

A Special Audio Interview Featuring Bruce Lipton, PhD.



DR. MERCOLA

Here, Dr. Mercola interviews Bruce Lipton, PhD., and author of *The Biology of Belief: Unleashing the Power of Consciousness, Matter and Miracles*, and soon-to-be-released *Spontaneous Evolution*.

Bruce Lipton is a forerunner in the field of New Biology. In this fascinating interview, Lipton shares his extensive knowledge in the field of energy biology and epigenetics – how your mind controls your genes – throwing open the door to a whole new evolution of humanity, and gives you the key to optimal health and happiness, regardless of your genetic predispositions.

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INTRODUCTION

BL: ... predetermined in your genes, even before you get off the ground, so you become a victim of heredity according to conventional science, meaning, well, you didn't pick the genes as far as we know and you can't change the genes. And if the genes control your fate, then your fate is out of your hands in this case.

And so we teach, unfortunately, in conventional medicine, a concept of patient victimization, that a patient is a victim of genetics and biochemistry and that there's something wrong with the biology, it's the machine, something's wrong in this mechanistic body, and so that makes us victims.

The new biology says, well, wait, it's based on how the cells, the organism perceived the environment. And the relevance about that is, when you understand it, that means very simply that if you change your perception of the environment then you can change your biological expression. And all the sudden it says, my goodness, you're not a victim as I had been teaching. But in the end, you're a creator because you have the freedom of changing how you respond to the environment, then you have the freedom of changing your genetic expression and then—

JM: And that's it, I wanted you to focus on that, too, because a big part of your work is that actually you have the ability to control the actual expression of your genes, which is just a phenomenal concept. And I think, at this point, most people fail to appreciate – and that's including most medical scientists.

BL: Well, yeah, because this is a new – it's interesting because my work, early on, there was no name for the field of study then of how environmental information could alter genetics. There wasn't even the mind concept. So even when I reported my results – and I even got them published, of course, and my colleagues around me were looking at me, "Well, this is such an anomaly because we all know that genes control life, and so your experiments are just an exception of some kind."

And it ultimately – just that attitude caused me ultimately to walk out of the university because I realized I'm doing this science, they all see it day by day, they watch it unfold, and then they look at it like it's a total exception to the world. And yet, patiently – and that's been 30 years now since I published my papers on some of that -- now there's a field of science that covers this.



JM: Now, you started your work in 1967 at University of Wisconsin Medical School, teaching the med students—

BL: Well, actually, in '67 I was still at the University of Virginia where I was getting my PhD.

JM: Okay, I'm sorry.

BL: And then I carried this research, once I got my PhD off the ground, I carried this research to my ultimate professorship at the University of Wisconsin, and I was being funded – like for example, the National Institute of Health and the Muscular Dystrophy Association had funded my research all the years I'm studying these cloned cells.



So I was in the mainline, mainstream, conventional world, and actually a high-end world of research at that time.

JM: And when did you decide to leave?

BL: I left about 1979, a couple of years after I published this paper. When I started to realize that, "I can't believe that these people around me are ignoring the experiments that they can see in front of their face every day!" Because it was like they were – at that point, there was a movement in the field of biomedicine to push for what ultimately became the Human Genome Project.

So any research that said, "Yeah, genes control life," of course, was getting front page headlines. And still do – I mean, even today, you'll pick up a newspaper and see, "Oh, here's a gene that controls this and a gene that controls that."

And the joke, the great joke is that is completely wrong! And here's the joke – you know, look, first of all, that was the belief system that led to the Human Genome Project. It said this: "Biological organisms are like genetically programmed, just like computer programmed entities where the genes were like the software programming to make a life, the body, the behavior, the emotions. They're all in the genes and you sort of like select your genes and there's your life all the sudden in front of you."

That's the belief, and this is the belief that has been propagated to this very moment, really. I mean, they're just beginning to wake up to this now. That concept is called genetic determinism and that's what we teach.

"GENETIC DETERMINISM" VERSUS THE NEW BIOLOGY

BL: And the new biology, which is now recognized – and let's get the name so I can use the word then – what we're teaching in school is called genetic control, and literally that says "controlled by genes," that's genetic control.

JM: This is what would be taught in school today, in medical schools and colleges.

BL: Absolutely. It's in every textbook, every textbook, you pick it up. And it's fun because the principal belief behind this genetic control is actually called in the textbooks – this is like humor because it's a cosmic joke to me – **in the textbook, the belief that genes control life is referred to as "the central dogma."**



And the humor about it was that I taught this belief, which was from Francis Crick, from Watson and Crick who discovered the DNA in 1958. Francis Crick came up with this hypothesis and the hypothesis is that – people may have heard the flow – DNA goes to RNA goes to protein, and that is the flow of information in biology. So it starts with the DNA and ends with the protein.

And the relevance for the protein is, just so people understand it, that the building blocks of our cells that give us our structure and give us all of our functions are derived from these little protein molecules which are very complex. And maybe 150,000 or more different proteins make up a human body, so they're like parts that you buy at a parts store, and cells are built out of these things. So if the parts are controlled by the DNA, then the shape of the body and all the behavior is actually predetermined in the DNA.

And they called it the central dogma -- that genes control life, basically.

And what's really interesting about it is that people don't recognize [this, is] that when Francis Crick came up with this hypothesis, this was already – people believed that was going to be the result. So when his research somewhat supported that result, they took a jump and they said, "Yes, this research actually supports the belief we had."

And therefore, they reinforced the belief with this central dogma that genes control life. And the fact was, it was never a scientific experiment. It was never even tested in that regard.

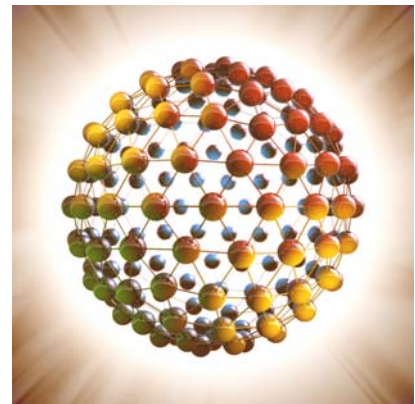
It was already believed to be that way, so when the hypothesis came up, everybody goes, "Oh, yeah, that makes all the sense in the world." And so the joke is, they repeated this so many times over so many years – you know, that was like, what, 50, 60 years ago, okay? It's been repeated for 60 years. And what happened in history is that when you repeat something for so long, at some point, it just becomes a fundamental rule of life. And the joke is, it was never scientifically demonstrated; it was just expected!

And so the interesting part about it and where all the humor is, when I got out of the system, that was the first time I actually went to the dictionary and said, “Central dogma, what is dogma actually defined as?”

And the definition of dogma is: A belief based on religious persuasion and not scientific fact.

And all the sudden, I had to laugh. There I was, teaching medical school for all those years and I was actually teaching religion! Because there was never a scientific fact. And today, it turns out to be absolutely incorrect. And you might say, well, that's interesting. No, this is not like interesting – this is culture-bending, earth-changing information.

And the parallel – this is a beautiful parallel because this is the reality of it. The parallel in this new biology is what happened in 1925 when Newtonian physics, the concept of a material universe ruled the world, and in 1925, physicists finally had to accept the reality that it's not a universe based on matter, it's actually a universe based on energy, because the atoms are not made out of atom, they're made out of energy, so that everything is made out of energy.



So there you are one day, saying this is a material, mechanical universe and the body is a machine and it's got chemistry in it. And then according to physics the next day, they're saying, well, that's an illusion, the body's actually energy and it's influenced by energy.

And yet the physicists, going from Newtonian physics to quantum physics, it wasn't an easy transition. I mean, if you'd made your whole career teaching of a material universe and one day wake up and say, “You know, everything I taught for all those years, let's just forget that and start again.” It wasn't easy. So there was a transition phase where the old thinking had to leave the system and the new thinking coming in. Well, today's new biology is exactly the same but it has a more profound difference for us, in one sense, because the old physics took us like from a crank telephone to a cell phone or from a steam engine to a rocket ship engine. That was the difference between Newtonian physics and quantum physics.

And in biology, the new biology is going to take us from a world today of crisis and ill health and a failing environment and world, and take us to another level of masterful control, where we, in our consciousness and our experiences of life, will actually have power over our own lives and not be the victims that we were programmed to be.

So to me, when people understand the nature of this and recognize how their perceptions about life – which we'll talk about, about beliefs about life – when they

change, it actually has a biological connection through the energy field, through quantum physics, and through a new thing called epigenetic control – remember, genetic control, controlled by genes – epigenetic control is the new field of science.

As a matter of fact, just within the last year or so it's finally breaking into the public, because it's been at the leading edge of science for about 20 years. But that science takes a long time before it can ultimately get to the public, to mass attention. So they're just bringing it to the world, to the mass world, epigenetic control.

And epi means – that's a prefix that means above, so when you say the word epidermis in biology, the skin, the epidermis means the layer above the dermis. So epi means above. And if you say epigenetic control, then that translates as control above the genes. And that is like the difference between either controlled by the genes or your control is above the genes.

And when you're controlled by the genes, you're a victim of your genes. When you're controlled by something above your genes, then that controls your genes.



And it turns out the mind is what's above the genes, and it's the mind that controls the genes.

And when people in the world can own this, not as, "Well, that's a neat idea," but as a fact, then that says **if you want to change your life and you want to express different characters or traits, then it's incumbent upon you to know that your mind is involved with actually creating that ability**, that behavior, that genetic expression that allows you to control what you want in your life.

So we go from victim to master in this new biology.

JM: It's a great concept and I'm really excited to hear you share that. And it clearly is direction that our culture and society has to and needs to go.

But I'm wondering what your observations are on the adoption in a corporation of that philosophy into that paradigm shift, and how rapidly are you seeing it happen? And what is your projection as to when it will be widely adopted and it will be the norm rather than the exception?

WHY HAVE WE NOT EMBRACED THE NEW BIOLOGY YET?

BL: I think it's going to be widely adopted very soon because I think we're going to face catastrophic situations that will force us to either make up our mind and go that way or not.

And the resistance – and this is the big issue – the resistance to this new biology which involves epigenetics and mind control of genes and the energy, which is part of the mind, which is the control factor – energy biology, in a sense – is being resisted by one of the wealthiest industries in the world, and that is, of course, the pharmaceutical industry. They have shaped medical research. They are very much influential in what grants get funded.

And being on the inside and having recognized this, and also recognizing that research of any type that doesn't emphasize chemistry is not supported by the system, because the chemists are the ones that are making money.



If you could heal yourself with your thought, then you don't have to pay anybody for that. And this is not in the business plan of the pharmaceutical industry, which is making massive fistfuls of money, especially now because – I hope we get around to it – **but the nature of fear and stress is what generates the illnesses.**

And we can look at our government, for example, pushing us. We're always being fed through the media to be afraid and to be stressed, and the pharmaceutical companies are cleaning up because they have us believe that their chemistry is influential in helping this, when it turns out, no, it's not, and in fact, it's destructive of life.

Then you say, look, you're dealing with one of the biggest corporate entities in the entire globe. I think it's greater that the industrial military complexes, in the sense of equal money, the amount of money that this industry is making. And the only reason it makes that much money is because of the belief system that they are – you know, if they program you to be a victim – and that's what I was programming my students, my medical doctor students – to know that we were teaching with genetic control, people are victims! And then therefore, a victim needs a rescuer. And in this case, the rescuer comes in on its white, shiny horse, which is the pharmaceutical company – "I'm here to save the day!"

And it's like, oh my God, be careful – that's a wolf in sheep's clothing. These guys are just – I can't say nice words to really explain it on this interview, because sometimes I get angry about it. But they are manipulating us and really preventing our evolution and actually creating much of the world problems we have today.

JM: Yeah, I couldn't agree more. It's really kind of the worst of the human characteristics personified and they really are using their power to capture more

financial elements, and really out of greed. As a result of that, there's just untold human suffering that is generated by those choices.

BL: Yes, and it's just that – but people are not aware, because you watch the advertising that people have to watch on TV and you start to realize, oh my God, they're trying to sell you this victim story that there's nothing that you can do about your life. *You tell me what the problem is and I'll tell you why you're a victim.*

And as soon as you give up any concept that you can control your life, then you lose your life, because if life is based on belief and you believe you're a victim, then naturally you have to end up being the victim.

And it's just very unfortunate because the statistics reveal that pharmaceutical drugs, for example, are responsible for over 300,000 deaths a year. And the relevance about that is, geez, if 300,000 people died, how many people got sick from taking pharmaceutical drugs. And then you order magnitude or two above that, and then you start to realize, oh my God, they're actually destroying the human population, which – I mean, it sounds like a very gross overexaggeration. Unfortunately, it's not. This is what's happening in our world today because of our belief in being a victim.

JM: Yeah, I agree. And I've recently reflected on what my understanding of the ten most important principles to adopt to stay healthy, and I've included in one of those ten the recommendation to avoid all TV commercials.

BL: Well, it's funny because I'm a guy that at some point you might've thought I had super-glue with the remote control in my hand, I couldn't get it out, right? I was addicted to a lot of this stuff.

And then there was a point where I was fortunate enough to leave the country for a few months, and I said, "Well, then why am I paying for this satellite stuff? I'm not even going to be here. So let's put it on hold." And I went to New Zealand, and they asked me when I got there, they said, "Do you want to hook up cable?" I thought, no, I've got this beautiful house by a beach; I think I'll just not do it. And when I came home it was like, "Wow, this is so great not to have been on that television."



And it was actually that way because we told them we'd be back so they turned it on, and I found myself again with that remote control, flipping through, finding nothing, and I said, "Oh, my God! I got sucked back in again!" And that was it, and now it's been three years, and it's the greatest feeling because the stuff that comes across there is so mind-bending and altering, and really the whole entire design, of course, is to convince you of your powerlessness in the world situation, whether it's your health or what's going on in the world, that we are programming this demise our own population by watching this stuff. And it's like, man, when you get off of it, it's so refreshing not to be there.

