals from the environment interacting with the surface of the cell causes cells to generate behavior and select genes!

This is out of a new textbook revealing this kind of story

There's the surface of the cell; the skin, these are the proteins in the cell

I say they give you the structure and the function

What does this show?

It says that signals come in at the surface at what is called the receptors

Do you have receptors?

Yes or no?

Name some of the big ones

Name one!

Eye! Ears! Nose!

Now what's the point?

Your receptors that you see the world with are just the same as the cell

They're on the outside, reading the signals, and when you read the signal you adjust your biology to the signal!

That's how it works okay?

Well this is called process where the signal drives the behavior passing it from one protein to another called signal transduction

That's the new field of science

It says how do you take a signal from the world and convert it to a biological response?

And the answer is through a process called signal transduction

Transduction – a big word means converting a signal from one language to another language

And you say what does that mean?

Converting environmental signals into biological signals

That's what signal transduction is

I say that's really cool but guess what?

If you don't have the right proteins in the cell, you have to go to the nucleus where you have the blueprints and then you select the blueprint to make the protein

So when you look at the signal transduction pathways, some of them show the inputs coming out the surface you follow the signals and guess where they go?

Into the nucleus

And in the nucleus are chromosomes and it activates the genes and that controls the behavior and the genetic activity

The genes are controlled by the signals from the environment and not from the genes

And so the new thing you learn in school and are still in the same textbooks here on campus

It says that "Genetic Control" don't let it be epi

I say what's responsible, what controls your life?

Genetic control; control by genes

The new science, and if you don't know this, completely changes the whole understanding of biology is called epigenetic control

You say epi?

Epi means above

I say epidermis

What's that mean?

The layer above the dermis; the skin!

So if epi means above, what does it say?

Control above the genes!

Ah! After 50 years of telling you that genes control your life, the new sciences called epigenetic control says that the control is not at the genes but above the genes

Relevance?

If you understand it where this control comes from, it is from you

And I'll explain how

Because you control your genes

So I go wait a minutes what's all this come down to you?

And I go okay look, remember I had the cells in the plastic petri dish?

I say if I take the dish and I move it from a good environment to a bad environment it gets sick?

Then back and it gets healthy, right?

Well guess what?

You, have 50 trillion cells inside of you

You are skin covered petri dishes

This is absolutely true

You're skin covered petri dishes

And I say you have culture medium!

And I say you damn well have seen it

Sometimes it freaks you out; it's called blood

So where's that control come from?

And I talk about... your brain!

And you say what do you mean your brain?

Well, your brain responds to the world and then sends chemistry into the blood!

And it adjusts the culture medium based on what you just saw, what you just experienced

So as you feel and interact with the world, if you feel angry, you release different chemistry in your blood

If you feel happy, you release different chemistry in your blood

If you feel fear, you got different chemistry in your blood

Relevance?

The chemistry shifts the fate of the cells

So it's up to you and it's chemistry

So, you are a cell biologist in that sense!

But more truthfully, you are a self-biologist

You are creating your own biology by the way you are responding to the environment

And it works simply like this:

Environment has the signals, the nervous system; the brain picks up the signals in a process called perception!

That's how you perceive the world!

And when you perceive the world then that information goes and is handled by the processing of your mind

What did I just respond to? What just happened?

Your mind creates a story about what's happening and then what does your mind do?

Well your mind, responding to the perception then causes the release of the chemistry of the brain and that chemistry controls the behavior and genetics of your cells

As you change your mind, you change your biology

Okay, cool

Except for this interesting part

Then you still say first if my mind was creating this I wouldn't of created this, I would have created something better than this

So I'm not creating it

Then now look into the gap

And then I said you are, you aren't?

And that confusing answer is going to be explained by this: I'm telling you the truth you are creating your life every moment

And No. 2, in response to the question is if I was, I wouldn't have created this and the answer is: you are creating your life whether it was your beliefs or other people's beliefs that you are creating with.

Well what's that mean?

Well, the function of the mind, the function of the mind this is tearful create coherence between your beliefs and your reality

But if believe life is hard, well guess what, life is hard

What the hell, how did that happen now?

Because you believe it

No, you were saying life is hard and I believed it was hard

Now I'm going to say no, first you believe it was hard, then it was hard

There's the guy, Henry Ford, founder of the Ford Motor Company had a very famous phrase which summed all this up if you just want to hear the one phrase and go home, here's the phrase:

He said, "Whether you think you can or whether you think you can't, you're right."

Figure that one out.

I'll give you an example out of the chemistry change of stress

Because why?

Stress is the leading cause of illness on this planet apparently related to 90% or more of illness expands on this planet

Are you under stress?

You bet your life you are under stress

What does it do to you?

Ah, if you understand what it does to you then you might want to manage it

Stress, there's two kinds of them

Okay

There is a eustress

That's good stress

Eustress

Good

What kind of stress is good?

Well go out and play football

Well you know, swim

Go run on the track

You are stressing yourself, but it's a good stress

Why?

Because you are not being threatened

You're pushing on the system, which causes the system to respond by building up to handle the stress

So it's a good exercise, it's called a good stress.

