

1  
00:00:00,000 --> 00:00:04,379  
hi nice to be among you all it's

2  
00:00:02,939 --> 00:00:06,778  
interesting that so many of you I've

3  
00:00:04,379 --> 00:00:09,919  
already dealt with this topic in your

4  
00:00:06,778 --> 00:00:12,660  
own ways and I'm going to take a

5  
00:00:09,919 --> 00:00:15,179  
slightly different approach to the

6  
00:00:12,660 --> 00:00:17,660  
bureaucratic mind relating into the

7  
00:00:15,179 --> 00:00:22,109  
potential effects negative effects on

8  
00:00:17,660 --> 00:00:23,789  
physiologic health and so our Institute

9  
00:00:22,109 --> 00:00:25,500  
the Institute for therapeutic discovery

10  
00:00:23,789 --> 00:00:27,510  
we're in Richmond Virginia plus Albany

11  
00:00:25,500 --> 00:00:29,160  
New York with John McMichael we're

12  
00:00:27,510 --> 00:00:31,410  
interested in such things as energy

13  
00:00:29,160 --> 00:00:35,130  
medicine the Bankston healing project

14  
00:00:31,410 --> 00:00:36,570  
and the placebo response now when we're

15  
00:00:35,130 --> 00:00:38,510  
talking about the bureaucratic mind

16  
00:00:36,570 --> 00:00:43,679  
we're talking about pervasive

17  
00:00:38,509 --> 00:00:46,259  
connections throughout daily life it is

18  
00:00:43,679 --> 00:00:48,320  
defined here as a dynamic speaking to

19  
00:00:46,259 --> 00:00:53,269  
allow the organized perception and

20  
00:00:48,320 --> 00:00:55,859  
subsequently behave and so if we try to

21  
00:00:53,270 --> 00:00:58,230  
its characterized by status quo of

22  
00:00:55,859 --> 00:01:02,698  
stereotypical points of view condensed

23  
00:00:58,229 --> 00:01:04,198  
the thinking it's hard to get a metric

24  
00:01:02,698 --> 00:01:06,599  
on this or like even if it's a

25  
00:01:04,198 --> 00:01:08,819  
questionnaire because by designing that

26  
00:01:06,599 --> 00:01:11,129  
questionnaire by posing those problems

27  
00:01:08,819 --> 00:01:13,618  
of with a profile you're seeking to

28  
00:01:11,129 --> 00:01:15,629  
elicit you're actually defining the

29

00:01:13,618 --> 00:01:17,938  
bureaucratic mind and so you're

30  
00:01:15,629 --> 00:01:27,060  
producing a bureaucratic situation and

31  
00:01:17,938 --> 00:01:29,758  
so you've obviously made about education

32  
00:01:27,060 --> 00:01:34,618  
and education of all kinds and it's

33  
00:01:29,759 --> 00:01:36,150  
upheld by authority of all kinds and so

34  
00:01:34,618 --> 00:01:39,840  
we'll get into the universal fallacies

35  
00:01:36,150 --> 00:01:41,400  
of logic in just a little bit so the

36  
00:01:39,840 --> 00:01:44,189  
characteristics of maintenance of a

37  
00:01:41,400 --> 00:01:46,200  
prefabricated mindset for the sole

38  
00:01:44,188 --> 00:01:49,019  
purpose of maintaining that specific

39  
00:01:46,200 --> 00:01:51,450  
mindset so it's rather in sexual

40  
00:01:49,019 --> 00:01:53,728  
incestuous in that regard and it

41  
00:01:51,450 --> 00:01:58,320  
excludes categorical thinking and

42  
00:01:53,728 --> 00:02:00,899  
categorical behavior and those branch

43  
00:01:58,319 --> 00:02:03,868

all disciplines for example in politics

44

00:02:00,899 --> 00:02:04,560

global warming does not occur that's one

45

00:02:03,868 --> 00:02:07,228

example

46

00:02:04,560 --> 00:02:10,050

and philosophy of material based world

47

00:02:07,228 --> 00:02:13,800

is projected on to materialism

48

00:02:10,050 --> 00:02:16,709

definition of the philosophy in science

49

00:02:13,800 --> 00:02:18,900

the findings of science aren't used

50

00:02:16,709 --> 00:02:22,050

they're used to form a bureaucratic

51

00:02:18,900 --> 00:02:26,580

mindset rather than to advance science

52

00:02:22,050 --> 00:02:29,010