JM: Yeah, it's definitely a good part of the process for staying healthy. Now, I was wondering, you'd mentioned the Human Genome Project earlier and its influence in continuing this paradigm or this orientation towards viewing the genes. And I'm wondering if you think or believe that there's any good that came out of the Human Genome Project?

THE HUMAN GENOME PROJECT – A CONFIRMED FAILURE

BL: Yeah, the most important good that came out of it is that it completely sinks the ship of genetic determinism, because it reveals that in no way in the world can you just think you can go in and manipulate a gene and put in the gene and take something out. Or – and this is very critical for the listeners, because what are they selling as a result of this Human Genome Project? They're selling people these things called gene chips.



DNA Chip Technology

They say, "Look, you know, you want to see your fate here? Take a look, buy this chip. We'll look at your genes, we'll assess and tell you what genes you have and what diseases you're going to get."

And the reality about this, is it's totally a lie, it doesn't work, and yet, because we bought the story, people are so anxious to say, "Well, geez, what's running in my life?" And why this becomes a problem is if you believe that story and they tell you that you have something that's a potential thing in your life, they don't realize that the new biology says that it was your perception that shaped your genes. If you have a perception that you're open to some particular disease, you already are halfway to the disease at that point.

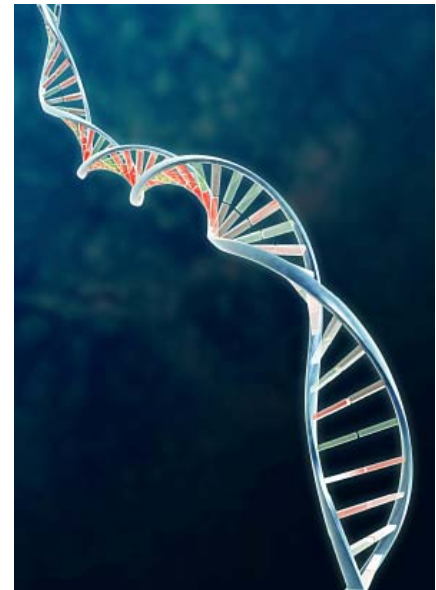
And the interesting part is, one of the people, the venture capitalists who got behind all this, this guy named Craig Venter and he owns a big Human Genome corporation, making millions of dollars. And it's funny because just this last couple of weeks, they made a public announcement that, instead of like a gene chip, which is like a cursory review of your genes, they actually did a complete \$10 million genetic assay of Craig Venter's genome. And the joke – and this is like, you have to understand the meaning of the joke here – he said, "Wow, this is real interesting. You can look at my genome and you can't even tell if I'd have blue eyes."

And the reality was, if you can't even predict a physical trait, what do you think you're going to do in trying to predict behavioral and emotional traits?

It's like, you cannot predict some of these gene things. And so when the owner of the company reveals like, "No, we can't even tell if I have blue eyes," that really was the death knell of a system that is just not even – you know, it's like an avalanche or something that was moving down the hill and gaining momentum. And so now we're told that it doesn't work but the momentum of this avalanche, this snowball of genetic stuff is still – they just won't own the reality that ultimately all these genetic engineering corporations are going to essentially have to fold because the genetic mechanism doesn't work according to the principle that they believed it did.

So the outcome of the Genome Project – think differently because it's not working this way. And then we start to think differently – and I know where it's already going, because it's going to go into this new field of epigenetics – then all of the sudden there's going to be a global change where people will start to own – because they will be told by the people who are the professionals that, "Yes, indeed, your thoughts are controlling your life and how you run your life determines the character of your life."

So now all the sudden you have to own something which – and I think this is the hard part, after all these years of being a victim – is, we have to own personal responsibility. And when I close my lectures with that conclusion, you'd almost think I was just the worst guy in the world, like people were mad at me, because it was hard to own that for them.



JM: But do you think – I mean, there's an enormous amount of time and resources that went into the science behind the Human Genome Project, and—

BL: Yeah, but – and people should know this, because here's a mistaken identity. I got caught into this myself, and here was my belief when it started: "Well, this is for humanity, this is a humanitarian project." And it turned out this is absolutely incorrect.

And I got a quote right from Paul Silverman, one of the principal architects of the Human Genome Project, and the quote was very specifically this, that the Human Genome Project was a concept of venture capitalists, and the function was that they anticipated 150,000 genes, and that each gene was ultimately going to be like a new medicine.

And so they sold the project on the fact that when they have these 150,000 genes identified and listed, they would patent these genes and then sell them to the drug and pharmaceutical industry for investigative research.

And this is what was the motivation and drive of the Human Genome Project. It was not done for humanity. It was done because they were already anticipated – these

represented the genes, when patented, would be future drug elements. And it's very interesting because, in fact, every gene has been patented.

JM: Well, you mentioned there was 150,000 that were thought, and I believe – was it closer to 20,000 or 30,000 that were actually found?

BL: 23,000 genes.

JM: Yeah.

BL: And that's where I said, that's where the cosmic joke came from. It's like there's a whole industry, and a whole science, predicated on the fact that you need 150,000 genes to make something as complicated as a human, then it turns out there are 23,000 genes, and that blows their mind.

It's like, well, then obviously our belief system of what we thought was the mechanism isn't right, because they were missing 125,000 genes. And it's like, wow, if you're missing 125,000 out of 150,000, then obviously there must be some misunderstanding. And that's like, okay, wake up, it doesn't work the way you thought it does.

JM: And so, aside from proving that misunderstanding, was this just a giant exercise in futility that basically disproved itself, and there's absolutely no value of the technology that's resulted from this?

BL: Well, not for the current time, and now they're estimating it may take decades to actually glean the information that they were thinking they might need to understand the human mechanism. Now they're talking decades, even after the genome has now been reported.

So basically, while they claim great success, there's hardly any consequence worth the billions and billions of dollars, other than, "Change your thinking, you're going the wrong way." And that, at some point, I guess that was the value of the billions of dollars. Because we couldn't have gotten to where we need to go if we continued down the same path we were going.

So in the end, if you say, "Can I use this information to genetically engineer somebody?" the answer is no. And that's the bottom line, and that's what they just recognized.

And there was actually a recently program that was called Encode, which was the encyclopedia of deterministic elements or something like that. This was a group of scientists that got together, a consortium of scientists, to review the Human Genome data and tell us, what is the consequence of what we just learned?

In other words, first the project was just to list the genes. But the Encode Project, which just completed its report to the public, came to the conclusion and said, "We have to

change all of our understanding about biology, that genes are not individual entities. Genes are networks and systems.”

THE MIND-BOGGLING REALITY ABOUT YOUR GENETIC EXPRESSION

And here’s the – if you put this one fact in, then it’s mind-boggling. It goes like this: Our teaching beforehand, a gene is a blueprint, which it actually still is, but our teaching beforehand is one gene is used to make one protein. And the new understanding is, from one gene blueprint, you can make 30,000 different variations of a protein. It’s like, 30,000 different variations from the same blueprint!

And then you realize, my God, there is no limitation. We could create anything from these genes! And it’s like, wow, this is exciting, but can I use this information to engineer something? And the answer is no, and it hasn’t worked yet.

JM: Is that 30,000 different proteins or 30,000 variations of a single protein?

BL: Well, it turns out to be different proteins. 30,000 variations of a protein, but each protein may or may not be function or has different functions, so you can’t understand what the consequences are, except that you are not limited by any particular genes.



So what does it simply mean to the person out there in the street?

And it goes like this: You can come with a perfectly healthy set of genes to have a healthy, vibrant, wonderful existence on this planet, and yet, through your epigenetics – which is how your mind control the genes – you can pick any of those genes and turn them to actually express mutant characteristics, so you can acquire diseases that are not written in the genes, but they’re the readout of the genes as the result of this epigenetics.

So you can come with wonderfully normal genes and then express things like cancer and other diseases. Or – and then here’s the value on the other side – **you can actually come with mutant genes and rewrite their expression and have normal expression with a mutant blueprint.**

So all this really says, there are no limitations imposed by the genes.

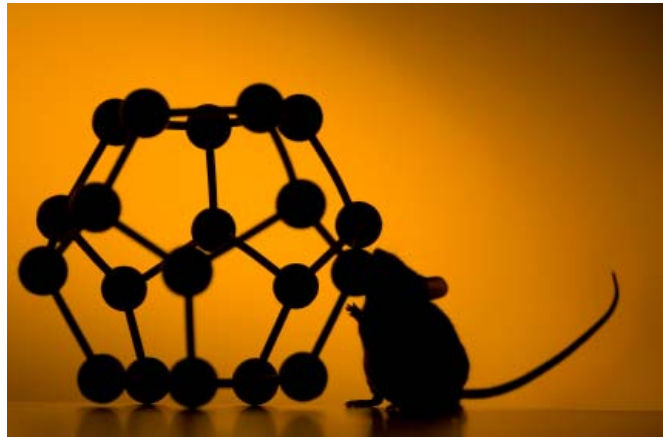
JM: Interesting. Very interesting.

BL: Yeah! Mind-boggling, if you really put it into the context of a world that believes they’re a victim of a gene, that’s very mind-boggling.

JM: So what are the most dramatic examples that you've seen to demonstrate the ability to – the power of epigenetics, where the perception is actually the control of the genetic expression? And I'm sure – I mean, it's interesting to hear the concepts, but I think what's even more powerful is to hear about actual examples that express this.

BL: Well, just for example, I could give you a couple of wonderful mouse experiments, and they're really cool because it just shows how altering the environment can change the – actually, there are two different versions of these experiments, and Randy Jirtle, who is one of the leading researchers in epigenetics, and he did these experiments.

So, for example, there is a mutation called an Agouti mutation, which is characterized by obesity and cardiovascular issues, and the animals die very young.



And they found that you can take genetically identical fetuses and put them into different mothers, and part of the environment is feeding the mothers certain factors -- that in a certain window during development, if the mother is fed these things like choline, or folic acid at a certain point, just in a window -- then when that fetus develops and is born -- even though it's genetically mutant -- you cannot distinguish it from a normal mouse because it becomes totally normal.

And there's one other one, there's a mutant that has a silly name in the sense that it's called kinky tail, because the mouse mutant has a kink in it. And while it's a silly name, it's very important because it is the same gene defect that's responsible for the human disease called spina bifida, where the spine doesn't heal correctly and that part of the nervous system exposes out the back.

This is not an unusual defect in humans. And it turns out that the same gene – and what they showed was the same thing with the other mouse, that at a certain window in its development, if these epigenetic factors are provided to the mother, then they actually reverse that gene expression and the mice are normal.

So those are two very down to basics experiments you start with exact knowing genetics and you can alter the readout to make these as normal-appearing, normal-acting mice.

EPIGENETICS AND THE PLACEBO EFFECT

BL: But we also know this – now, we’re looking into cancer and issues like that. And the significance is – well, they always were looking for cancer genes, like the original DNA to be defective. They’ve never really found any cancer genes, but here’s what they’ve found, that up to 200 different genes in a cancer cell, the output product can be altered even though the gene itself is not altered. And that’s how epigenetics works.

So the interesting thing is, yes, from every absolute appearance these are totally cancer cells, and they are. But if you look at the genome, it turns out that the cancer is derived from epigenetic control and not from an actual defective gene in the organism.

So basically, in both of these cases, it says that while we’ve always focused on the blueprint, the gene blueprint, as the source of our problems, now it’s shifting to the source of the problem -- the readout of the blueprint, which is then controlled by epigenetics.

And so then how does this relate to humans?

Well, the biggest thing in relation to humans is, for example, in placebo effects, where the belief that the person will change the genetic expression, so that even to the case of



what you might call a spontaneous remission, which is almost inevitably tied to somebody having a profound change in their perception or belief about life, leading to that.

So we’re finding that epigenetics can be responsible for diseases, but it also, through a concept called the placebo effect, epigenetics can also be responsible for healing.

JM: Have you – it’s a very powerful healing modality, and I’m wondering if you, in your understanding and review of the research and personal experience, believe that there’s any specific restrictions or limitations of the technology? I mean, are there any absolutes that you think that might limit how you can use that?

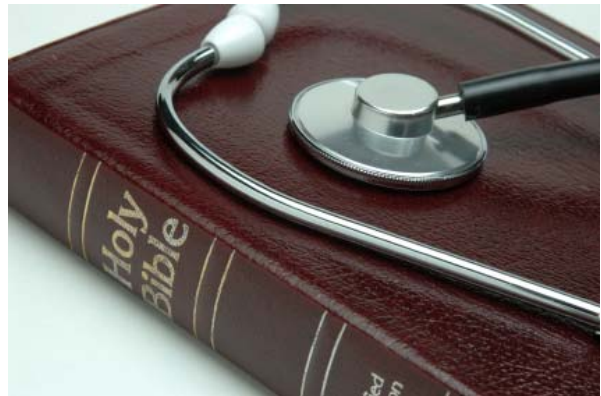
BL: Well – and this is hard for me to say, coming from the allopathic, conventional world of life – no, I don’t think there are limitations. The only limitations I believe are on the environmental fields, which influence the perceptions.

And as a result, then other people’s beliefs and attitudes around you are part of what you are perceiving. And since perception controls epigenetics, then our philosophy, our cultural things that are going on around us, the beliefs of others, also then become a part of that field, which then can control epigenetics and it could totally impact what you can do.

And now I can take one further step of weirdness from the allopathic scientist and go like this and say, look, I wasn't even raised in the Christian tradition, right?

But the reality is, when Jesus actually said you could renew your life with your beliefs, this now, in an understanding of epigenetics, is actually profoundly true. This is exactly how it works.

And it's interesting because he came with the phrase, something like, "You've seen me do all these miracles, but you can do them, maybe even better than I can do them, but you don't believe in it." This again, is the epigenetics.



But why I was bringing this up is an important instructional part of that same storyline, and it goes like this – and I have to paraphrase it, not being a religiously trained person – but essentially it is: Jesus could not do miracles in his own hometown. And the relevance was about, well, was he different than if he was in this town or this town? Why couldn't he do the miracles in his own hometown?

And the answer is because the field of energy in his own hometown was that the people who saw him grow up had no belief in him being able to do this.