It's the destructive one, called *de*stress, that is bad

And the stress, which one is that? That is the one that say anybody threaten where you want to go in life, anything that gets in your way, that prevents you in what you perceive as the direction where you want to go, is perceived as *de*stress

And I say what happens in *de*stress? And I tell you what happens

Three things

I watch this, I put cells in petri dish, you don't even begin, not have to be a rocket scientist to figure this experiment out

In one set of cultures I put nutrients in front of the cells

One set of cultures I put toxins in front of the cells

And my question to you is this:

I put these back in the incubator and a few hours later, where are the cells going to be in each petri dish?

Can you figure this one out?

The answer is simple!

When you come back over time, the cells will always move towards the signals that give them growth, and a cell will always move away from signals that threaten its survival

It basically says this: cells have two basic behaviors:

To respond to life, cells either move towards something that gives it growth or cells move away from something that threatens its life

There's actually a middle one, I call it elevator music

It's sort of like, you go in the elevator and the music's playing, you're not going to die, and you're not going to dance, it's just background

Okay?

So there are three responses of any living organism, to any stimulus in the world

Three responses!

One, ignore it because it's not relevant; elevator music

Two, if it's growth, it's a signal or something in the environment offers you growth, you go to it

Yes or no?

You go to it with your arms open?

Yeah, because growth means take it in

Right?

Okay, but if it's a signal of stress or threatening, you go to it?

No!

You go away from it, you go away from it with your arms open?

No! You close it down! For protection!

Now, look at the logic

Can you move backwards and forwards at the same time, yes or no?

Can you be open and closed at the same time?

You know what the point is?

Cells are either in growth, or they're in protection

But they can't be both at the same time

Why?

Because they're mutually exclusive

How's it work?

Well, we can't move in both directions at the same time, I say the neutral one is elevator music, the cells are attracted to any signal that offers growth, and is positive

The cells are repelled or repulsed by any signal that threatens their survival and they seek protection

And I call the stimulus the cause of motion

And I say guess what?

Humans, exactly the same thing

This applies to you everyday of your life

And it goes like this:

Any stimulus in front of you that offers you growth, you're going to go to it and be open and take it in

But any signal that threatens you, is going to cause you to close yourself down and get into protection

And so the relevance about this is that we find that the greatest growth factor in the human is love, more than nutrition

And the greatest problem is fear, and the world that we live in, is creating fear everyday you turn on that television, everyday you read the newspaper, they're getting you in fear

And you say, why do they want to make me afraid?

And when you see the consequences you'll understand

That we are respond to motion by the stimuli by the humans we call them emotions

The emotions are the drives that make you go forwards and backwards or wherever

And here's how it works, I want you to understand stress because you're involved with it everyday

So it goes like this:

It's controlled by that's called the HPA-axis – it stands for Hypothalamus Pituitary Adrenal

Why those words?

Hypothalamus, the portion of the brain that does the interpretation of the stress; the mind part

Is this a good thing or bad thing? /gasp Hypothalamus will tell you right away, okay?

So when the hypothalamus says it senses stress, it wants to tell the body, “We have to get ready, we’re getting stress, so what do you want to do? You’ve got 50 trillion cells, you’ve got the power of 50 trillion cells, we’re all on the same page, so you want to send them some information, you use the pituitary gland”

You say why that one?

Because you remember the name in high school, it was called the Master Gland

So if a stress is perceived by the brain, and the brain wants to tell 50 trillion cells that we gotta get ready for stress, so it’s going to tell the pituitary to organize 50 trillion cells

But if it’s stress from a sabertooth tiger, you’ll run like hell, right?

So why is that relevant?

Because then, the pituitary activates the adrenal glands, high school name; fight or flight glands remember?

So why is all this relevant?

Because when activated, the adrenal glands releases the stress hormones to coordinate the body

So a fear that’s perceived activates the pituitary to organize 50 trillion cells, but if it’s a threat from the outside it will then go to the adrenal glands and say get those fight or flight hormones in there

And now, here’s where the problems come from

There’s two parts of your body that exists – quickly identify two parts of your body, arms and legs – that’s called the somatic system, the physical body that holds you up and gives you structure

The somatic system is motility, you want to move?

Arms and legs, okay?

If I take away the arms and legs the only thing that’s left is this big gut here on me – it’s called the viscera

Yeah, but what’s the function of the viscera?

It’s got all the organs, the lungs, digestive system, the immune system

Then I say, what’s the function of the viscera?

Growth and maintenance of the body.

Okay?

So now you’re ready for the stress lessons one, two, and three – Here they are

Stress lesson number one: When you perceive stress the adrenal glands releases stress hormones in the body – they are getting ready to run; fight or flight, so what do you want to do?

Listen to the phrase, it's out of the book, you preferentially send the blood to the arms and legs, does that make sense?

It makes sense because you're going to use them, the blood is the energy, right?

So send it down to the arms and legs!

Yeah, but there's a catchphrase you didn't hear me – it *preferentially* sends the blood to the arms and legs

Where was the blood before the stress?

In the viscera! The only other part!

You say yeah, but what's it doing in the viscera?

Well blood nourishes and provides energy, so what do you think the functions of the viscera are?

Growth, maintenance of the body, right?

When the stress hormones are released in the body, the stress hormones causes the blood vessels in the gut to constrict, and that pushes the blood into the arms and legs

And you feel that

You ever get the butterflies in the stomach feeling?