itself as a methodology of learning and

53

00:02:26,580 --> 00:02:31,950

in the corporate the free-market rules

54

00:02:29,009 --> 00:02:33,269

and in religion evolution does not occur

55

00:02:31,949 --> 00:02:35,659

and in fairness

56

00:02:33,269 --> 00:02:37,890

one might say another bureaucratic

57

00:02:35,659 --> 00:02:40,560

consideration would be saying that

58  
00:02:37,889 --> 00:02:43,559  
intelligent design is a bunch of hogwash

59  
00:02:40,560 --> 00:02:45,060  
so there's a flip and one could make the

60  
00:02:43,560 --> 00:02:47,189  
point that each and every one of these

61  
00:02:45,060 --> 00:02:49,409  
characteristics is political by nature

62  
00:02:47,189 --> 00:02:51,299  
because it involves humans coming

63  
00:02:49,409 --> 00:02:54,060  
together and struggling among themselves

64  
00:02:51,299 --> 00:02:56,599  
to see which point of view will arrive

65  
00:02:54,060 --> 00:02:59,909  
at a consensual agreement and that

66  
00:02:56,598 --> 00:03:01,469  
consensus is a hallmark of what we're

67  
00:02:59,909 --> 00:03:05,209  
dealing with here today as the

68  
00:03:01,469 --> 00:03:08,009  
bureaucratic mind now it has benefits

69  
00:03:05,209 --> 00:03:11,459  
societies institutions organizations are

70  
00:03:08,009 --> 00:03:12,899  
built on bureaucracy so I'm not trying

71  
00:03:11,459 --> 00:03:14,189  
to throw anything out the window here

72  
00:03:12,900 --> 00:03:17,099  
I'm just trying to gain an understanding

73  
00:03:14,189 --> 00:03:20,340  
and appreciation of the entire dynamic

74  
00:03:17,099 --> 00:03:23,818  
and so you have order purpose and

75  
00:03:20,340 --> 00:03:27,000  
meaning a worldview provides a world to

76  
00:03:23,818 --> 00:03:29,488  
view and then they give you a nation of

77  
00:03:27,000 --> 00:03:32,250  
laws that prevent anarchy and chaos

78  
00:03:29,489 --> 00:03:35,340  
there's no Mad Max scenario if you have

79  
00:03:32,250 --> 00:03:37,109  
a coherent society it gives you certain

80  
00:03:35,340 --> 00:03:39,359  
standards so no matter where in the

81  
00:03:37,109 --> 00:03:40,739  
world that you buy a music CD you're

82  
00:03:39,359 --> 00:03:45,000  
going to be able to go home and play

83  
00:03:40,739 --> 00:03:46,079  
that music CD and whatever technology

84  
00:03:45,000 --> 00:03:48,930  
you have at home

85  
00:03:46,079 --> 00:03:50,670  
the airline safety regulations and if

86

00:03:48,930 --> 00:03:53,400  
you're on the road and you let's just

87  
00:03:50,669 --> 00:03:54,988  
say your favorite restaurant of your

88  
00:03:53,400 --> 00:03:56,819  
favorite restaurants at home is Ruby

89  
00:03:54,989 --> 00:03:58,920  
Tuesday's and you're

90  
00:03:56,818 --> 00:04:01,108  
3,000 miles away and there's a Ruby

91  
00:03:58,919 --> 00:04:03,509  
Tuesday the odds are you're going to get

92  
00:04:01,109 --> 00:04:04,050  
a meal that you can pretty much enjoy

93  
00:04:03,509 --> 00:04:05,429  
because

94  
00:04:04,050 --> 00:04:07,770  
going to be comparable to the one at

95  
00:04:05,430 --> 00:04:10,230  
home so bureaucracy gives us all those

96  
00:04:07,770 --> 00:04:13,290  
things it gives us the logistics to hold

97  
00:04:10,229 --> 00:04:15,929  
a conference both on a general level and

98  
00:04:13,289 --> 00:04:18,539  
for the individual getting here the

99  
00:04:15,930 --> 00:04:20,730  
drawbacks philosophical conditioning

100  
00:04:18,540 --> 00:04:23,910

thinking is held as the final reality

101

00:04:20,730 --> 00:04:26,819

and so you're again you're going to try

102

00:04:23,910 --> 00:04:29,220

to maintain that mindset and squash any

103

00:04:26,819 --> 00:04:32,189