And then why that becomes important is that if Jesus did all the miracles and recognized the place he couldn't do the miracles was where people didn't believe in him. And so all the sudden you start to realize, yeah, belief can heal you, but the beliefs around you from other people can also influence your ability to express your own belief.

So it becomes important to recognize one of our limitations – and I think our greatest limitations – are the inherent cultural beliefs that we buy into because everyone around us is sharing these beliefs. It's sort of like Rupert Sheldrake, the biologist in Science of Life, morphogenetic fields – that's what it's all about – beliefs are energy fields and, as such, are really influential in shaping our expression.

JM: That's an intriguing concept, but I believe that there may be some restrictions, and let me just give you an example. So, say someone has an accident and their limb is severed, say they were a soldier in the Iraq war and they come back home with two lost legs.

BL: Yes.

JM: Are you stating that it's possible that, with the right morphogenetic fields and belief systems and epigenetic fields, that they could actually regenerate those limbs?

BL: Unfortunately, I have to say yes.

JM: Really?

BL: Yes, because we've already shown abilities of regeneration that go far beyond anything that we've given credit to. But then we also have to recognize that, up to now, we have total beliefs against such a regeneration.

I mean, it's like people, "It just can't happen!" Well, if that's the belief – and it's unfortunate because many patients in the medical system are actually prevented from really doing great healings on themselves because they buy the belief of the conventional system that this cannot happen, and it totally limits their ability.

And I'll give you a great example of that right now. I work on stem cells. Stem cells are embryonic cells. They can replace any tissue or organ in your body right now. You're filled with stem cells. And yet, here's the interesting belief, cultural belief: "Well, God must've given me these stem cells but apparently they don't work, and so we're going to give them to pharmaceutical companies and we're going to give them billions of dollars and they're going to find the key to how to make the stem cells work." And it's like, come on, give me a break. Do you think you got these stem cells with no way to use them?

Then you have to say, "Well, yeah, but if I have them, why don't they work?" And then I'd have to go back and say, since it's based on perception – now, go back and just think about this – that a child in most situations, especially in the West here, is born with a doctor present.



Every time anything goes wrong with that child or the child doesn't appear well, the immediate response of the parent is, "We have to take this child to the doctor." And if we get there or not, it really is based on this, is that children are downloading what they hear right there.

That becomes part of their subconscious data program.

Basically, what have you learned by the time you're five years old? And the answer is this, that you are not powerful in your healing.

If there's anything wrong with you, you must go to the doctor. And here's the joke. The joke is, in that phrase that "We're going to take you to the doctor," they never said what the doctor was going to do. All you had to do to make the phrase right was show up at the doctor, and then their healing could start.

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

And we have to understand this because – and essentially because there's actually a word to describe this in the medical field, and we don't talk about it in the public a lot. While we talk about the word "placebo," which means a positive thought can heal you, even if I just give you a sugar pill, as long as you think this is what's going to make it work, you will get healed – and obviously it wasn't a pill, it was just a sugar pill – that's the positive consequence of a thought in a placebo effect.

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The nocebo effect is when you actually have a belief that is a negative belief. And it turns out that these negative beliefs can not only make you sick, these negative beliefs can kill you, and that's an established understanding of the nocebo effect.

And this is an unfortunate situation because it is a programming of victimization. There has been history, and years and years of histories of people healing themselves, that conventional medicine even denies and it's right in front of their face. And the reality is because if you own it, then you have to say, "Well, if it works, why can't I use it?" And that becomes a problem because basically we've discounted forever the concept of mind and belief because we bought into the concept of genes. And so, then you said, "Oh, it had nothing to do with you, it had to do with your genes." It's like, no, the new science has everything to do with your belief.

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BL: Well, it is, and it's transforming of a culture when civilization actually uses this and says, "Oh, yeah, this is the way life is," then we would start doing things to support our lives rather than sit there.

There's this one ad, it's just like a – it's called Lipozene. And it's a lie, and I've watched this ad and I use it in my lectures because it's like they lie right in your face in the ad and it says, "Overweight" – it's about being overweight and you can't lose weight, and then they say, "It's not your fault." And then they list the causes of overweight. And it says, "Poor diet, lack of exercise, stress at work," and then it says, "*It's not your fault. Just take Lipozene. And what's so amazing, you don't even have to change your life. Just take Lipozene.*"

And I'm looking and it's like, you just gave me a list of what the causes of this weight are – poor diet, lack of exercise, and stress – and then you're telling me that it's not my fault. Then whose fault is it?

You know, it's sort of like – and the part that's, "Just take the drug, don't even change your life." And if you think that's like a novel thing, think about it this way, because I know you're very much aware of Dean Ornish's work, the cardiovascular surgeon.

And what Ornish publishes research and books on, he took a group of his patients, his cardiovascular patients, and made an experimental group. He didn't give them medications. He said, "Look, I'll teach you how to handle stress, I'll give you meditation techniques, I'm going to put your on a proper diet."

And here's the results, and the results were, unless his conventional medicine-treated patients – which they felt very successful in medicine if they could give you enough medicine to stop the degeneration, that's called success – Dean Ornish's group, without medication, not only stopped the degeneration, but their stem cells came back in and regenerated their system – nothing medicine has been able to do yet.



And then, when I saw Dean Ornish, he was totally and rightfully irritated in an interview because he said, "If I had given a drug and gotten these results, every doctor in the world today would be prescribing that drug. But I did it without drugs and no doctors are involved with giving this information to their patients because they're so locked in to the drug market that if you do it without drugs, even if you're successful, they don't want to know about it."

JM: Yeah, it's sad but true. Now, one of the interesting new applications of these concepts that I'm familiar with – not new, just new from my perspective, and I suspect you've heard of it – it's called German New Medicine.

This is a physician in Germany who has treated about 10,000 patients, and the primary supposition is that the emotions are the primary cause. And he has it so defined that he could actually take a brain MRI with no history of the patient at all and predict exactly what the cancer is. So I'm wondering if you have any experience with that at all?

BREAKING THROUGH CENSORSHIP, AND OLD BELIEF SYSTEMS

BL: This is Dr. Hamer's work, who is very interesting, of course, is on the outs with the medical profession because in fact he is showing there is a direct physical correlation with brain function and human disease. And rather than treating the disease, which is a symptom, you go back to the source of the problem, which is perception, which is the brain function, and then you adjust it from the brain, which is the most important and direct way to go. And this has been a very valuable insight.

And this is exactly what I've been teaching since 1985, my first public lecture, was to really go out there and recognize – you know, it's just like the cells in the Petri dish. Before you blame your body for the problems, take a look at the environment that you're in, because just like the cells, it was the environment that led to the problems, not anything organically wrong with the system.

And yet, medicine's belief in – and this is a fact, this is true. When I wrote my last paper at Stanford University, I had in there, because of the connections of the cell membrane receptors and the environment and the signaling and my insight to what was going on, the paper revealed the nature of the mind/body duality.



So I really was so excited because I thought, "Boy, this is going to be really great. I want to put this in the paper." And I wrote and I started putting in this concept about the mind, and you should've seen the response of all my colleagues. They were aghast!

They said, "Mind is not a scientific term. You can't use this in a scientific paper. Mind – that's not science!" And so they actually – my colleagues forced me to take it out of the paper so I could get the paper published.

And the reality is, it is the mind. It's exactly the mind. And it's the perceptions of the mind and the fact that you can change these perceptions are what is the most valuable thing, is because, as I said, if it was just the genes, then you're really up a tree. You can't just go change your genes. But if it's change your perception, now all the sudden it's like, "Oh!" Then everyone has an option for personal empowerment.

JM: I agree. And Dr. Hamer's work is, I think, really a profound power that demonstrates these concepts, because my understanding is that his remission rate in people who see him with this therapy is like about 90%. And most of the people he sees are terminal cancer patients who's been abandoned by the traditional system.

BL: Absolutely. And even though they abandoned those patients and threw them out, when he started to work with them, I think he's in jail now. I think at the current moment, he's in jail for this.

JM: Is that in Germany?

BL: Yes.

JM: I just don't know. But I know he's—

BL: Well, I was just over in Europe and that's what I was told, that he is actually in jail, and he's being very resistant about it. He's not – like in the Inquisition court, he's not recanting his heresy, and I think they're making an example out of him now.



JM: Yeah, so do you feel that this is – why do you believe that there's such a resistance to the adoption of these changes and these new models when – I mean, it would seem to me, in an ideal world, that a scientist is committed to the truth and trying to find that out. But as you've alluded to, there's this rigidity that's based on previous beliefs that's—

BL: And the value of the previous – here, let me ask you a question and you tell me about this. Are there or are there not other ways of providing energy that are much more efficient and economical and planetarily safe forms of energy than using fossil fuel? Are there other forms of energy, yes or no?

JM: Yes, certainly.

BL: What are they?

JM: Well, solar, for one.

BL: Yeah, but what percentage of people have solar? I mean, I do, which I'm very proud of. But what percentage of people have solar and what percentage of people don't?

JM: I think it's a very small percentage, but primarily related to the fact that it's not widely adopted and economically or financial practical for most people at this point.

BL: And also because there's great resistance from the industry.

JM: Right.

BL: Which I also know, because I had to go over the hurdles to get my solar power into the system. And the interesting thing about it is this, there are much better energy even than solar power. They're not available because the industry that sells fossil fuel does not want them at this point. As long as they're selling fossil fuel, that's where they get their money from.

And then I'm going to say, what about energy healing? It's exactly the same thing, that if there's a form of energy healing, is it going to be supported by the system? And the answer is no, because they don't make any money from it.

So you can keep the old beliefs and it's not by accident. It's a repression, but yet the new science is leaking out, as much as like solar power is leaking out because inevitably that's where we going to go is alternative forms. Yes, these alternative mechanisms and modalities are leaking out, even though there's a tight control by the system – they don't want them to because the answer is, "If I can sell you billions and billions of dollars of Prozac, why would I want you to know that actually Prozac is the equivalent of a sugar pill?" Which it is.

JM: Well, there's different levels of control in the system. One is that people who actually own the corporations – you know, they're very wealthy people at the top of the chain. And then the individuals who implement this, like in the case of the healthcare system, is the physicians. So certainly, they don't directly benefit, at least superficially—

BL: Oh, oh, excuse me! I'll give you an example. I think the numbers – it was in Vermont, and there was a report, for example – you know, drug companies provide money to support their point of view, which – I mean, one thing is they buy television ads and newspaper ads and all these other things, that's one thing. But they actually still pay physicians to push their drugs. And for example, I think it was in Vermont, each psychologist or psychiatrist in the entire state of Vermont collectively – so not all of them are taking the money, okay, meaning some are taking a lot of money – I think it's \$55,000 a year from the drug company.

JM: Well, I write about this quite a bit and the most recent numbers I've seen are about \$16 billion per year over the 800,000 physicians, so it's probably closer to \$10,000 for at least medical doctors.

BL: Well, just in that psychiatry one, that was the number just for the state of Vermont.

JM: Okay, it could be, so that's a little bit distorted, but—

BL: Well, I—

JM: An interesting perspective is I was a practicing clinician for many years, and for the beginning years, I was not into natural medicine at all. I was just really firmly rooted in the traditional paradigm of a drug prescribing doctor. And even though I actually did start out as a paid speaker by the drug companies, that stopped after a while, and I didn't have any direct benefit to continuing to writing prescriptions. And I thought I was – I was convinced that I was doing the best for the patients. I wasn't getting a dividend check from the drug companies to pay me. And I know that there's these other benefits, but I think for most physicians, they're relatively small and they don't perceive them, at least consciously, as influencing their behavior.

BL: No, and listen, I'd have to put myself in their context, okay? And if I did, I'd have to say, "Well, this is what I learned in medical school and this is what I believe, and what you're selling is what I believe in." I didn't say they were – you know, if they knew it that they were actually hurting people and taking money, that's not – I'm not saying that's what they're doing. That would sort of like make them guilty of, "Oh my God, that's a crime against humanity."

JM: Right.

BL: I'm saying they actually believe, through their training, through their experience, through their community, that this is the right action to take.

These people that prescribe these drugs believe that this is right. I mean, if they didn't, that would be a different game. No, I think because of the system and the programming, that they conform exactly to say, "Oh, yeah, I'm just helping people."



JM: So how high up is the problem? Is it the very tier, the owners of these companies that are resistant to this change? Because my belief is that the bulk of physicians, if they really knew and understood what this new shift really means in simplifications, that many of them would adopt it.

BL: Well, let me – I can give you an interesting fact from my personal experience, okay? I started lecturing on this new biology in 1985. And I did not have any medical people show up until over 2000.

But what's interesting is, since 2000, that every year I get more and more medical doctors to show up to my lectures, like at a logarithmic increase, in one sense.

Why?

Because they finally recognize they've hit the wall themselves, that it doesn't work, and they're looking for alternatives. And now, after all these years, they are coming out and there are more and more people. So we're in an evolution and I'm very excited about it

because I really, firmly believe in this positive evolution that we're experiencing right now.

JM: Well, the potential is enormous and the need for it is equally enormous.

BL: Oh, absolutely. And as people start to recognize it, it's sort of like – you know, how did alternative medicine grab the population that it has as patients? And the answer is not because they were advertised in magazines and journals and things like that. They don't advertise in those things.

How did it happen?

And the answer was, because a few people started practicing and then they had patients that actually had a profound effect as compared to going through the conventional treatment. And they told their friends, who then told their friends, and everybody started getting these experiences.

So now, you know, greater than 50% of the population would seek an alternative healer against a conventional healer.

There was no advertising involved. There were in no major journals and things like that, any support of this stuff. What made it work is because, for the individual, it was the only thing that really was most effective.



And I think this is going to be true. Just the way the patient base built up in alternative healing, I think the doctor base is going to be an exact parallel, now that we're reaching a critical point where doctors are beginning to recognize there's got to be some better way than this, because my conventional plan doesn't really support the healing that I would love to see.