Those are the blood vessels closing down, especially in a state of fear

You start to feel queasy inside, well yeah, it's shutting down why?

It's squeezing the blood from here getting your arms and legs fight or flight

Problem

If you're in stress are you in growth, yes or no?

No! You're in protection, you can't be in growth!

You're not even nourishing it

So the first thing that happens in stress is that you shut off growth

That's not good start

Okay, second thing that happens in stress; it's a cool one

You actually have two protection systems

You have something called the immune system

What does that protect you from? Lions?

Viruses and bacteria!

Things inside your body, so you have two systems!

Listen, two protection systems; something protects you from outside and something protects you on the inside

Okay, now I'm going to put you in a new job – your job is the director of energy club in the brain; you've got an office up in the brain

The phone rings

Ah, hello?

We're being chased by a sabertooth tiger

And you think, oh yeah we better mobilize that, but all of a sudden the other phone rings

And it says, Hello?

We have a bacterial infection in the gut and we have a bad case of diarrhea brewing down here

Now you're the energy supervisor so let me ask you a simple question

Energy supervisor, how are you going to split up the energies in the body to deal with the tiger and the infection?

How would you do it?

The tiger? And in fact that's what actually happens

The stress hormones, listen to this: the stress hormones shut off the immune system to conserve energy

You say, come on...

And I say, listen, medical people have been using this as therapy

You say, what do you mean?

I say, when they transplant an organ or graft a tissue onto a recipient or foreign organ, and they don't want the recipient to reject the graft, they give them stress hormones and it shuts off the immune system

And you go, wow, that can't be good to be shutting off the immune system

And I say, no, it's not good at all, I'll tell you why

I can take a blood sample from every one of you right now in this room, and I can guarantee you a fact

Everyone of you is already infected with most of the viruses, bacteria, and parasites that humans have

You're already infected!

Medicine calls these organisms, opportunistic organisms

You say where did they get a name like that?

And it goes like this, when you compromise your immune system, these organisms take the opportunity and flare up and get sick

So the point is that you don't have to catch anything, you've already got everything

But if you keep your immune system up, those organisms can't grow, but the moment you compromise your immune system is the moment these organisms take over

The immune system is the equivalent of the EPA (Emergency Public Announcement)

The adrenal system is the equivalent of the Department of Defense

When we are threatened by outside things that scare us, where do we get the money to pay for the Department of Defense's toys?

The answer is, we shut off the budget of the EPA

And that's why the interior of the country starts to fall apart when we're at a high stress level

Okay, that's two bad things here folks:

First of all you compromise your growth

Second of all you shut off your immune system

And that's why you get sick during exam time

That's why the stresses come on, and you're already getting sick

Now the last one is the somatic system... go go, give me a new slide, go go

...

So what have we done?

There are three things that stress are going to damage you right?

Number one: it shuts off your growth

Number two: it shuts off your immune system

And now number three, especially when you're in school, it's a kick in the buns

And it's sort of adding insult to the injury you just got and here's what it is:

When you're in a fight or flight situation, quick question: are you going to use conscious logic and reasoning to get out of this or are you going to use lame-brain reflexes, which one?

Now what happens?

Remember what I told you, the stress hormones tell the blood vessels in the gut to constrict?

Pushing the blood to the arms and legs?

In your brain, the same stress hormones squeeze the blood vessels in your frontal part, the prefrontal cortex, the consciousness part – squeeze them shut and pushes the blood to the hind brain to nourish reactive behavior

When you are under stress, you are less intelligent

You've been in that exam room, haven't you?

All of a sudden you turn that page, you read the question, and guess what?

All that confidence you had, you know?

You feel the butterflies in your stomach, what's that?

Well the first thing the butterflies are saying is get the hell out of this classroom because your life is threatened, alright?

But you can't move, but you got the blood in your arms and legs, so guess what you're doing?

You're taking your pencil and tapping it on the desk, your foot is tapping on the floor and you're driving everyone around you crazy, why?

Because you're in fight or flight, but you can't move, okay?

And in that process you try to think of the answer, and the more stress you're under, the less you can think of the answer

And the issue is why?

Because we become less intelligent when we're stressed, and this is just to show you

Playing even a game of Pac-man, when the gobbling guy is far enough away from you then the person is using the forebrain to creatively create how I am going to handle the game

But watch what happens when the gobbler guy gets close

[...]

When the gobbler guy gets within so many centimeters, guess what happens when you're playing the game?

When the gobbler guy gets within so many centimeters of actually getting to you, you switch from creative thinking to reflex behavior

And the relevance about this is this is your life

And the issue is that the more fear you're in, the sicker you get, the less you grow, and the more other people take advantage of your weakened state of intelligence at the time

And as the previous administration was so anxious about calling threats and fears when they needed to get support for the government

Because as soon as everybody got afraid, they would say, do whatever it is you need to do; I'm afraid

And we gave up our lives at that point

So basically it goes like this:

The prefrontal cortex is your consciousness spot, this is the spot connected to your identity; your spirit, your uniqueness

Prefrontal cortex, consciousness, creativity

Okay, look

It's called, it's an add-on option, why?