of the opposition trying to change that

104

00:04:29,220 --> 00:04:34,470

particular mindset the fallacies of

105

00:04:32,189 --> 00:04:36,660

logic are universal that violates

106

00:04:34,470 --> 00:04:38,760

Universal fallacies of logic two of them

107

00:04:36,660 --> 00:04:40,530

being like say the bandwagon effect you

108

00:04:38,759 --> 00:04:42,029

say something is true just because

109

00:04:40,529 --> 00:04:43,589

everybody in your discipline or

110

00:04:42,029 --> 00:04:46,529

everybody in your circle of influence

111

00:04:43,589 --> 00:04:49,319

says it's true and in terms of authority

112

00:04:46,529 --> 00:04:51,359

if a medical doctor says something or if

113

00:04:49,319 --> 00:04:53,069

a professor says something or an

114

00:04:51,360 --> 00:04:55,439

educator says something then that is

115  
00:04:53,069 --> 00:04:58,259  
true because that person that authority

116  
00:04:55,439 --> 00:05:00,569  
figure said it was true and it's held is

117  
00:04:58,259 --> 00:05:02,959  
true that's a violation of universal

118  
00:05:00,569 --> 00:05:07,290  
that's the universal fallacy of logic

119  
00:05:02,959 --> 00:05:09,810  
now we get in the legal morass that

120  
00:05:07,290 --> 00:05:13,169  
influences everything a will so position

121  
00:05:09,810 --> 00:05:16,230  
is more physicians are becoming more

122  
00:05:13,168 --> 00:05:18,509  
concerned about being sued rather than

123  
00:05:16,230 --> 00:05:21,000  
the practice the art and practice the

124  
00:05:18,509 --> 00:05:22,709  
art and craft of their practice and so

125  
00:05:21,000 --> 00:05:24,720  
they will prescribe they will over

126  
00:05:22,709 --> 00:05:26,819  
prescribe they'll do anything to remove

127  
00:05:24,720 --> 00:05:28,530  
any hint of litigation and I'm not

128  
00:05:26,819 --> 00:05:30,569  
saying every physician has it so I'm

129  
00:05:28,529 --> 00:05:33,209  
just trying to get some principles

130  
00:05:30,569 --> 00:05:35,699  
established and so in public education

131  
00:05:33,209 --> 00:05:38,489  
the curriculum is decided by

132  
00:05:35,699 --> 00:05:41,399  
governmental bodies that have their own

133  
00:05:38,490 --> 00:05:44,370  
set of rules regulations and laws all

134  
00:05:41,399 --> 00:05:47,639  
that comes together to form a coherent

135  
00:05:44,370 --> 00:05:49,470  
mindset but that coherent mindset

136  
00:05:47,639 --> 00:05:52,050  
typically goes unchallenged for a period

137  
00:05:49,470 --> 00:05:54,540  
of time its deferred to as its own

138  
00:05:52,050 --> 00:05:56,639  
authority it has its own life that tries

139  
00:05:54,540 --> 00:06:01,220  
to maintain itself and so upon

140  
00:05:56,639 --> 00:06:01,219  
graduation you end up in this scenario

141  
00:06:01,670 --> 00:06:07,800  
now the causes it's a natural this is

142  
00:06:05,579 --> 00:06:10,379  
the natural effect of psychological

143

00:06:07,800 --> 00:06:12,540  
closure so for example if you take a

144  
00:06:10,379 --> 00:06:15,180  
paragraph out of your favorite book and

145  
00:06:12,540 --> 00:06:18,360  
you Olympic you white out one word and

146  
00:06:15,180 --> 00:06:19,939  
you read that odds are most people are

147  
00:06:18,360 --> 00:06:22,620  
going to fill in that blank space

148  
00:06:19,939 --> 00:06:25,290  
they're not going to see the blank spot

149  
00:06:22,620 --> 00:06:28,290  
there it's a natural property and it's a

150  
00:06:25,290 --> 00:06:31,800  
universal and what it does is it

151  
00:06:28,290 --> 00:06:33,569  
constricts awareness survival membership

152  
00:06:31,800 --> 00:06:35,759  
and belonging I'm a personal fan of mild

153  