JM: Well, that's certainly in line with my beliefs. And you may or may not know, but my mission in life is to really facilitate and catalyze that whole change that is destroying lives. And I believe that we don't really have to reach the entire population. All we need to reach is about 10%, which is about 30 million people or so. And there's clearly not 30 million people that understand this reality at this point. But that's what I seek to do with the website, is to educate a critical number of individuals. And once that consciousness is out there, that's going to potentially – the hope and the intention is that it's going to catalyze that change and create the demand.

BL: Well, I'm really glad you're doing that because that's my mission, but you're much more effective because your voice has a much wider range. And that is why I'm excited and appreciative to have this opportunity to talk, because it helps also get the exact same message out that I'm trying to get to people.

And I'm going to be real honest about this on a personal level because, look, I came from this allopathic community, I believed in the allopathic community. I didn't believe in this spiritual stuff and energy stuff. And yet, when I started to recognize the basic mechanisms of it from a cellular biological point of view, I remember that if I could get anybody to sit down long enough, I would tell them, "Look, if you really understand this new biology, man, you could really control your – you could have a great life!" And usually, at the end of my little conversation, they'd sort of tilt their head and look at me and sort of look and go, "You know, your life doesn't look that great for a guy who thinks he knows this stuff." And this was my awakening to the issue.

And I realized I could talk about it, but there's a difference between talking about it and actually doing it. And that became very profound, because once I started to actually recognize that just the sheer knowledge of it didn't really make any difference in my life, but it was applying the knowledge of it. And I actually applied it.

Then, like you, I sit here and say, "Oh my God, you can create health and happiness and love and make this place the garden that it was meant to me," but we really had to let go of these other beliefs, and put into practice the new beliefs – not just download them, but actually put them in.

And so my mission, like yours, has been, "Please, please, let's wake up," because if we get to that threshold number, as you said, there's a – we don't have to get everybody to do it, it's just the field will get stronger. That's the equivalent of like Sheldrake's morphogenetic field – as more and more people get into this field, then other people get pulled into this energy field and can be empowered by this energy field. And so yes, every way to get this bit of information out, and any person who then all the sudden starts to consider this reality and starts to apply it makes a tremendous contribution to enhancing this field so that all of us will ultimately just get it because we're in the field.

JM: Well, it sounds like you were motivated and prodded and inspired perhaps to apply this at a personal level, at some point. And I'm wondering what you did to do that and what have been the results of that?

APPLYING THE PRINCIPLES OF THE NEW BIOLOGY TO YOUR LIFE

BL: Well, first of all, I can tell you the result personally. As I wrote in my book, when we were young, remember, there was some type of "Who would you like to be in this world?" And all I remember when I was really young is I would like to be anybody but this guy – me. You know, I could make lists of who I would be in this world.

And after I applied this in my life, I can honestly sit here and tell you, man, who am I going to be in this world? I'd rather be me because right now it's like, oh wow, I don't have to be the king. I can just be the happy guy and let the king have all the problems, you know.

I'm real happy because I started to apply this information. And the first way I applied it – because I didn't know any better, there wasn't any other ways when I first did this – was I had to recognize that my perceptions, which then lead to my thoughts, are influenced in the expression of my body.

And there was no – you know, I didn't have any technique or modality. What I just recognized was – you know, when you're at the stoplight and thoughts are running through your head, instead of just having the thoughts run through your head, occasionally stop and look at it as like a third party and say, "What did you just – what thoughts are you thinking?"

And when I started to realize it, I started to realize that the psychologists were right; 70% of our thoughts are negative and redundant – you know, like, "That's not going to work," "No, this won't happen."

And I thought, "Wait a minute, if I'm already thinking these thoughts, this is like shooting myself in the foot! I'm already telling myself it's not going to work."

And I had to start being what people might collectively called Buddhist mindful, in that I started to recognize that if I can control my thoughts, then I can control my biology.

And once I started to apply it and it started to work, it was like, "Oh, wow!" It was a surprise to me because theoretically, on paper, it sounded like a great idea, but when I actually did it, I was surprised how rapidly my life changed when I started to do this.



But, I mean, it's hard for most people, because at that point I was doing research and I wasn't really employed in any particular place. I was just doing a lot of research studying and not doing all this stuff, so I had a lot of time. But I realize, in the busy world that we live in today, our thoughts are continuously flitting from subject to subject -- back and forth -- and the problem is that we're not putting a harness on these thoughts, and the issue is that we're not being conscious of our lives because our consciousness – and this is important because I talk about the mind controlling biology, and then I have to at least say, in my definition, there are two parts to this mind that become important.

The conscious one was my personal identity, my desires, my wishes, my ambitions – that's in my conscious mind. And I also recognize I have a subconscious mind.

And then I started to realize – and that was the data that was out there – 95% of our life – and this is from the cognitive neuroscientists – 95% of our life is actually controlled by programs in the subconscious mind, and primarily because our conscious mind's not paying attention.

It's always flitting from thought to thought, like, "Oh, how am I going to get through this month's rent?" or "What am I going to do two weeks from now?" or "Geez, what happened last month when this happened?"

And you have to realize that the moment your conscious mind, which has that ability to go forward in time or backward in time or think about things – the moment we're using it in that capacity, then our life, by its nature, is being controlled simultaneously by the



subconscious mind whose function is to control everything that the conscious mind is not paying attention to.

So that's why cognitive neuroscientists reveal that **only about 5% of the day are we self-reflective.**

What we're doing in our lives for the rest of it, we're running from automatic.

And then this becomes – and this is a critical part – it goes like this, is the brain, in our development is really critical because when we look at an adult, we can put wires on their heads and read their EEG activity and we see that there's all different levels of vibrational frequencies of EEG, high and low levels, and we give them different names, and these different names or these frequencies are related to different mental states.

So, for example, the slowest frequency is delta and that's what we use when we're sleeping.

Then there's theta, which is like twilight reverie, they call it, sort of like when you're waking up in the morning and you mix your dream state and your life, like the clock radio comes on and then you incorporate the story into the dream. You mix imaginary and real.

And then the next level is alpha, which is actually calm consciousness.

And then the next higher level, for example, is beta, which is like schoolroom focused, conscious attention.

So, while an adult goes up and down for these, through all of the vibrational frequencies during the day, there's a very critical part, that a child's brain doesn't work that way. A child's brain ramps up from a lower frequency for the first two years – and Delta is the predominant EEG.



And then from two until six, a child is in theta, which is the twilight reverie state, the imagination – that's why kids are always mixing the

imaginary and real world in their play and their games, because their brain state is in that.

By after six, the predominant state of the EEG is the next higher level, called alpha, so that's a period of calm consciousness.

And by 12, the predominant brain state is the next one, beta, which is schoolroom focused consciousness, and that's why, for example, there's a change from an elementary school to a junior high school at that time period, because beforehand the brain doesn't operate at that focused consciousness, but after 12 it does, so we get a higher level.

But then you go back and say, "Wait a minute, wait a minute, this is very interesting in this regard, because it says then for the first six years of a child's life, its brain frequencies are lower than consciousness." And you might say, "Well, that doesn't sound right," but here's why nature did it. It's a very important reason. Consciousness requires thinking about things. That's what it's all about – comparing and thinking and putting pieces together and stuff like that. And the whole idea is this, can you be conscious if your brain has no data in it? And the answer is no, because there's nothing to think about.

And so the brain design gives the first six years where consciousness is not involved, because the first six years is sort of like downloading the system with data. And then when the child is six, then when consciousness kicks in, there's data to operate the conscious thinking processes. There's something to think about, for example.

Well, here's the important point. Then the first six years of a child's life, the child's in a primarily theta brain state, which is also called the hypnagogic trance, which means a state where a child is like a video recorder. It's just downloading everything in to its brain, only to use it after it's six with consciousness. But then it says, well, then the first six years of a child's life, there's no discrimination of the data that's being downloaded. It's just being recorded, whatever the child sees, how the father behaves, how the mother behaves, how the community, the family – they're just downloading this. And these become the fundamental programs of our life.

Now you start to become conscious at six, but now you've already been programmed.

But here's the issue – then we have two minds, the conscious one that thinks and the subconscious one that has programs. And the primary programs that go in this system are not ours. They were downloaded from other people. So you say your subconscious primary programs came from observing others. Now you put yourself in a 30-40-50-year-old category and you recognize the truth of what neuroscientists tell us – 5% comes from the conscious and 95% comes from the subconscious mind.

That said, **5% of the day we actually move toward the things we desire and have intentions for and our ambitions are on, and 95% of the day we are playing programs that we got in the first six years of our life.**

And then you might say, “Well, I would be aware of that,” and I love this because when I give my lectures, I say to people in the audience, “Well, I’m sure you have a friend or you know somebody and you also know their parents, and you recognize that your friend has the same behaviors as their parent. And then you someday volunteer casually, you go, ‘You know, Mary, you’re just like your mom!’ And then you realize you have to back up because Mary’s is like incredulous: ‘How can you compare me to my mom?’” And I love it because everyone in the audience is quite familiar with that, because people will deny this other behavior.



But it’s not the joke, it’s the important lesson; it goes like this: How come Mary plays these behaviors that everybody else can see that is just like her mom, and Mary will stand up there in court and testify, “What are you, crazy? I’m not like my mom!” And the point is, is because when her conscious mind is busy, she automatically plays the programs that she got from her mom.

And then you step back and you realize, oh, my God, 5% of the day you’re actually engaged in an awareness of what your thoughts are and how your life will try to conform to those thoughts. And 95% of the day, you’re actually running from a behavior that you don’t see – that’s why Mary says she’s astonished that you can compare her to her mother, and yet for 95% of the day she’s exercising those behaviors that she got from other people. And then in the end you say, “Then how come life is so hard to get to the things that we want?” And the answer is simple – yeah, because you’re only going 5% of the day toward that direction and 95% of the day based on programs from other people which do not necessarily support you or your destination.

And they’re invisible, and therefore you don’t even see your participatory level at this. And since you’re not aware of it, then also – because of invisibility – then it’s like, “Yeah, my intention was to be successful and healthy and have great relationships, such great intentions, but you know, the universe just – I never get it, because this has been always my intention but I can’t get there.” And so it’s sort of like the universe’s fault that you didn’t get these things.

And the problem is, 95% of your own behavior you didn’t see, and since it wasn’t even yours, inevitably we sabotage ourselves and don’t see it, and then we become the victims in our world.

HOW TO BECOME CONSCIOUS OF YOUR SUBCONSCIOUS PROGRAMMING

BL: And why this becomes important – I say, “So then what if you were conscious, instead of letting that subconscious run?” And then all the sudden I turn to the audience and I say, “Almost everybody in here is aware of when that happens and what happened to their lives when they became fully conscious.”

And I say, “Go back to the day you fell in love with somebody.”

And I say, “Think about this, the day before you fell in love – and I call this the honeymoon effect – the day before you fell in love.” I say, “How long did it take you to get dressed?” You say, “Oh, it was five or ten minutes and I was out of the house.” “Okay, well, how about lunch, dinner? How long did it take to eat dinner?” “Well, I went to McDonald’s and scarfed down a burger and wiped my face on my sleeve and I was out of there in five minutes.”



And then I say, “But today, you’ve met this person and you think this is the great love of your life and you’re going to go on a date with this person. Okay, how long does it take you to get dressed?” “Oh, man, maybe an hour or two.” “Okay, and when you went to dinner, how was that?” “Oh, yeah, I went to dinner, man, I knew every piece of silverware on that table, I knew what it was for. I used my napkin and blotted my face, I didn’t chew with food in my mouth and talk at the same time, and I thought about my words and everything.”

And I said, “Yeah, go back and tell me about that time period.” It’s like, “Yeah, I was the healthiest, I was the happiest, I had more energy than I ever had before, life was beautiful in spite of the fact that maybe the day before I could’ve complained about a million different things.” “From that moment on,” I said, “look, you went from that other life overnight into this life.” And I said, “What was the difference?”

And the answer was, when you met this person, you were not leaving anything to chance, so you became very, very self-conscious. You watched yourself. You were making sure you were going to live up to the model that you carried in your conscious mind. So you didn’t allow the subconscious programs to run so automatically.

And so this is this special honeymoon period. Why? Because you were actually conscious running your life the way you wanted. And everything was rosy and beautiful. And then I say, “And what happened to the honeymoon period?” And the answer is, well, at some point down the road, real life does come back in on you, and your mind starts to wander about, “Okay, I’m in this love-romance, but I’ve got to pay the rent, and I’ve got this project due and this thing’s happening,” and then your mind starts to go where? Wandering.

And then your new love comes and asks you a question or something and you make this response that's so out of character that your mate looks at you and says, "What kind of behavior is that?" And then here's the joke – I like this part – you didn't see what you said because your mind was focusing on something else, so you responded with the parent behavior or whatever you learned from somewhere else, and you didn't see it, so then you were acting like, "What are you talking about? What behavior are you talking about?" You've just been accused of having this behavior in your conscious mind you would never have done that, which is true in your conscious mind, but at that moment your conscious mind was busy so you played your subconscious program.

Your partner looks at you and says, "Who did I marry? Who is this person that I've never seen before?" And the answer is, oh, the honeymoon's over. At this point, now the behavior that was in that subconscious mind starts manifesting and it's a different person than who was there on the honeymoon, and that's the wake-up call that says, oh, my God, it stopped working.

And the answer was – well, what? And the answer was, life was beautiful when you were conscious, and when you got busy and you weren't able to be conscious, then the honeymoon sort of ended at that point.

JM: Well, it's an intriguing concept. It sounds like 95% of the subconscious behavior that was imprinted from our mothers, fathers, teachers, and preachers before the age of six was the challenge, and you've provided some options as a way to address that and to help us develop more of a consciousness. One of them sounds like it's falling in love, but that doesn't last forever, so—

BL: No, because if you didn't understand why it worked, then it ends because you didn't know what you were doing, and then it ended so you still didn't know what you were doing.