Most people don't exercise consciousness in their lives

They actually operate from this part – the subconscious

The conscious mind process is 40bits of data per second, meaning 40 nerve impulses come into the conscious mind and at one second it can solve it – it's relatively slow, but it's creative

The conscious mind is creative

As compared to what?

The rest of the brain, which was there before this part, which now constitutes the subconscious

And the subconscious is BIG!

It processes 40 million bits of data per second; the other one was 40

So the subconscious can process a million times more data – it's extremely fast!

That's why you don't use conscious thinking in an emergency – it's too slow

You go to reflex behavior, but it's habitual

Whatever the habits are, that's what you play

Push the button, play the habit

Whatever got in your subconscious, you learned it, you don't think about it – you don't even see it!

You just push the button and play the response

Compared what is 40 bits to 40 million – imagine this picture of Machu Picchu comprised of 40 million pixel dots of color

Now I would say the subconscious brain handles and resolves all these pixel dots and responds to all of them in one second

I say, how much did the conscious brain respond to in the same second – and it's this much

I'll draw you an arrow if you have trouble with it

And the relevance is, the subconscious still controlling everything, but you're only focusing on this much in your life

Your conscious can only focus whatever it's focusing on meaning it doesn't focus on anything else

So here comes the secret part

Listen to this:

If I asked you what do you want from your life, your answer comes from your conscious mind

It's a creative mind, okay?

I asked you what you want, and you say I want to be in a great relationship

Cool, that's creative

I want a job with a good salary

Yeah, that's good, that's creative

I want to be healthy

Good, that's creative

Those are creations and desires, what do you want from your life?

Conscious mind, okay?

What does this show us?

Your mind is actually controlled 95% of the time by your subconscious mind

Meaning, only 5% at the most, are you moving in a direction that takes you to where you want to go in your life, and 95% of the time you're moving out of habit

That is the subconscious mind

We are only conscious of about 5% of our cognitive activity

Meaning that only 5% of your day are you moving towards to where you want to go!

You say, so where else are you moving 95% of the rest of the day?

I say wherever the program and subconscious mind are

Now watch this, you want to train an elephant in India, this is what they do:

You get a baby elephant, it's a couple of feet tall, and what do you do with that baby elephant?

You tie a rope to its leg and you tie it to a stake, and for 2 months you don't let the elephant off the rope

Now for 2 months, the elephant all day long and all night long will try and yank to get away from the rope and he keeps pulling and yanking and by the end of two months the elephant has learned something

What did he learn?

That when the rope is on his leg, he can't go anywhere

Relevance?

This little baby grows up he's about 12 feet tall, he's a monster!

You attach him to a building and he'll pull the building down!

How do you keep it tied up, how do you tie up a 12 foot elephant?

Joke? You tie a rope around its leg

But the joke part?

You don't even tie the end of the rope to anything!

You just tie the rope around its leg

As soon as the rope is around its leg, its habit brain kicks in and it goes I have a rope on my leg, I can't go anywhere

So the monster elephant will stand absolutely timid and still even though the rope is not connected to anything

It's the limitation of the belief system

Relevance to you?

We are all programmed with ropes on our legs in the first period of our lives

And we bought habits of disempowerment, limitations, and self-sabotage

And you way bought them? Where did we get them from?

The fun part ☺

It starts in utero

Whether it's a single cell in a petri dish or 50 trillion cells in a petri dish; whatever it is, the organism is made out of cells and the cells respond to the environment

The environment the fetus responds to?

The mother's environment

And you say what does that mean?

Well the baby is getting nourished with culture medium – blood.

Where does the blood come from?

The mother!

The nutrition comes from the mother!

We talk about the baby is getting nutrition across the placenta - I'm sure you heard that in some health class

Why is that relevant?

Because then we say, what is the role of the mother?

Well, she basically just has to nourish the baby

Well so you say, you better be a good mother and go to the doctor and you ask the doctor how to be a good mother and the doctor will give you three simple steps:

Eat well, take vitamins and supplements, and exercise

And voila!

You are a wonderful mother

Why such a limited role of the mother?

Because the conventional belief is genes control the unfolding of the fetus

So all you have to do as the mother is nourish it, and the genes will do all the rest, right?

That's the story!

Well, it turns out, yeah the nourishment does come from the mother but I ask you this most important question

Think about this:

Is nutrition the only thing found in blood, yes or no?

You know what else is in blood?

All the emotional chemicals

All the growth and regulatory factors – the stress hormones and everything is in there – the coordinating information

Relevance?

If the mother is under concern or fear or stress, so is the fetus

And it will change the genetics of the fetus just by changing the culture medium that the fetus is growing in

And you say, so the mother is adjusting the genetics of the child?

And I say, absolutely

You go, what do you mean?

And the answer is simply this:

The baby, when it's born, is going to live in the environment

But how can it be prepared to live in the environment, it's growing inside!

The answer is: nature takes the mother's perception of the world – is it a safe happy place or a stressful fearful place? An angry place? Whatever those chemistry are, it crosses the placenta and informs the fetus.