00:06:33,569 --> 00:06:38,099  
Maslow's hierarchy of needs refer to it

154  
00:06:35,759 --> 00:06:40,289  
constantly so in the deficit needs you

155  
00:06:38,100 --> 00:06:42,689  
have things such as survival you need to

156  
00:06:40,290 --> 00:06:44,970  
eat you need to find shelter there's a

157  
00:06:42,689 --> 00:06:47,250

sense of belongingness that's part of

158

00:06:44,970 --> 00:06:48,870

the deficit needs now it's not when you

159

00:06:47,250 --> 00:06:51,000

get into your growth needs it's not that

160

00:06:48,870 --> 00:06:52,980

you get rid of your deficit needs you

161

00:06:51,000 --> 00:06:55,589

need to continue to eat most people do

162

00:06:52,980 --> 00:06:59,879

anyway the ideas you can suspend that

163

00:06:55,589 --> 00:07:02,549

drive to fulfill those needs in favor of

164

00:06:59,879 --> 00:07:04,500

growth advanced learning and a

165

00:07:02,550 --> 00:07:07,230

completely new sense of the word of the

166

00:07:04,500 --> 00:07:10,259

world and what's really interesting is

167

00:07:07,230 --> 00:07:12,990

Maslow gets into an ontological state of

168

00:07:10,259 --> 00:07:15,360

consciousness defined as being there's

169

00:07:12,990 --> 00:07:17,069

many different terms for ontology here

170

00:07:15,360 --> 00:07:22,680

I'm going to approach it as a state of

171

00:07:17,069 --> 00:07:25,379

beingness which is inherently beyond the

172  
00:07:22,680 --> 00:07:28,139  
bureaucratic mind because it does not

173  
00:07:25,379 --> 00:07:31,909  
support any other mindset it supports

174  
00:07:28,139 --> 00:07:31,909  
qualities of consciousness a

175  
00:07:32,870 --> 00:07:37,470  
bureaucratic mind hinders individuation

176  
00:07:35,850 --> 00:07:39,360  
which is this process of going through

177  
00:07:37,470 --> 00:07:42,270  
deficit the growth needs that Maslow

178  
00:07:39,360 --> 00:07:45,300  
outlines the interesting thing about the

179  
00:07:42,269 --> 00:07:47,099  
individuated person is that individuated

180  
00:07:45,300 --> 00:07:49,650  
person is fully functional within

181  
00:07:47,100 --> 00:07:52,050  
society they do not become an outcast

182  
00:07:49,649 --> 00:07:54,599  
you know they do not position themselves

183  
00:07:52,050 --> 00:07:57,210  
above the crowd they are fully

184  
00:07:54,600 --> 00:07:59,610  
integrated but they have their own sense

185  
00:07:57,209 --> 00:08:01,649  
of where they are their own sense of

186  
00:07:59,610 --> 00:08:04,530  
purpose of meaning their own direction

187  
00:08:01,649 --> 00:08:06,989  
in life and they figure out a way to

188  
00:08:04,529 --> 00:08:10,099  
make that of value to society at large

189  
00:08:06,990 --> 00:08:12,750  
so it's a really interesting dynamic

190  
00:08:10,100 --> 00:08:13,400  
another one person write our article

191  
00:08:12,750 --> 00:08:15,470  
Arjun

192  
00:08:13,399 --> 00:08:18,079  
I read he makes the point we have simply

193  
00:08:15,470 --> 00:08:21,699  
become habituated to bureaucratic life

194  
00:08:18,079 --> 00:08:25,129  
and that's the way it is and nobody

195  
00:08:21,699 --> 00:08:29,300  
overstatement challenges it and so we're

196  
00:08:25,129 --> 00:08:32,479  
caught in a vise now here's the

197  
00:08:29,300 --> 00:08:36,168  
suggestion and overly conditioned

198  
00:08:32,479 --> 00:08:39,560  
mindset produces undue stress and that

199  
00:08:36,168 --> 00:08:42,528  
constriction renders homeo dynamics out

200

00:08:39,559 --> 00:08:45,079  
of whack so from a being perspective and

201  
00:08:42,528 --> 00:08:47,330  
ontological perspective being is a

202  
00:08:45,080 --> 00:08:49,550  
psychological state of homie on Emma's

203  