So it just happened to be this little time period where everything was great but you didn't realize there was actually a process that provided for it—

JM: Well, that's what I'm interested in. A lot of the personal development teachers understand this and teach it also. I know Harbecker is one example and he teaches the exact same process. And he has people put a rubber band on their wrist and every time they are aware of these – although, from your description, it sounds like most of the time we're not, so the use for this becomes a challenge – but anytime you are, where you just snap that rubber band and kind of cancel as a thought gets out of your system that doesn't support your intention.

But I'm wondering – I'd really like to focus on practical application, so – I mean, this is a profound principle that has enormous potential for improving everyone who is listening to this, and I'm wondering what you've found to be useful that can move us and shift us to be more conscious of these – the 95% of the imprints that move us to behavior and actions that we do not want to pursue.

BL: Well, yeah, and this is the most critical part because, again, what I said about, oh, perceptions control your life, that it was easy to say. But as you bring up, then what do I do about these perceptions?

JM: Right.

BL: Here's a mistake that we've made, and this is why this problem has been compounded and lasting longer, is that there's always been this belief in the psychology field that the conscious and the subconscious minds are like one and the same, and therefore if you give the conscious mind information about better things and better programs and better ways of life, or find out what has happened in your past, that this will automatically change the subconscious mind.

So feed the conscious mind and then the subconscious mind is going to get better. That's the intended belief. But the fact is – look, I even learned all this in biology, which was in my conscious mind, but my subconscious programs were exactly the same, and I was completely aware of all of this information.

And then people said, "Well, you know, you could do psychoanalysis. Go back in history and find out who did what to who," again, informing the conscious mind as if that information was going to in some way relate to a change in the subconscious mind.

Now here's the fact that if we put this in, then it changes that, and it goes like this: There's no entity in the subconscious mind. So essentially, when a lot of people are trying to improve their life they talk to themselves, like, "Okay, you can do better," like a coach, trying to get themselves to listen, and then inevitably finding that the subconscious mind doesn't appear to listen a lot, because they keep trying to reinforce that issue.

But maybe you go to the rubber band and snap that on your wrist, but it's not paying attention. But here's why it doesn't work, and the answer is that the subconscious mind does not have an entity in it. It is a mechanical, more or less, device that records information and does playback – record, playback. So in an analogy, consider the



subconscious mind as a tape player and the behavior of a tape that you put into the tape player.

And I like it because people often say, you know – especially when they start to elicit subconscious programs that freak them out, their own programs – and they say, "Oh, that guy pushed my buttons!"

Well, in a sense, that's pretty close to exactly

what happens. Our buttons get pushed, which are stimuli, and they push the subconscious mind's play button to play a tape.

It's almost more like a jukebox filled with tapes and a certain stimulus causes a certain number to be put on – that record is put on the track and played. And it's interesting because now that you become a little more conscious and you're listening to what this tape player is playing, or watching, and you go, "Oh, I don't like that!" And so you want to change it, so here's why the change doesn't work.

Consider you have a cassette tape player. The cassette is the program. You push play, you don't like the program, and then go up and talk to the tape player for a while. You know, just talk to it and say, "Listen, that tape's not – I don't like that program. Would you play something different?" And then you realize at some point, this tape player's not paying any attention to you, and you start yelling at the tape player like that's going to make it better, so you're yelling at yourself because, damn it, it's just not working right.

And then at some point you bring God in, because, well, look, you've just tried for a long number of years to fix this thing and I still have the same problem, so God comes in. At some point, we keep putting it off because we're not getting a response from the subconscious mind, and here's the reason why. Because, like I said, there's nobody in it. It's a machine that makes a recording and then has a playback.

So you want to change the tape. You can change the tape, but you actually have to do a process, like push the record button, because just talking to the tape or giving the tape information does not change the tape, because that's not the way it works. It recorded experiential behaviors and plays them back. It doesn't have dialogue or consciousness attached to it.

So then you have to say, "Well, then how do you push the record button?" Well, one way – okay, you continuously pull that rubber band on your wrist, at some point it learns from habit. Another way is clinical hypnotherapy which puts you into the same theta brain state, that the way you downloaded the program originally, you can get back into that theta state, the hypnagogic trance, rewrite a program – because it's below the level of consciousness and that's a different brain state, then you can put it in.

Or there's a variety of healing modalities that are collectively called energy psychology – there's just a whole large number of them.

But at some general level, they're more or less a new version of psychology, which is an energy psychology, which has more of a quantum mechanics approach to change than the physical/chemical conventional psychology, that says just change the chemistry or something in the machine. No, no, you can change the field, and that will change the machine. And so there's a whole variety of these, collectively called energy psychology.

And they essentially, I think, are involved with some form of like super-learning where **you can reprogram a belief that you've held for years and change it in ten or**

fifteen minutes – you know, things like EFT, EMDR, holographic re-patterning, Body Talk, Psych-K, a variety of these different modalities are essentially accessing the change.

So basically it's like -- fortunately, because we need to change quickly and necessity is the mother of invention -- in recent years this new energy psychology has come into a field which allows us to push that record button and change those programs, where all the rest of the conventional world says, "Well, take these drugs, take this Prozac and forget about it and the program will be better."

It's just like the Lipozene, "Don't change your life, just take the drug and forget about it." It's like, no, no, we can change, because if you take the drug, then you're avoiding the change. You're just masking it up. And it's like, no, we need to recognize that if we understand the process, you can push a record button, you can rewrite your life, you can own it, and when you own it, you can create a honeymoon effect to last your entire life, not just a few weeks.

JM: That's very exciting and I really view you as one of the leading experts that provides that scientific justification explanation of why these modalities work, because most of the practitioners know they work when they apply them, but they don't really have the scientific insights to explain it at that level.

But I'm wondering, I have a simple question, because within the field of energy psychology and chiropractic, we've really adopted most of these techniques. There are different approaches, one where there's actually a conscious feedback where you're actually stating some belief or focusing on some thought or intention, and others where there's a muscle-testing process that occurs and it really is more passive, where there's not an active involvement or thought process.

And I'm wondering if you believe that this active thought process needs to occur or if it can be done on more of a passive level, in a sort of morphogenetic field that you referenced earlier.

BL: Yeah, I think it could be done on a passive level, but I'm not as secure with that as when an active participation occurs, because unfortunately, many of these change processes don't really bring in the spiritual higher self or the subconscious previous programming.

And just like I said, look, we can make changes. And what I've found is very important is that up to maybe 10% or maybe a little bit more of the time, the changes that we think we want to make, if you check in with the system, is this change in my highest order? Is this the best thing I can do? And you actually check in with the higher self and the subconscious, sometimes we find no, that these changes are not good for you right now. Not that they shouldn't be made, but we have to recognize that behaviors are layered on top of each other, and sometimes the behavior we express is compensatory for an even worse behavior that's underneath.

And the system is quite aware that if you cleared off this surface behavior, you may expose something that's even worse underneath. So the point is, before you clear the surface, you really want to find out what's the priority of change here?

And again, that's because we believe, "Oh, I just don't like this, so let me change this." And the fact is – but your behavior was part of a way of surviving to this point. It was integrated into a network of beliefs. And if you alter just one, it may not be what you want to do. You may get side effects, like taking drugs – you take this drug for problem A and then they call it side effects, and in fact – and I'd like to just sort of correct that statement because there are no such things as side effects. Everything is a direct effect; there are no side effects.

And the issue is, in as much as a drug can cause side effects, belief alterations without understanding the nature of what the matrix is all about in your assembly could also provide for those "side effects" of, oh, that change in behavior could actually make something worse.

So I think it's very important that I – to me, it's something like an integrity in the change process, before you just do the conscious thing – "Oh, I don't like this about my life, let me change it" – I think we also have to recognize we got these behaviors for a reason and we have to understand before you just go change behaviors if this behavior is a valuable thing to do or should I do something first.

And I just put that out as a caveat because a lot of people use the energy psychology just like a drug, "Oh, you've got a pain here. If I do this, you can get rid of the pain. And here's the problem." And it really – you can see it in the drug company first, but it's not too far different if you're using energy psychology like that. And here's the problem. A symptom is not generally the problem. A symptom is a reflection of a problem.

So like Hamer's work, we talked about – the cancer looks like the problem. No, the cancer is a symptom. The problem started in the mind. Taking away the cancer does not change the problem in the mind. And if you don't change the problem in the mind, you take away this cancer, and in a short time, another cancer is going to replace it because you didn't deal with this symptom.

And if you do energy psychology like that, you say, "Well, I've got a back problem," and I say, "Yeah, but the back problem was a symptom trying to tell you something about you're not – you know, there's something in the way you're operating in life that's not making harmony in your system." So if I cover up the symptom, did I help you?

And the answer is a simple explanation, the symptoms and emotions that we have – you know, all the emotional feelings or pains or aches and things like that – are



the equivalent of gauges on the dashboard of a car.

They're telling you the feedback about the performance.

And when we take – and the pharmaceutical companies and conventional medicine, they feel like, oh, they're very successful if they get rid of the symptom.

And if you relate that back to the vehicle, they would mean they would feel very successful, if you had a problem with your car, and they just put masking tape over the gauges and said, "Now you don't see the problem" – which I wrote about in my book, a true story, when I worked for a Chevy dealership once and a woman came in with a problem that she had, and the "service engine" light was flashing on her car and she was so freaked about it that she wanted somebody to do something. And it was like 4:00 in the afternoon on Friday when the shop was cleaned up and people were ready to go home and nobody wanted to work on something like that because it could take hours. Some guy said, "I'll do it." And he drove the car into the bay and got in under the dashboard and took the little light bulb out for "service engine now," threw it away, and then drove the car back out in the front and said, "It's fixed." And the woman got in the car and said—

JM: "You're a genius!"

BL: "Oh, the 'service engine' light's not on. This is great!" And it's not fixed. But if a doctor gives you a drug to cover up a symptom, that's the equivalent of taking the service engine light out.

You don't feel the problem, you think everything's cool, but you're just cruising down the road for another accident that's going to happen somewhere.

And that's my concern the nature of covering up these emotions and symptoms and not saying, "Wait, they're feedback, they're telling you – your body is talking to you about an issue you're not dealing with." And that becomes important because just simply covering that up does not resolve the issue; it only leads to something worse, probably.

JM: Yeah, I agree. I've been a practitioner of EFT for about five or six years now, and that process – the foundation says never to really treat on the symptoms but to actually identify the linkages, and it's been very powerful to do that.

But I'm wondering if you have – actually, personally, what I was wondering earlier was what you use to bridge this transition to adopt a tool to change the behavior that was 95% of the unconscious beliefs you had that was directing your behavior.

BL: Okay, the first one I mentioned – because before I knew energy psychology, it was the Buddhist mindfulness, and I had time because I wasn't involved in the workaday world of everybody else so I could focus now on my mind. But—

JM: Can you elaborate on that? Because I'm not familiar with it?

BL: What's that? Buddhist mindfulness?

JM: Right.

WHAT IS MINDFULNESS?

BL: Well, it's just – you know, the mind is always running, there's no like blank period going on there. And yet, most of the time it's just so automatic that we don't see it. But if you actually focus on it, you'll realize that thoughts are continuously popping up in your head about where you're going, what's going on, what's happening in your life, what you will do.

You're like planning your future in your mind just ahead of stepping into that future. So your mind thoughts are just preceding what you're going to manifest.

And if you actually pay attention – and that's like with the rubber band around the wrist and all that stuff – if you listen to these thoughts – say you stop at the stoplight just for a moment, realize that the moment you pulled up to the stoplight, something was going on in your mind, and then say, "What was I thinking?" And if you actually listen to what you're thinking – as I said, 70% of those thoughts are negative or redundant. You have a choice. You can let that thought just pass right through or you could say, "No, I change my – that's not my idea. I think I can be powerful," you know, "I will do something more powerful." It's just giving it a different thought.

JM: How do you practically implement that? Is it like something you think of every ten minutes, when you're only at a stoplight? Is it something you meditate on every morning?

BL: I wish there – there wasn't any protocol. I was like a – you know, I was a cell in my own Petri dish! I was just trying to pay attention to what—

JM: Okay, so it was a personal experiment.

BL: And I was the experiment. I started to look at my life and I started to recognize some very important things about life.

Number one, the first – and this is what got me going because the reward was so valuable, was life is related to energy. The more energy you have, the more life you have; the less energy you have, the more life becomes questionable. And then you have to realize that, well, we use energy in our lives. And everybody thinks, "Oh yeah, well, if I want to exercise, I want to use energy, get my system energized," and you go

out and you run and you do all this stuff because the muscles are going to convert that energy and you're going to get circulation and all this stuff like this.

People don't recognize that your thoughts use more energy than your muscles use. Then all the sudden you have to say this—

JM: At a cellular level, on an ATP, that's true?

BL: On a metabolic activity, the brain is much higher energy usage than the rest of the system.

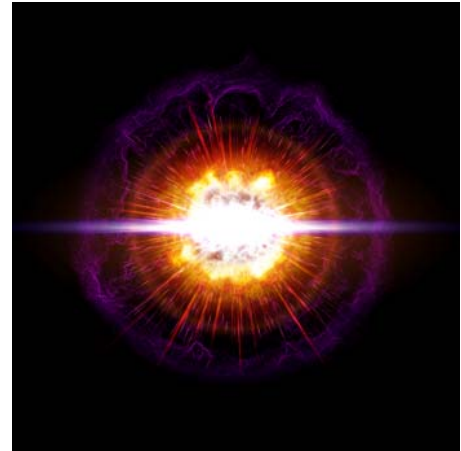
JM: Oh, okay.

BL: That's why people say – they talk about his brain smoking or it's on fire. It's always a reference to heating up his brain, it's getting hot, and it does get hot. Because it's a tremendous energy, metabolic activity, and required – while muscles can go without metabolic activity or could go without essentially blood flow for a while and survive, neurons, in less than a minute or two without energy, will active start to crash and die.

So it's like this brain system is highly energized and must be maintained that way because it is so sensitive. The energy – a shortage of energy for a short time, that's why people get nervous when somebody goes unconscious – or, you know, like the heart stops. You've got only a very short time to get that blood kicked in there, otherwise there are neurological consequences for the heart stopping. Not that the heart's going to have a problem – that'll last for a long time. You can kick that baby over in 15-20 minutes, still kick it over, but by then, if the blood circulation stopped to the brain, man, you've cooked all the neurons out of there by then. So the brain is using this tremendous amount of energy.