So when the mother is happy, the fetus is happy

When the mother is sad, the fetus is sad

When the mother is angry, the fetus is upset

If the mother rejects the child... because it throws a big problem into her life

Then the child is bathed in the rejection chemicals in its entire development and will be born already programmed to reject the child

Because we now know that half the child's personality is developed in this period of the fetal development in cooperation with the mother's response to the world

And the reason why is that the mother's nature has to start growing

She is the one who is responsible for establishing the development of the child to fit the environment – so she interprets the environment and then the child's genetics get adjusted to fit what she interpreted

So all of a sudden, by god! You were being programmed before you were even born to go through this environment

This just shows a fetus [referring to slide] but you can't hear the sound track and there's an argument going on and the fetus responds to the argument of the parents – it's responding to everything the mother is going through

Okay, so here's the secret

I buy you a new ipod, you take it out of the box, you push play, anything happens yes or no?

What do you have to do to make something happen?

You have to put a program into it!

Okay, here's the parallel

Consciousness is the play function, subconscious is the program

A child cannot express consciousness when it's born for the reason that the brain doesn't express it

And you say why not?

Well I'll give you a simple reason

If the child was totally conscious of the world when it's born and you have the opportunity to ask it a question of this child just coming out of the birth canal

You say, Hey! Welcome, tell me something

And this child will look at you like, what the hell, I just got here, I don't know anything!

So the reality is you can't create if you don't know anything

So nature, listen to this, designs your brain and mine this way.

For the first two years of your life your brain is predominately in delta eeg waves – brain functions

Adults that are on delta are sleeping

It doesn't mean that the child is unconscious, what it means is this:

The child is observing the world – the inputs are working but the outputs aren't working

A child can see what's going on and understand it but can't coordinate a response, that's why they cry

They have the muscle coordination but they can't talk – they get frustrated, that's why babies cry a lot

Because why?

It knows what's coming in, but it can't say it on the way out

So it's like a child behind a play-glass window first two years

The next two years of a child's life the brain activities ramps up and is predominately in theta

Well theta is a higher level, but what is it?

It's the state of imagination

That's why children between 2 and 6 live in the imaginary world of real world mixed in together all the time no problem

Yeah, but it's something more

Here's what's relevant

Theta, is a hypnotic trance – theta is hypnosis

You say what do you mean?

I say a child between 2 and 6 is in a state of hypnosis!

Everything it observes is downloaded in its subconscious mind

It observes if you're a boy you watch your father – you see how he responds to all the stimuli in his life, how he makes all his responses and guess what?

That's your programming

If you're a girl you follow your mother and you look at your other family members because they also contribute to how you live in a community, how you live in a family, what are the rules, what is the language, how do you talk to people

This has to be downloaded into a child

It can't be created, a child is given this

What?

The first six years of a child's life it's in a hypnotic trance to download massive amounts of data, why?

Because after it's six it then starts expressing as a predominate brain activity alpha – which is consciousness, calm consciousness

By the time it's twelve you change your education because you start expressing beta, which is schoolroom consciousness

You look at this and go, well this is really interesting blah blah I can't believe it, it goes like this

The child is unconscious for the first six years of its life in a conscious creative fashion

It is below consciousness; this is a programmable state of a child!

This is where a child downloads how you life in the world

How does it do it?

By observing the parents, family, and culture it lives in and downloading it

So you learn in acculturation what are the rules of living on my planet and my community

But it also gets this self identity

I don't have to go too deep into this because all I have to say is have you been to K-Mart?

The parents get upset if the child is throwing a tantrum that wants a toy

Were you that child by any chance?

Why is it relevant?

What does the parent say usually, something like "well you don't deserve that!"

Yeah? But if you're under six, guess what that is?

A download

Have you ever heard anything about you're a sickly child? You're a smart child? You're a lovable child? You don't deserve things, you're not good enough, who do you think you are?

These are downloads from other people

Where do they go?

Subconscious.

Okay, quick question, if you were that child, would you consciously understand what was going on? Or would you just download it?

You're just going to download it! You're not even conscious yet!

You're not conscious until after 6!

Difference?

A child throws a tantrum in the store when they're five and the parents yell at them and say that "you don't deserve it" the child under 5 downloads that into the subconscious as "I do not deserve"

A child 7 years old would do that, and the child would figure out by this point that "oh dad is just in a hurry to go home and I'm being a pain in the ass and I could figure out why I got yelled at"

But when you were under six, you didn't do that

Let me tell you, the programmable state of a human is not a new idea or a science

It's been known for over a thousand years, you know who knew it?

The church.

The church, that's right, you ever heard the Jesuits say something like "You show me the child and I will give you the man."?

You ever hear anything like that?

How about this one, the Jesuits will also say this: "You give me a child for the first 6 years of his life and it will belong to the church for the rest of its life"

You ever heard that one?

Well, why is that relevant?

Because over a thousand years ago they knew whatever the hell program I put in you for the first 6 years of your life, you will manifest that program!

Why?

Because now we know that 95% of your life comes from the subconscious

So whatever the fundamental programs are, you become those fundamental programs

Now your last remark about this is that you think you're creating your life, and I say you are about 5% of the time of your conscious creation mind, 95% of your life is coming from your unconscious habit mind

I say oh well that's really cool

And you say Bruce, I would see if I was being stupid

And I would say, no you wouldn't

And you go, what do you mean?

And I go like this, maybe you're all young and don't have enough experience, but you will

You have a very close friend and you know your friend, and you know your friend's parents, and one day casual volunteer and you go "you know Bill, you're just like your dad!"