00:08:47,330 --> 00:08:53,778  
homeo dynamics being another more

204  
00:08:49,549 --> 00:08:56,958  
descriptive word of homeostasis and so

205  
00:08:53,778 --> 00:08:59,539  
if the body is fully functioning it is

206  
00:08:56,958 --> 00:09:02,119  
in a state of being physiologic homeo

207  
00:08:59,539 --> 00:09:05,389  
dynamics correlates with psychological

208  
00:09:02,120 --> 00:09:08,690  
homeo dynamics so homie I don't dynamics

209  
00:09:05,389 --> 00:09:11,470  
defined is a natural state evidenced by

210  
00:09:08,690 --> 00:09:14,480  
health psychological and physiological

211  
00:09:11,470 --> 00:09:16,459  
it is a complex it's dynamic it has

212  
00:09:14,480 --> 00:09:19,009  
multiple feedback systems an array of

213  
00:09:16,458 --> 00:09:22,189  
feedback systems that maintain that

214  
00:09:19,009 --> 00:09:24,919

really intricate dance of balance it's a

215

00:09:22,190 --> 00:09:27,950

complexity based equilibrium so even

216

00:09:24,919 --> 00:09:29,958

though given its complex nature when

217

00:09:27,950 --> 00:09:32,839

you're talking about a complexity you're

218

00:09:29,958 --> 00:09:35,239

talking about different systems talking

219

00:09:32,839 --> 00:09:37,970

and dancing among each others so that

220

00:09:35,240 --> 00:09:40,339

complex arrangement goes into a state of

221

00:09:37,970 --> 00:09:42,980

complexity where all these feedback

222

00:09:40,339 --> 00:09:44,480

systems the regulatory systems they

223

00:09:42,980 --> 00:09:46,370

communicate to one another do they

224

00:09:44,480 --> 00:09:50,209

bounce off one another and the end

225

00:09:46,370 --> 00:09:54,740

result is physiologic equilibrium that's

226

00:09:50,208 --> 00:09:56,449

always never in a state of rest so now

227

00:09:54,740 --> 00:09:58,278

to tackle that let's talk a little bit

228

00:09:56,450 --> 00:10:02,360

about the epigenome epigenomic

229  
00:09:58,278 --> 00:10:04,580  
researchers who relatively new it deals

230  
00:10:02,360 --> 00:10:07,759  
with these pieces surrounding and

231  
00:10:04,580 --> 00:10:10,160  
influencing DNA the aspects of them are

232  
00:10:07,759 --> 00:10:13,159  
DNA methylation which is carbon groups

233  
00:10:10,159 --> 00:10:15,110  
attaching directly to DNA histone

234  
00:10:13,159 --> 00:10:17,809  
proteins and I'll give you a graphic of

235  
00:10:15,110 --> 00:10:19,269  
that in just a second chromatin which is

236  
00:10:17,809 --> 00:10:23,019  
like condensed has

237  
00:10:19,269 --> 00:10:25,480  
proteins and non-coding RNA non-coding

238  
00:10:23,019 --> 00:10:28,329  
RNA is probably the least investigated

239  
00:10:25,480 --> 00:10:29,710  
to date and so and it's I don't even

240  
00:10:28,330 --> 00:10:34,810  
want to go there because I'm going to

241  
00:10:29,710 --> 00:10:36,639  
say something wrong now each of these

242  
00:10:34,809 --> 00:10:40,839  
influences the others and here's a

243  
00:10:36,639 --> 00:10:43,029  
general view of it so you go from DNA

244  
00:10:40,840 --> 00:10:46,269  
I'll give you an image on methylation in

245  
00:10:43,029 --> 00:10:47,649  
a second histones form and they get

246  
00:10:46,269 --> 00:10:50,019  
tighter and tighter and tighter until

247  
00:10:47,649 --> 00:10:51,669  
they form chromatin structures they get

248  
00:10:50,019 --> 00:10:54,039  
tighter and tighter and tighter it's a

249  
00:10:51,669 --> 00:10:56,559  
productive previously thought to be a

250  
00:10:54,039 --> 00:10:58,779  
protective influence of DNA to form the

251  
00:10:56,559 --> 00:11:00,309  
chromosomes again they're over here you

252  
00:10:58,779 --> 00:11:03,990  
go through the sequence of histone