So becoming aware of this, I started to recognize from my own personal life – because the idea was – I'm telling people if you become aware of this information, you can create this life, and then I had to apply it. And I said, "Well, wait, I have to look at the things that I do during the day and I have to – you know, if I have a bank account – let's consider anybody with a bank account – money is equivalent to your life. You've got money in the bank account, you've got a good life going; you've got no money in the bank account, now it's a threatening situation.

And so since we see money is relevant in that regard, and I say, would you just go down the street and write checks to people just because you've passed them, and say, "Hey, oh, you look like a nice guy, here's a check for you," and "Oh, you're smiling, here's a check for you," and just hand out your money? And the answer is, of course not! You do that, then you'll be broke and then you have no life.





So when it comes to money, everybody's very careful about how they're handing their money out. And now I'm saying, on a biological level, energy is money.

In fact, in textbooks, they talk about the energy molecule ATP, like the coin of the realm, they call it. It's actually like money, it's your life – your ATP is your life!

The question is, if I gave you an ATP checkbook and I said, "Listen, here's your life savings in ATP, walk down the street," you would start to realize at some point, "Well, I don't want to waste energy on that because that's just throwing away money." And all of the sudden, if you relate energy to money, you start to realize you squander your energy but you hold tight to your money.

And so you say, "Well, wait, the money keeps you basically alive in the environment you're in and the energy keeps your biology alive, and you throw away your energy faster than you throw away your money. That's a mistake."

And I started to exercise this reality. I started to look at my life and say, invest my energy in anything that returns my value or more, so I can invest in something that can give me back more. Disconnect your energy flow from things you cannot change, things that you just throw your energy out and there's no return on it, or you get so little return that you wasted your energy. And when I started to do that as a way of life and started to disconnect—

JM: What year was that?

BL: What's that?

JM: What year was that?

BL: That was about 1985.

JM: Okay.

BL: And for a couple of years, I started – well, actually, the first time I did it, it was such an immediate return that it was like, oh my God, I had so much – I had just like cut this energy elastic band, like was connecting me to somebody, and boom, all the sudden I got this energy that would've been just wasted as usual. And when it was in my possession, it was like, "Wow!" I even walked away from that encounter like on my toes because all the sudden I got all this energy back that I had been just, you know, trying to help somebody, and I realized they didn't ask for the help and they're not interested in it. And all these years I've been trying to help, I said, "I'm not doing this anymore!" Boom!

JM: Profound.

BL: And it was like, “Whoa!” And I could physiologically feel it in my system. I recovered this expense that was just like paying \$1,000 a month for something, and then you realize, “Oh, I don’t use that,” and you cut it, and now you’ve got \$1,000 more a month to spend. And my body knew that right away. It was so encouraging, it was like my mind said, “What’s next? Where’s the next place? Because this is fun.”

And now I put my energy into things that give me a return and I have become very discerning about what do you put your energy into. And that will recover much of your life right there, because we waste it.

JM: That’s a very valuable suggestion. Do you have any practical ways that you can adopt that? I can think of perhaps outlining all the things that you’re doing and then actively reflecting them and consciously deciding not to continue in that behavior?

BL: That’s exactly what I did the first time around. I realized that I had gotten involved with this system and this individual, for example. And I realized, how – oh, here he comes back again for another fix. Of what? For me to help him with his problem, although he was only just coming for the energy, that I was sort of like giving him a battery charge that he used, walked away with, did the same thing with his life, and then came back for another battery charge. And it’s like, “Well, you’re charging your battery off of me! And at some point, you haven’t listened to really what I’ve been saying. So you know, when you’re ready to change, you’ll come back and we’ll do it. But if this is just to play this game at some point, then...” Yeah?

LEARNING TO INVEST YOUR ENERGY FOR MAXIMUM RETURN

JM: Well, question on this expenditure of ATP, which is obviously a very specific chemical process.

BL: Yes.

JM: When you use it and invest it in these unwise behaviors and you, like, use it with the friend you references, are you saying that the actual ATP transfers energetically to this other person, or just gets expended and gets wasted in your own—

BL: It just gets expended and wasted. Let’s say somebody has a cancer and we say, “Oh, my goodness, this person would really do well with the supplements and stuff,” but they don’t want to take them, so I’ll buy these supplements and give it to them.

JM: Oh, gosh, yes.

BL: So you give it to them, and then it sits on their shelf. And what did you do? You spent your money, it sits on their shelf, they're not using it anyway, and you just wasted all of that, when somebody out there may have actually wanted them. And that would've made a difference.

JM: Right.



BL: It's just discernment. And we get connected to things because of cultural programming. "Oh, you SHOULD do this." It's like, "Wait, stop, I should do what?" And then start to think about those shoulds that we bought and say, are they really real or is this convention?

And that, if I actually disentangle from it, would I recover all this energy and have all this extra time? Because you lose your energy in more than just using it at that time, but you use your time. And the point is, well, time is valuable. Lots of people charge by the minute or hour what the heck they do, and if you give it away, then at some point it becomes personally responsible. Could you have thought of something better to do than that with your time and energy? And of course, there's lists of things to do.

JM: So, it's been over 20 years since you've been applying these, and I'm wondering if you have refined the process so that it's even more efficient.

BL: Well, I ended up getting into energy psychology.

JM: Oh, that was it.

BL: So like, oh my goodness, you can do this – you can program these things fast without all the rubber band marks on your wrist, you can get there faster. And so I moved into the energy psychology realm. I mean, even writing my book was a direct result of energy psychology because I started writing my book for – I had ten years of history of writing this book.

And what happened, a number of times I'd start, I'd get about halfway through the book, and then it would peter out. And I'd say, "Okay, that didn't work," and then a couple of years later, "Okay, let's try it again." It would start, go halfway through, and peter out. And I didn't realize until I checked in with my subconscious using kinesiology that I had a belief of fear about finishing this book, because it was so like a book of anarchy at the time!



Now, of course, it's just – it will become like mainstream science because it's becoming so right now. But I had a fear and the fear was, "If you write this book, then you lose your validation in this world of what you do."

And so my subconscious mind kept saying, "If you finish this, we jeopardize our life." So I didn't realize that until I checked in and found that I actually had that fear. And then I rewrote that fear. And then within months, the book was done.

HOW ENERGY PSYCHOLOGY CAN REWRITE YOUR SUBCONSCIOUS "SCRIPT"

JM: And you rewrote it with energy psychology tools.

BL: You betcha I did! And the fun part about energy psychology, like EFT as well, is that you do this, and then you don't have to do like every day a homework assignment to think about it and do some exercise. Once it's programmed, it's programmed.

Because the subconscious is what? It was doing everything invisibly anyway and it was controlling your life. And so if you just rewrite the program, then invisibly you will get to the destination that the new program provides for, without you even consciously doing like exercises. Why? Just – now it's automatic.

JM: Certainly a lot more efficient. It's been my belief that for the complex programming, that it is very challenging and perhaps unwise to do that yourself and to actually sit the counsel of someone who is wise and trained in the art of applying that energy psychology tool, and I'm wondering what your experience has been?

BL: Absolutely, because there's an issue that we can fool ourselves with our belief systems. And so that even doing kinesiology on yourself can be biased. And people must – I'm very much into kinesiology but I'm also very aware about kinesiology, these things that, if you don't take this into consideration, then this is where kinesiology can go wrong.

Okay, number one, if someone is – let's say you're testing your personal belief and somebody's going to be putting pressure on your arm, let's say, in a test. You have to recognize that the person that's applying the pressure is entangled with you and this is quantum mechanics and field energy. They become entangled so that their belief system influences your test. So this becomes very important, someone is so sure that you need, let's say, their particular supplements, and they're going to test you and they put sugar in their hand and they tell you, "See, this is bad for you," and then they test your arm, and sure enough, your arm is weak. And then they say, "But these supplements are good for you," and you put them in and you test real strong, and they say, "See, there's your system telling you, you need these supplements."



And the fact is, no, when you understand the nature of the entanglement and the quantum mechanics and the energy field, then you recognize that this person's belief just actually controlled the test.

So it becomes very critical that a person, in doing this, cannot really – they must disconnect from the outcome of the test, and they can't have a vested interest, and this becomes very important because it does distort the test.

And then number two, that when doing these tests – and you can see this usually when somebody's standing up, let's say, and they're holding out their arm and somebody's going to press and do a kinesiology test – if you notice that in most cases, people will close their eyes and look up to the sky.

And this is a consequence of understanding neurolinguistic programming, that the positions of the eyes really reflect what part of the system you're contacting, and that there's three positions to the eye – looking up, straight, or down.

When you're looking up, you're really in the visual field. When your eyes are straight forward, you're in the auditory. And when your eyes are looking down, you're in kinesthetic, feeling.

And this becomes very critical in this regard because if you go up into the visual field, the question is, "Can you visualize this statement that you just made as being true?" In other words, can you see a picture of this? And the answer is, well, yeah, you can see a picture of that. And it might not be the right picture because visualization can have imagination – I can visualize that as being real.

But the question is, "Do you really feel this?" Not, "Can you visualize it?"

So during a kinesiology session, it's really important to recognize that a person's head should be straight, looking straight, but their eyes open and looking down, because then you get a higher propensity of getting a more truthful statement from the subconscious so you're increasing the effectiveness of the test, because you're touching the kinesthetic feeling sense of your body when you ask the question, "Do you really feel this is true?" Not, "Can you see it?" but "Can you feel it?" Then you get a more accurate test. SO when you do this kinesiology test—



JM: When you say "feel," you're connecting with your subconscious more directly?

BL: Absolutely.

JM: Okay.

BL: And then when you try to do it yourself, then that's where the problems come in. Because you can do this, but it's just fraught with the possibility that the test that you do with yourself might be off a bit.

JM: Well, in my impression of most energy psychology disciplines, they do not require kinesiology testing.

BL: Well, those are good, too. You know, there's just different ways. I'm just saying that the ones that I know, many of them are kinesiology – just my familiarity, not—

JM: Okay.

BL: I'm not familiar with everything, of course, but the ones that I'm familiar with. Because the reason why kinesiology becomes – what is the connection? There's a biological connection for kinesiology and it goes like this, that we have the two minds, the conscious and the subconscious.

The subconscious mind and the muscles of the body are not innervated through the conscious mind; they're innervated through the subconscious mind. And the conscious mind can override the subconscious mind, so that's where you can have free will.

But the issue is, how does it work? Why does the arm get weak?

And it's very simply this, it's that all the muscles of the body get weak; it's not just the arms. You can even do a kinesiology test by looking at an eye chart, because your eyes muscles will change. And why do the muscles change?

The answer is this: You make a statement with your conscious mind, but then your subconscious mind assesses that statement based on its experience and its tapes. And if the subconscious mind does not agree with what the conscious mind just made a statement about, there's a disharmony in the system. The subconscious mind goes, "That's not true!"

And this disharmony is then reflected in the disharmony of the system -- causing the disharmony in the strength of the muscles -- so there's a weakness of the muscle at that point.

If you make a statement with your conscious mind and your subconscious mind agrees with it, then the subconscious mind is, "Sure, right!" And the muscles are very strong, like harmony.

So it's really – what you're testing with the muscles is harmony or disharmony with a conscious statement as related to the preprogrammed experiences that are in the subconscious mind.

JM: And the resultant bioelectrical short-circuiting that causes the muscles to go weak.

BL: Oh, absolutely, but that's a reflection again of the disharmony of the system. It's like shaking, in a sense. It's like, "That's not right, I'm not sure, I'm shaking." So you're expressing the muscles as a loss of that tone.

JM: Well, this is phenomenal information and really provides incredible support for the discipline of energy psychology.

BL: I'm just totally amazed by it, and I'm amazed by it because of, a) personal experiences, because I, again, look at myself as a cell in a Petri dish that tried these things, and then I'm also really very excited about it because of the consequence of so many people I know, that even people that don't even believe in this stuff trying it out and manifesting changes in their lives almost instantaneously.



It's like, wow! That's like, okay, but we need – as I said, it's the mother of invention. We're running out of time. We need to make change quick. We can't go like, "Okay, let's go for a year or two of psychological counseling." No, no, how about change now? That's what we're looking for.

JM: I agree. I've been practicing medicine for about 25 years and there's, without answer, without any question – and you know, I firmly believe in the power of exercise and nutrition and diet – but the biggest and most profound absolute miracles I've ever seen was the application of energy psychology tools. There's just no question about it. I mean, just literally within seconds or minutes entire changes occur.

BL: Exciting. From a biological point of view, after living in the world that I taught forever, that these things are genetically controlled and that's your fate, to all of the sudden see people take power over the expression of their lives and recover their energy – and that also involves medicine. It's like, man, how much energy can you recover if you weren't taking all those pharmaceutical drugs? It's like a tremendous quantity of energy!

JM: Yeah, and your expertise really is in providing the explanation of these. And what is successful in applying these energy psychology tools, you are actually – from what you've been saying – you're achieving and able to actually produce changes at the molecular and genetic level.

BL: Yeah, but now the science is – you know, this is the beautiful part, this is the direction where genetics is like Newtonian physics and epigenetics is quantum physics.

JM: Ah, interesting—

BL: And the enhancement is that – you know, it's funny because people think, well, when quantum physics came in, Newtonian physics disappeared. No, it didn't. Newton's equations still can predict the movement of the planets in the solar system accurately.

But here's what the difference is. **Quantum physics is a larger field that's subsumed Newtonian physics. Epigenetics is a larger field that subsumes genetics. You can still have a genetic issue, but with epigenetic awareness, you don't have to be a victim of those genetic issues.**

JM: And that's a profound distinction. So – the new biology!

BL: Yeah, and it's exciting because this is – as profound as the changes were from a Newtonian world to the world – I mean, all the technology that we have today, all the scan systems in biology, the computers and cell phones and iPods that go on and on and on – every bit of that is a direct technological consequence of quantum mechanics being applied to the real world.