Back away from Bill, he's going to vent and is going to be the first person to say "How the hell can you compare me to my father?"

Most of you will probably be familiar with someone like that, and you won't be able to laugh about it

Why is it relevant?

It's funny, but profound

Everyone else can see that Bill behaves like his father, but he doesn't see it

Why? It's called subconscious – it's below consciousness

You don't see it, when you do see it when your behavior goes out of control and what do you say?

"That guy pushed my buttons."

That's an interesting terminology, what does it mean?

Subconscious is like a tape player, like a jukebox – you push a button it plays the tape, it'll always play the tape and unless you change the tape it will play the same program over and over again

So my point about your life is this

You've been programmed before six

You're the beliefs of the world

These beliefs go in your subconscious and a function of your mind is to create coherence between your beliefs and the reality you live

If you were told you were a sickly child, you become a sickly child

If you were told you had cancer running in your family and you really believed that, then you will manifest cancer in your family because your life will manifest truth out of your subconscious behavior

Then you're going to try to say "Well, how do I know what my subconscious programs are?"

And here's the fun part, you don't have to go to the psychiatrist or psychologist!

You could do this at home, okay?

Go with yourself, what is my subconscious programming?

The answer is this

Your life, is a printout of your subconscious

If you were that child at K-Mart and got yelled at that you did not deserve, and then 30 years later you find yourself in the backroom of some manufacturing plant and you're thinking to yourself consciously "Man, I'm better than this job, I should be up there in the administrative office running this show"

Well I say yeah, that's your conscious mind, very creative, and I say yeah, but while you're having these wonderful thoughts and being up there and running the show, whose running your show?

The answer is subconscious

Yeah? What's the subconscious programming?

You did not deserve

What does it mean?

You will manifest a life that will be real that you can say yeah, I guess I do not deserve and look what happened

Have you ever worked at some of your exams and you got them back and you found questions on the exams that got wrong? And you looked at it and say I knew the answer to that question, has anyone ever had that experience?

You know what that's about?

You weren't programmed to get that A particularly, you were programmed as an average kid, and if you were an average kid and you got an A that means you've violated the programming

So what does your subconscious do?

Unconsciously mark the answer wrong and you will get the C that you were programmed to get

You were programmed to be a good student or a bad student

And you will manifest those programs, but it's not yours!

It came from other people

What we now know is that this is about life and disease

This is right out of the abstract "Environmental processes influences the propensity to disease in adulthood" meaning what instance causes disease in adulthood? Operate during the peri-conceptual fetal and infant phases of life

We now recognize that the illnesses you get as an adult were programmed in your infancy by your belief system that you were downloaded with, okay?

So this is basically saying you've already been programmed and if you're struggling with life, I can tell you why, because it's about programming, and here's the issue

40 million bits of data processed per second by the subconscious, very big very powerful, working 95% of the time

Self-conscious?

40 bits of data, not very powerful but it's creative!

And that's where humans excel, we can create and not just playing habits.

95% comes from the subconscious, 5% from the self-conscious that means that's how much you're contributing to where you want to go and how much that one's taking you to where you are going

And then you say, Bruce, positive thinking

And I go, positive thinking? Good idea, which mind has positive thinking?

Conscious or subconscious?

Conscious! It's creative right?

So I say positive thinking! Ah! It's part of my self-conscious mind!

It operates at 40 nerve impulses per second, 5% of the time

This one's operating at 40 million nerve impulses 95% of the time, do the math

How effective is positive thinking?

[Audience] Isn't it possible though, to consciously change over time?

Yeah, isn't that a cool plan?

Because if you can change them, then you can control your life, right?

That's the point of this whole thing, and the first point is you're already playing by invisible programs, that's already happened

You've already been through this stuff, okay?

Scientific materialism went through the DNA code in 1953, that was the fullest materialization of our civilization

Yep, you are your DNA, you're physical and you're expressing it

By the time they did the Human Genome Project, which was looking at all the DNA, people started to move back towards the spirituality

If you were going to project, where do you think the line is going to move to next?

Okay, you're not going to project, I'll back it up, move along

It goes THERE! [points to slide]

And the reason for why it's important is this: we're going back to the midline – the balance of matter and spirit

East meets West, male meets female, all the polarities that were divided up come together at the midline

This is the part where it's called Holism

Holism meaning if you want to understand your life, understand the spiritual part, understand the material part, recognize that they're integrated, connected, and they work together in this regard

What are the problems?

I've told you that there were 4 myths that we bought as truths, let's correct them

We said the conventional world Newtonian physics mechanical? Everything? Nah uh

Quantum physics

We said that the universe is made out of energy and energy shapes matter, so it's the invisible forces that actually shapes the physical realm

We said genes control biology and we say no it's epigenetics - it's your response to your environment - so you control your genes

Relevance?

You're not a victim, you're a master, you just don't know it, that you were doing it.

But if you know it then you can manipulate it

Thirdly, based on survival of the fittest? No, it's based on cooperative community - that's why the world is going to hell

Until we recognize the evolution, which I'll tell you about in one second, which is also based on, it's not a random process, that we're here for a reason

We're here to create harmony and balance in the environment today

We're just totally not existent, and that's why Mother Earth is saying "Please get off my shoulders some would say"

And we're looking for it

So, there's a new understanding which is called fractal evolution that says that you are repeating a pattern - so I'll tell you what the pattern is

You know what evolution is?