And as profound as that was, going back to, okay, the original telephone versus the cell phone, we'll look at today's health issues like the crank telephone. And when we apply the new science of epigenetics, it'll be like quantum mechanics in that health will be the cell phone of the future, in that sense. It'll be so efficient and so effective and so supportive of our planet, that this is a requirement for us to go there, because we are destroying our planet based on our myth perceptions about the world.

Actually, in the book I'm writing right now, I refer to what are called the four myth perceptions of the Apocalypse -- four beliefs that we buy as unquestioned truth in our culture, that by following these beliefs we are destroying civilization.

And until these beliefs are changed, we are on a downward course. And what the new biology is bringing in is the correction factor for these four myth perceptions.

And so, because our perceptions control our biology, then I euphemistically call them that, myth perceptions – they're misperceptions, you know – but they're beliefs that we bought that are totally wrong. And we are evolving through this new science right now a correction factor for these. And as a result, there's a bright, beautiful evolution.

And it's very important for people to know this because there's a tendency for the media and the government and everything to focus on the darkness that we're experiencing without recognizing the darkness is a symptom. It's a symptom of something that's evolving, and that we will, like the phoenix, you know, will burn and crash, but we will create a new civilization from the learning that we're talking about on this program right now.

JM: So what is your prediction of that? What would that look like in practical terms?

BL: Well, the basic – the simplest terms is this: Here we are on a planet with six and a half billion people, destroying each other and destroying the planet, and we base it on this population that's getting out of control and all this stuff like that.



And then I tell you this. Well, we see ourselves as single individual entities. That's a myth perception. We're not a single anything. We are a community. We are a community of 50 trillion cells under our skin. And every cell is a functional biological equivalent of a miniature person.

Every cell has every function in your body in its body. Every cell is a miniature human, in a sense, in a large population. So under your skin, you have 50 trillion citizens.

Each one has a job, each has healthcare, each gets nutrition delivered to it, the garbage is taken out, and they live in a harmonious society where, if you're in bliss, you're actually – well, you represent yourself as the entity – no, 50 trillion cells are living in bliss and harmony at the same time. And they live in a society, and they have rules and regulations, and they've been here a billion years before we were here.

And the important understanding is this, is that there's this old statement that says, "The answers lie within." And in fact, from a biological point of view, I have to say, yes, if you understood the dynamics of how energy is exchanged in this system, how the cells have jobs, and the rules that hold them together in this wonderful, cooperative, growing, healthy, loving community that you'll find in a human body that's in health, if you look into that population and see how they do it, and it's like, oh, my God, just take those rules and apply it to six and a half billion people, and this whole world will instantaneously snap into the harmony that a human body can have in a healthy situation.

JM: Lots of potential.

BL: Yes.

HOW DOES THE NEW BIOLOGY APPLY TO LONGEVITY?

JM: On an individual level, I'm wondering what your thoughts are on the implications of adopting your technology and recommendations with respect to longevity?

It's commonly believed that the limit of the human lifespan is about 120, but with the adoption of some new science and technology, and stem cells specifically, that we might be able to extend it by 30 or 40 years. And I'm wondering what your thoughts are on that?

BL: This is absolutely true. There's no age limit to a stem cell. And we bought in again to a belief that cells have so many cell divisions and then they age. And then you have to go back – and let's be real about this, because I'll tell you, this work was derived from work from a brilliant scientist, Leonard Hayflick is his name, and he was putting cells in tissue culture and saying, "How many times can they divide and stay viable?" And this was really cool except for the fact that tissue culture conditions and human body conditions are apples and oranges, night and day – they're not the same thing at all.

So if you take your data from Hayflick's culture experiments and say, "Oh, every cell has like 54 divisions and then – by then, they're too old and then they die," I would say, "Well, yeah, if you lived in that plastic Petri dish, that might be true. But if your cells are in your human body, then that data doesn't apply."

And the relevance is that the limitations are only our misperceptions, based on what is an artificial or artifactual tissue culture environment, that there is no limitation as such. And we have – and people say, well, telomeres, telomeres – yes, every time the cell divides, the telomeres at the ends of the chromosomes shorten and there's a point that they get too short. That means they've aged and then they die. And that's like, well, that's really true, except for the fact that we also have enzymes that make telomeres. So you're not limited by an inability of telomeres. You can make telomeres as long as you live.

There's no aging except for the belief of aging, and this becomes important because it's cultural. Of course, we grew up and we saw people age, and generations and generations and generations of humans have seen people age. But the issue is, historically, what was that age? Maybe years ago, hundreds of years was an age.

A turtle can live hundreds of years. Humans could do that. We're more advanced. We don't lose things. We just gain greater opportunities. But we put up a belief system and that's our limitation.

JM: But there's billions of people on a planet and – at least as far as I'm aware, and maybe you have different insights – there really isn't anyone who's been successfully able to adopt these beliefs and extend their lifespan to that level.



BL: Well, not to hundreds, but to over a hundred easily – we know 120 and stuff like that, right? And then there are issues of – you might say, “Well, then what are the limitations? And so are they just belief issues?”

Yes, at one level they’re belief issues. And there’s another level that – and begin to learn this – it has two benefits, not only does it prolong the life of the individual, it will profoundly prolong the life of a planet. And what is this understanding? It is this: For years people have done research on animals and things and tissues in laboratories – you know, you can grow fruit flies, you can grow mice and rats and chimps and these little worms that we’ve now seen, and bacteria. Whatever the heck you want, you can grow these things. And what do they find?

Inevitably, you find some individual that can last a life that’s much longer than all the other individuals, double their lifespan. And you say, “Well, wow.” So people, over time, they said, “Let’s collect these long-lived individuals and we’re going to do a genetic assessment and find out what is it that these genes have – you know, they must have a longevity factor.” And this is the belief system.

It’s like the fountain of youth – there’s going to be a gene you’re going to find that’s going to control longevity. Well, here’s the fun fact. In almost every case where long-lived organisms have done way beyond the life of the community, when they have done a genetic analysis, it wasn’t that there was a gene that gave them a benefit, in a sense, that they found in almost every case, longevity was due to a mutation of a gene that impaired its operation. It didn’t make it better; it actually impaired it!

And here’s the connection – this is the fun part – that in almost every case of longevity, the organism had defective genes in the insulin pathway, which means that these organisms are unique because they can’t digest their food very well. So after a while, the reports kept coming up that way, some scientists just sat there in a moment of logic and said, “Wait a minute, they live longer because they can’t digest the food as well?”

Well, what if I just took a normal animal and put it on a subsistence diet?” And in every case, they essentially doubled the longevity of the animal.



And it turns out the biggest issue we have in aging is the amount of food that we as humans consume.

And that the free radicals and byproducts of the digestion process are toxic, and that the more digestion we do, the more toxified we become, and that we are eating ourselves to death.

And yet, look at what we're doing to the planet to provide for all that eating of ourselves to death. We're cutting down the rainforests, destroying the ecology to make more food, when in fact the problem is the amount of food that we have now.

JM: Well, I tend to take issue with that. I'm not sure if you're familiar with Dr. Rosedale – he's one of my mentors in insulin physiology.

BL: Yes, I'm not familiar with him, sorry.

JM: He's really profoundly insightful with respect to this topic because he attends many of the scientific biology meetings and really is familiar with the literature. And what you said is true, that the studies do support that decreasing the calories will extend longevity. But if you carefully review the early science on this, that it was related to a more foundational fact that has actually generated – well, the belief system, so that the scientists and the researchers were blind to this fact, which is that the real foundational issue is insulin, and that if you are consuming that [that] will keep your insulin levels at very low levels. And even more importantly, [keeping] leptin levels low, [so] that you will extend longevity.

And that really means restricting two classes of nutrients, which are proteins and carbohydrates. And interestingly, fat doesn't seem to affect insulin at all. And you could have a high-calorie, high-fat diet and have every bit of the benefits of a longevity diet.

But the early science on this didn't support that because when they did the studies, they fed these animals – for a high-fat diet, they fed them lard, that of course has its own complications because of the trans fat issue, but it also caused intestinal obstructions and these animals died prematurely, but not from natural causes – they died from intestinal obstruction. So it was a misinterpretation of the data that perpetuated the myth. So, you know—

BL: Well, I could see that as a logical – I didn't go in that direction, okay, so I could really see that as a very logical part of that in connecting – it's unfortunate because I can then see this in the same reflection that people blame cholesterol as a problem.

JM: Same exact analogy, absolutely that's true.

BL: Then I could see that very clearly because I'm very clear on the cholesterol side of the issue, as well.

JM: So I'm just wondering, with your expertise of stem cells, though – and I don't know if you still study those or review the literature on that, because I really don't know someone who's an expert in it, but my superficial belief and understanding is that some adoption of those technologies with application of the energy psychology principles and insulin and leptin optimization, it's not unreasonable to expect another 20 or 30 years. You'd find it consistently—

BL: Oh, I would say that's an easy minimum.

JM: Yeah.

BL: That's an easy minimum.

JM: So that's consistent with your belief?

BL: Absolutely, absolutely.

JM: Okay.

BL: Easy, in fact, but I'm thinking bigger than that. But I would say, oh, that part's easy – 20 or 30 years, that's an easy part. I think we could extend it with more awareness and we have to go in that direction, and I'm really happy because, as I said, this new biology is forcing us to reconsider the fundamental thoughts upon which we built the civilization that we're living in right now. And so the thinking that you're promoting is giving us new insights that challenge the dogma, the religious beliefs, that we bought into at this point.

JM: Yeah, our whole culture has, because of influences and people in control who are basically self-serving by maintaining that belief.

BL: Absolutely. I'm excited about it because it's like your work, the stuff that I see people out there are moving into this direction, are so important for our individual vitality and global vitality, and the symptoms that the earth are presenting us with are, again, just symptoms that says that we have to go back to the thought to correct this.

JM: I agree. And I have a bit more pessimistic view of the future than you do, with respect to adoption and belief of these systems. I'm not so sure that we're going to have the majority of the medical culture and professional adopt these beliefs, and I'm not sure that it'll happen in my lifetime.

Of course, if I live to 200 years, it might be different. But I just think there's such an inertia to adoption of these because of these self-serving people in control that are going to present barriers to adopting them. But it sounded like you are starting to see a logarithmic increase in the interest in your work and are more excited and believe that this transition's going to occur more rapidly.



HOW CLOSE ARE WE TO A PARADIGM SHIFT IN MEDICINE?

BL: I entertain this as a very interesting possibility, and I get my hope also from this other reality, that – as a

biologist, of course – I see James Lovelock’s idea of the planet as a living biological system, which is really what I see it as, as well. And I put this in the context of a situation of a person that’s terminally ill and then has a profound change in their beliefs and attitudes about life, and then express what is called a spontaneous remission.

I see the earth as – yes, it’s very sick. It’s in almost a deathbed state right here, and it’s a very pessimistic forecast in conventional understanding.

But if there’s a profound shift and change in thought, then I believe that the planet – including, of course, the civilization which is driving part of this problem – undergoing a spontaneous remission so that – so, yeah, it looks very dark, it looks very gloomy, and some people in this same hospital room with this terminal patient are already projecting that this person’s dead and out of the picture.

And I’m looking at it thinking – but there’s this hope, this glimmer of this change in attitudes, beliefs, and perceptions that are profound, and then cause a very profound change which leads to this spontaneous remission.

And yet, what I think it’s going to take to do it – so I don’t think it’s just going to – like on Monday, you’re going to wake up and, “Oh, yeah, we just got a change of belief!” – I don’t think it’s going to happen that simply.

I think it’s going to be precipitated by some catastrophic things that are going to force us to say, “You either change or you don’t, but now you’ve really got to make this decision right here.”

So I don’t think it’s going to be like this easy, you know, golden brick road that we’re just going to follow and all the sudden, “Oh, it’s just going to be beautiful here.” I think we’re going to have to face a crisis that says, you know, we’ve already been told about the terminal character, but I think we really need that decision. So, “This is terminal. Now you’ve got a choice.”

JM: Yeah, in some ways similar to the alcoholic who isn’t really motivated to change until they hit the gutter.

BL: Absolutely. And I think we’re getting closer to that gutter thing, so I myself am gearing up in preparation of that.

JM: What do you think it might be? A financial catastrophe like the depression?

BL: First one, financial.

JM: Okay.

BL: And that’ll certainly change the whole medical industry, because if you don’t have the money to buy the drugs, then you might have to start to find another way out of the system. And now all the sudden energy psychology becomes, “Well, you can do it for...”

JM: They're getting more ludicrous. I mean, this Medicare bill they passed a few years ago. I mean, they basically diverted a trillion dollars from the tax payers to the drug companies, a direct transfer of income that is—

BL: That's the corruption, that's the disease, that's the symptom, that's the materialization in a world based on materialism. That's a Newtonian endpoint, that if I just had all the money, I've got everything I need.

And then quantum physics says, "Hell, it wasn't the material, it was the invisible stuff where all the healing comes from."

And so it's really exciting to see that's where we're going. It's also interesting to notice this, that as we approach this coming evolution, the polar sides – I like at it, in my book I describe this evolution like pendulum swinging back and forth between a material pole and a spiritual pole, and with the midpoint being the most important point, in that we've hit this midpoint two times before, and this is our third approach at a midpoint, but it's the most critical one because it's an evolutionary leap of the balance of material and matter.



And it's interesting because as we're getting closer to the midpoint, guess what?

The fundamentalists are back up and all the sudden you can hear their voice all over the place. They want to pull that pendulum right back into that religious camp, as much as the scientists are trying to pull the pendulum back into the scientific camp, and the reality is it's the midpoint, a balance of matter and spirit, that is the evolutionary jumping-off part.

And it's interesting because we were there with the American Indians. The American Indians looked at the world and they said it was – yeah, it was Mother Earth and Father Sky, that everything was material and spiritual, and if you honor the material and spiritual in this combination, that would provide for the balance. The funny part, the United States was predicated on the American Indians through the Age of Enlightenment.

The Age of Enlightenment – John Locke in Britain and Jean-Jacques Rousseau in France studied the American Indian culture and created a concept of a Utopian civilization based on what, the American Indians, which was what?

Balance and harmony.



And so we have the American Indians. There was one point where we were in the middle. Then we lost it, came back with the American Revolution, which was based on this belief system. And then we lost it again, but we're coming back to it again because people went to that material pole, and now are coming back saying, **"It's not just material; what we need to balance is the spiritual component."**

Which in the sense of religious terms of spirit, I look at quantum physics, because the same definition that people use for spirit is the same definition that quantum physics uses regarding the field in matter – both of them involve invisible moving forces that shape matter.

And it's interesting because that's quantum physics and spirituality coming together and bringing us back to that midpoint.

And as we get closer, you can see the polar forces getting excited, you know, that it's a balance point, and they want to pull it in each different direction. And the truth is, those that awaken will awaken by keeping it in the balance point and then move out of the structure that we're in, into a much better world of harmony and balance.

JM: Any practical advice on how to seek that balance point on a personal level?

THE FOUR MYTHS KEEPING YOU FROM FINDING YOUR INNER BALANCE

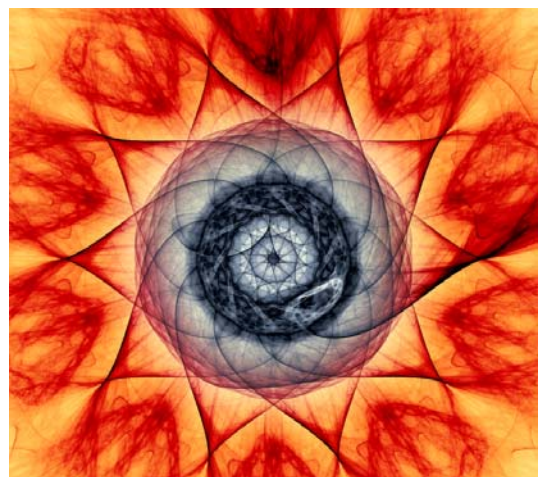
BL: Well, yeah, I mean, this is basically what we have to understand was what was the value of life? And if you say your value was money, then you can say, "Okay, here's all the money, and there's a room, go inside, you can have all the money. Is that happy now?" And the answer is no. Well, then let's start to clear it up.

And the issues are what are – you know, these lead to the four myth perceptions that I talked about as the basis of our problem. Correcting these four will bring it up.

And here are the four very simply listed as:

The belief in materialism is false, that it's a quantum mechanical world, which is really based on energy. So we have to get away from the illusion that matter is primary.

Number two, the belief that genes control biology, which makes us victims – now we have to get away from that and recognize that we control the genetics. And the other two are very important.



One of them is the belief that the world was evolved from a Darwinian theory, which is based on competition. And the truth is, no, evolution had nothing to do with competition and everything to do with cooperation, and this becomes very critical because if the mission of life is not to go out there and compete, but if the mission was to go out and cooperate, that changes the balance—

JM: That's a profound concept. And I notice it personally [as being] true as I'm seeking to adopt the changes, and it's absolutely the case. The cooperation is the key.

BL: Yeah, and that's why I'm getting excited, because we can go on the internet – because a lot of us look at it and say, “Oh, geez, the world is really going this bad direction,” and we start to get on there and you realize there are thousands of groups and organizations all over the place doing this mission on their own. But what you start to recognize is, “My God, there's a large number of people that are moving this direction but just haven't recognized we're all doing the same thing.” And that recognition will manifest, especially when we get hit with something that stresses us.

You notice a very interesting point, if you think about it, because for example, we always look at – you know, there's this radical competition with each other, but when something gets out of hand and everybody's in the same boat, there's a different game then. That's when cooperation starts.

I remember first waking up to this was when I was on the West Coast – I mean, the East Coast, excuse me – and I lived there and I was a student back in school, so it must've been – let's see, about 1966, we had a massive power failure on the East Coast. And there was no power, the city was out of energy for like three days, so like New York City and Boston and Washington. And you think, my God, you know, it's like all the alarm systems were off, everybody would run wild!

And the fact was, it was the most peaceful three days any of those cities had ever had in their history, where everybody started to help each other.

When the difference – you know, when people were needing of help and it wasn't based on social or class status – everybody was equally without power. Everybody was in the same boat. And all of the sudden, they have cooperation.



And you find this to be true when we have national disasters, that all the differences between people disappear and a fundamental human trait comes out underneath, and that is called altruism. Altruism is built into the system. It's only our culture that has programmed us to be violent. And so I think the big thing that's going to happen will put everybody on the same playing field and then they'll recognize that to get out of this is not to compete now; to get out of this is to be cooperative.

JM: And by cultural, are you referring to the imprinting that occurs before the age of six, that—

BL: Yes, absolutely.

JM: Okay.

BL: I mean, my father didn't take Darwinian biology in college. He never even went to college and didn't even finish school, really, and he knew the concept of a dog-eat-dog world and the survival of the fittest. That's already built in to the culture and that's a belief system we've bought. And on a biological level it is totally false and totally destructive of life on this planet.

JM: It sounds like part of the solution is a widespread adoption of these energy psychology tools at a cultural level, where it's become really the expectation of the norm.

BL: Yeah, and I think that this actually will happen, especially if we have a financial crisis which is looming right in front of us right now. When there is no money, then the mother of invention steps in, necessity: "How am I going to heal myself? I don't have money."

And the answer is there are other ways, and we'll start seeking the ways that didn't cost money, that community can support and people can support, because it's not based on the dollar. I mean, let's be very truthful about the bottom line. The medical industry, especially the pharmaceutical industry, is called a corporation. And the function of a corporation is to make money. And that is the mission statement.

Now they have a thing in the front that "we're doing this for humanity," but they're doing it to make money. And in making money, if I healed you, then I don't make money.

And so I have this directive from an executive at Johnson & Johnson drug industry, they actually have some very powerful effective drugs but they don't manufacture them. The simple reason is, if they did, they'd lose all the customers because they took the drug and the problem would go away, then what are they going to do? You know, then they end their business.



And the fact is, no, to sustain the business, then hook the people in. And so it's the nature of the statin drugs which are – oh, my God – destructive, and all this stuff. But people are buying it, and the more they buy into it and the more they think they need these things for life, that's where the life of the drug company comes from. They drain the energy and money out of the system to make a profit, not to heal people.

JM: That's definitely one of the barriers to widespread adoption of these approaches.

BL: Yeah, and if there's an economic blast, then all the sudden that motivation drops out of the picture, and that's why I get very excited. It's like, it might look like a disaster from one end, but at the other end it's a birthing of a new way of life.

JM: Yeah. Oh, that's an interesting approach. And I suspect that there's a really good chance that that'll happen and most people won't perceive it initially as a good thing, but it's important to know that there's a major benefit that can come out of it.

BL: Absolutely. And I'm very excited. That's why – I was always a pessimist but when I started to see this – and the fourth misperception, which then puts the cap on all this, is we talked about materialization as being false number one; genes controlling, false number two; competition as evolution, three – these are all false.

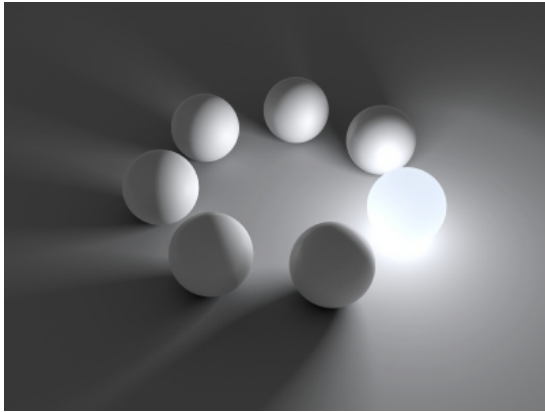
And the fourth one is that, when you understand the nature of the geometry of the universe and the physical geometry of life, it's fractal. And the significance of that says that patterns always repeat themselves in a self-similar fashion. So the pattern of evolution is not something that is just a random event as we believe – that's what Darwinian theory says, that evolution is random. And when you say that, then it's like why are we here? And the answer is, "Well, no reason at all, just random accident, so there's no reason for humanity." And it's like, now, wait a second. We were here for an important reason. We were here for balancing the environment. And the Indians were right to treat this planet as a garden, and yet the pattern is already clear. It says we are going through a very defined stage.

WHERE IS EVOLUTION TAKING YOU?

BL: And what my new book, which is called "Spontaneous Evolution" is going to talk about is that we are going through a transition in the evolution of humanity. Not the evolution of a human – that's already evolved. What's evolving is the multicellular organism called humanity where each of us is a cell in the body of humanity, as much as inside your body there are cells making this giant community which reflects you.

And so humanity is evolving in the same way that a human evolved, and we're at a very important crossroads where it's the fall of the reptilian version of humanity and the rising of the mammalian version of humanity – and mammals are nurturers, and that's why this whole new movement in civilization, everything to nurture and help the planet and ourselves evolve – which is different than the reptilian version, which is running the show now, which is make the biggest machines and rape the planet as much as you can, like a dinosaur did.

And it's not a coincidence that the fuel of our civilization – you know, they call it frequently the blood of the dinosaur – the character of that reptilian stuff is what's infusing our civilization. It's like this is a dead end, but the dinosaurs' crash and the meek, which is us, and you and particularly me, going out there, trying to get people to wake up.



The meek inherit the earth when the big corporations fall, because they are the dinosaurs.

So I'm very optimistic about our future, even though I see the darkness in it. But then, I'm not focusing on darkness. In fact, in some sense, I almost celebrate it because it says then we will get on to the next level.

JM: Yeah, I agree. And I do believe that we will be successful in the relatively not too distant future at catalyzing this transformation.

BL: I'd like to support you on that. Thank you.

JM: So it's really exciting stuff. So do you have any other useful information you'd like to share or practical tools that we can use to help us until this transformation occurs?

BL: Well, it's interesting. I wish this was a visual thing because I saw a graph that's very important in my way of thinking about it. And it's like this XY axis and there's a line starting at 0, shooting up to the sky on the right. And there's a line starting at 100% on the left and then shooting down to 0, so it's like an X – one line is going up, the other line is going down in a symmetry.

And I talk about this – one line going up is consciousness and the other line going down, I collectively give it a title called resources, like diet, nutrition, exercise, support, and all these other things. And I say that when your consciousness is low, it's really incumbent upon us to take everything we can to support our life, every resource. So at one side of the graph, the consciousness is zero.

Then I say 100% of all the resources to support your life, highly recommended. But as your consciousness starts to rise, the demand for the resources and the support goes down, because as we approach that nature of consciousness, then we really recognize that all the resources we have are consciousness, and that as we become fully conscious, then we can get out of this.

So I'm saying until we reach this, and there's a level of supporting ourselves as best as we possibly can using all the outside things to enhance our consciousness. And then when we get to that level of elevated consciousness, we can let go of these things, as well.

So I'm suggesting that, yeah, let's pay attention to these things about nutrition and health and all this right now, because we must first evolve our consciousness to recognize that. Once our consciousness is set, even food is just for fun. It wasn't a necessity at that point. And so it's a good idea, I think, because the future looks really great that way.

JM: Excellent, good words.

BL: Thank you.

JM: All right. So I thank you for the time. And what's on your list? Aside from writing your book – what is it, “Spontaneous Evolution” was the name of it?

BL: Yeah, “Spontaneous Evolution: Our Positive Future and the Way to Get There From Here” is the full name of the book.

And I'm really looking forward to that because we're at a pivotal time, as you're aware – you can feel it and I'm sure most people can feel it – that those things that we're talking about as challenges are going to hit us very, very soon.

And those people that are ready will be able to walk through this and grow through it. And those people that are not conscious are going to have a difficult time trying to sustain and maintain their existence in a world where the foundations are changing.



So right away, I presume that anybody that's listening to our conversation has already opened up enough consciousness to be here, and so I welcome them, because all of us are those meek little furry mammals that have the world in front of us.

JM: And when will that book be published?

BL: This coming spring.

JM: Oh, that's not too long. So the book is finished? It's in draft and it's at the publisher?

BL: It's in draft form right now, phasing in to getting ready to do the final publishing things – you know, the editing final stuff and all that stuff.

JM: Oh, sure. Yeah, I've got a book coming out in the spring, too, so I'm familiar with the process.

BL: Yes.

JM: Interesting. And your current book is “The New Biology,” is that correct?

BL: It’s “The Biology of Belief: Unleashing the Power of Consciousness, Matter and Miracles.” If people would like to expand on what we’re talking about, I have a lot of free articles like you do, a lot of free articles and references on my website, brucelipton.com.

JM: Couldn’t you make it a little more difficult?

BL: What’s that?

JM: Couldn’t you make it more difficult?

BL: What, charge for them a bit?

JM: No, no, no, just with respect to the URL, brucelipton.com.

BL: Oh, oh. Well, I thought we could get that far, we could get anywhere with it. So, so far it’s working and I really appreciate it because the research – remember, I talked about writing a book and I was afraid because it was like anarchy. And I’m really excited because everything I wrote about is actually materializing. And I’m feeling like, “Oh, cool, this will help us get there faster.”

So I’m very excited about the way things are turning, because it turns out that there was more than just accident to what’s happening here. There’s a lot of awareness available to see how this biology is influencing where we’re going. And why your site becomes very important, of course, is very critical – is to recover your power to have these abilities to create a beautiful life!

JM: Yeah, I think once a critical mass of people have this understanding and awareness, then they’ll be a real example to others and will just continue to catalyze the whole transformation.

BL: That, I think, is the way of doing it.

I don’t think it’s going to happen any other way than just people starting to see others that are living very well, while around them, people are losing their heads and blaming it on something.



People start to see that those that are living well have something going for them, and what it is, is that they’re taking power over their lives. And they’ll want to seek it out. That’s the way out of here.

JM: All right. Well, I thank you for the time and I really appreciate the opportunity to talk to you.

[End of recording]