It's not the evolution of you, it's not the evolution of a human being, we did that evolution

It's the evolution of *humanity*

You say what the hell is that?

I'm saying it's a super organism

We, ourselves, in the body of something bigger - it's the recognition of the wholeness of our planet and we as cells in one human body

The problems that this human body is experiencing right now?

It's called autoimmune disease

Autoimmune disease is a way of saying self-destruction, and that is because we haven't recognized our immunity and you are the people who are going to be pushing and responsible for the unity that is going to bring the planet together and stop killing ourselves with it

And why is all this to change?

Because fractal mathematics say that pattern is built into the nature and if you understand pattern you'll see where we are going

Newtonian physics, nah uh – it's quantum physics

It's the principles of the invisible realm that's in charge

Chemistry is changing into electrochemical operation of chemistry – where they're doing chemical reactions with vibrational frequencies

Biology and psychology? Still old-fashioned Newtonian out-dated mechanistic biology and it's wrong – and that's why an update is necessary because biology is you and if you buy the old belief you're a victim and if you buy the new belief you become the master in this particular process, okay?

Finally, Holism 2012 babe, it's coming up close, and guess what?

Before it happens, the structure has to fall

The structure *has* to fall, why?

It's not sustainable, we already know that, science has already revealed, we're deep into the 6th mass extinction of life on this planet

Life on this planet, 5 times in the history of this planet, has existentially wiped out and started all over again

The first 5 is recognized by scientists as things due to asteroids and comets hitting the Earth and throwing the Earth's environment into upheaval and kill all life

The 6th, unanimously agreed on and understood by science, is caused by human behavior

It says that we, through the way we're living on this planet, is upsetting the balance of nature, which is upsetting the whole environment as well

And the relevance about that is it says that we must change these things and that these are your jobs

At first you must know why you are limited in any sense of the term, and you're limited because of your belief systems

You have limitations that are unconscious and I say they're unconscious because many of them were programmed before you were 2

You had no understanding of what a program was, it was just operating invisibly, but I told you that you could see what it was all about when you look at it

The new planet, here are the answers to the questions:

Why are we here?

Well, how did we get here?

Mother Earth and Father Sky – absolutely true, it's the creation of organic chemistry

But we got here through adaptive mutations not random mutations – meaning we were brought into the environment by a purpose of nature to reharmonize the environment

Why are we here?

To tend the garden!

Something that we destroyed and is now coming back to bite our asses because it's going to kill us.

And to acquire awareness, this is the given thing, more awareness, more awareness, why do cells come together? More awareness

Why do people come together? More awareness

What's the internet? The coming together of all the cells in the system to share all that awareness and how to make the best of it?

Live in bounds with nature, yes, it's exactly what we're supposed to learn how to do, but at the same time evolve technology

Why?

So that we don't make such a big foot print in the planet that we destroy ourselves by destroying the environment that provided for us.

So your jobs are going to be connected to that

And this evolution is happening right now

Why?

Because if it doesn't, we're all going to hell anyways

So we've got a test and we're facing it right now, so this is what we're coming to

We look at evolution and here is what's important:

We've heard the story of evolution, a slow gradual progressive transformation of life over millions and millions of years

And it turns out no, that's not true.

Life has been effected by what is called punctuated equilibrium

That means life goes along pretty much pretty good and then some upheaval happens and then all new life goes on, then some upheaval happens, and then all new life goes on

Well, we've been looking at the upheavals, we've been looking at evolution as "Oh yeah, we went from fish, amphibians to reptiles to birds to mammals, it's like we miss the point"

That's not the pattern of evolution

The pattern of evolution is a single organism joining into community

The first organisms were bacteria, first 3½ billions years of life on this planet were just single cells

What happened?

First the prokaryotes joined together to make communities of prokaryotes which became the cell called the amoeba, the paramecium, the cell of your body

So what does it mean?

The cells that make up your body are all communities of bacteria

But when the community got together and became the unit, then the function was to hook up with other units – which were other communities

So you start with a bacteria as a community you make a cell, which is a community then what do the cells do?

Well they started to join together to create, what?

Multi-cellular communities!

Yeah, and what did they do?

The evolved ultimately to the highest form is the human!

So the human has been created and is complete, it is a unit

What would be the next unit of evolution?

I would tell you because you didn't listen

The next level of evolution is the unity of all the humans coming together to create the multi-cellular organism that is called humanity

You are the seeds of that humanity

Your predecessors, your precursors, who were you parents and grandparents were the leftovers of the ending of the old one

So your job is no small fix in a small time, your job is a nature job – you are the source of our evolution

You look at the world, it's leaving you out, and it was all a design, because on the outside you can create a new evolution, on the inside you're borrowing the machinery

But what you have to understand is that the most important thing you have for your future is this: it's only the beginning

And the things that will come your way are most amazing

Most importantly, it's the knowledge of who you are, you are the creator, and you are creating this life, you're creating your health, you're creating every aspect of it

Things that you don't like, as you were brought up, you can go in and change the belief system

Your processes could change the belief system so that they could be left inside, talking to yourself

You know how you're always saying to yourself, like I would say to myself "Bruce, man you're always eating that stupid junk food" and I'm getting into arguments with myself about how stupid I am for eating that junk food, and then 5 minutes later I got a Krispy Kreme donut in my hand and I go "What the hell is that doing there?"

The reality is, does yelling at yourself make it any better?

The answer is absolutely not, and I'll tell you why

Because while there is an entity in that consciousness, your spirit, your source, your identity, there's no equivalent entity in your subconsciousness.

The subconscious is like a tape recorder, in fact, it's more like a precocious 5-year old, and why is that relevant?

Because if you yell at a 5-year old, is it cooperating with you, yes or no?

No, the answer is this, if you want to change, then be good to yourself and give yourself encouragement and loving support rather than blasting yourself for not living or working out right, why?

Because they got 50 trillion cells listening to everything you say, because everything you say is chemistry

And you can hear yourself instantly, you can rewrite your programs instantly

My website, bruce-lipton.com, has a resource page of all ways of new ideas of changing subconscious programming in MINUTES, because we don't have a lot of time.

And the significance is this, you are creating this life

Can I have a show of hand here, you know, if you're not embarrassed, to this question: you're all young that's why I got to ask, because if I had an old audience I already know the answer, but in this case I'll have to ask: has anyone of you ever fallen head over heels in love?

I mean big time, BIG TIME

Quick question, for those that have, in that time period there was that love, the honeymoon part, the really good and juicy part in the beginning right?

Were you pretty healthy then? Yes or no.

Were you happy?

Was life going so good that as a matter of fact, sleeping was a pain in the ass because you just really want to be there. Right?

You have enough energy to make love for days in a row, right?

I want to say something, if you could go back to that moment where you were engaged in that love, was that heaven on earth? Yes or no.

Was it heaven on earth for you at that moment? Yes or no.

Pretty much

My point?

That wasn't an accident, that was a creation, you created that with an intention that you didn't know about yet, but it was done because you were very self-conscious and you didn't let the tape recorder run

Let me give you a simple example – the day before you met this person that you fell head over heels in love, how long did it take you to get dress yesterday?

Oh I get dress in 10 minutes and I was out of the house, but tonight, BIG DAY, big one, this is it, the moon, I'm going to get dressed for this date!

More than 10 minutes? What do you think?

Maybe an hour or two, right?

What the hell's the difference?

Yesterday I got dressed by habit, today I'm looking in the mirror, today I'm being self-conscious, I'm checking on myself to make sure I'm exactly who I want to be in this relationship

And what do you do after dinner?

I bet you didn't blurt out words, the fact is, you actually thought out what you were going to say before you said them, why?

You were being a poet and an artist and you were creating those words that were magic

When you said those words, your partner on the other side goes "Oh... Bruce..."

You created wonderful words and guess what?

It felt that way and you live that way and it became that way and why?

You didn't play the habits, you played live time from consciousness, it's called mindfulness, be here now

If you do that, you have absolute control of the moment, if you let your mind wander, the habits take over, and that's the biggest issue we have to deal with.

If you do want it, you create heaven on earth, why did that honeymoon end on that relationship?

I'll tell you why, because after a number of days and over a period of time, the honeymoon part was really nice but real life started coming back!

"I have to pay the rent, I have to do the homework, I've got to fix the car"

All these things and your mind starts thinking, your conscious mind is creatively thinking how I'm going to do all this and your love comes up to you, your beautiful person that you brought in your life comes up and asks you a simple loving question and you turn around and go BLAH BLAH RAWR RAWR RAH!

Your partner looks at you and goes "Who are you?"

And all of a sudden the world changes in that relationship, because what happens is that it starts out with two people – two conscious mind working together in harmony – and turned into four people: your consciousness that is you and the habits that you were programmed to be by somebody else, you were somebody else.

When four people come into the honeymoon, the honeymoon ends.

And the issue is this, it was a creation and you can program that creation in your subconscious, and it'll be absolutely true, everyday could be the same as that honeymoon day if you put the habits in you are so you don't have to keep looking in the mirror; it's automatic

When it's automatic, then you can create heaven on earth

You've already done it, but you can make it in your life a billionaire, this guy is finally shutting up! We got it!

The issue is this, I'll just leave you, you are more powerful than you can even imagine yourself

You can walk across beds of hot coals, women lift up cars when children get trapped in an accident under a car, they lift up a thousand pounds to get the child out

In the south, there are Baptists fundamentalists that work themselves up to a state of religious ecstasy testify that God protects them

They play with rattle snakes, copper head snakes, poisonous vipers, they get bitten and nothing goes wrong but they're not the cool ones!

The cool ones drink strychnine in toxic doses to demonstrate that God protects them, and guess what?

They drink strychnine with no harmful effects, why?

Because the mind is all powerful, and you have all that power but your belief system will deny it, and if your belief system denies it, then you will not manifest it, and I wasn't raised in the Christian tradition, but there was this teacher guy that said "You can do all the miracles that I can do, even better than I can do, but you don't believe it"

And that's the simple bottom line

Change your belief system and create a better heaven so I could sit on my porch so you could take over

Thank you for your attention and all your time

[End]