253  
00:11:00,309 --> 00:11:07,329  
proteins condensing from a chromatin and

254  
00:11:03,990 --> 00:11:09,879  
protects the chromosome that thinking

255  
00:11:07,330 --> 00:11:12,940  
and the idea that DNA is mechanistic

256  
00:11:09,879 --> 00:11:15,009  
that is the structure of DNA the coding

257

00:11:12,940 --> 00:11:16,630  
of DNA produces the proteins and

258  
00:11:15,009 --> 00:11:18,309  
produces everything about you that

259  
00:11:16,629 --> 00:11:21,279  
thinking is going out the window

260  
00:11:18,309 --> 00:11:25,209  
quite rapidly the idea being that to

261  
00:11:21,279 --> 00:11:32,439  
SEPA genome Music's of the proteins

262  
00:11:25,210 --> 00:11:36,460  
there's eight different kinds of histone

263  
00:11:32,440 --> 00:11:38,980  
molecules they form a nucleus ohm this

264  
00:11:36,460 --> 00:11:41,650  
is an image of the DNA wrapping in and

265  
00:11:38,980 --> 00:11:43,750  
around it it also has histone tails of

266  
00:11:41,649 --> 00:11:47,139  
which nobody knows too much about those

267  
00:11:43,750 --> 00:11:48,820  
yet they are made up of the same type of

268  
00:11:47,139 --> 00:11:50,409  
protein but there are different sizes my

269  
00:11:48,820 --> 00:11:55,600  
conjecture is that they serve as

270  
00:11:50,409 --> 00:11:57,250  
antennas antennae excuse me and so they

271  
00:11:55,600 --> 00:12:02,040

form they get tighter and tighter and

272

00:11:57,250 --> 00:12:04,570

they form chromatin structure and the

273

00:12:02,039 --> 00:12:06,879

chromatin has its own form of histone

274

00:12:04,570 --> 00:12:10,930

methylation all these influences all

275

00:12:06,879 --> 00:12:13,629

driven by enzymes there's at an

276

00:12:10,929 --> 00:12:18,009

embryonic level the methylation for

277

00:12:13,629 --> 00:12:20,590

example is completely stripped it's d

278

00:12:18,009 --> 00:12:23,200

methylated and then it's remap elated

279

00:12:20,590 --> 00:12:25,600

for cell differentiation a little bit

280

00:12:23,200 --> 00:12:29,440

later methylation is completely stripped

281

00:12:25,600 --> 00:12:30,670

again it's remember differentiation and

282

00:12:29,440 --> 00:12:33,730

it's always at the CG

283

00:12:30,669 --> 00:12:35,529

basically the interesting thing about it is

284

00:12:33,730 --> 00:12:37,330

they know now DNA methylation is the

285

00:12:35,529 --> 00:12:40,480

best characterized part of the the

286  
00:12:37,330 --> 00:12:43,060  
epigenome today it's responsible for

287  
00:12:40,480 --> 00:12:46,330  
cellular memory processes and it's

288  
00:12:43,059 --> 00:12:47,949  
heritable and so one of the interesting

289  
00:12:46,330 --> 00:12:49,810  
things about it is that they've tracked

290  
00:12:47,950 --> 00:12:51,610  
it down to the f5 generation now they

291  
00:12:49,809 --> 00:12:58,899  
know it's gone at least five generations

292  
00:12:51,610 --> 00:13:01,899  
now environmental toxins produce epi

293  
00:12:58,899 --> 00:13:03,909  
mutations and so this is an example of

294  
00:13:01,899 --> 00:13:07,929  
an epi mutation down here it's just an

295  
00:13:03,909 --> 00:13:13,719  
irregular form on the pattern of DNA

296  
00:13:07,929 --> 00:13:16,269  
methylation island and that aberration

297  
00:13:13,720 --> 00:13:19,300  
influences genetic expression the

298  
00:13:16,269 --> 00:13:20,620  
expression of DNA so all of these work

299  
00:13:19,299 --> 00:13:23,500  
together and they form the entire

300  
00:13:20,620 --> 00:13:26,759  
epigenome forms a regulatory influence

301  
00:13:23,500 --> 00:13:31,210  
of what the DNA will be expressed

302  
00:13:26,759 --> 00:13:34,870  
without altering DNA structure and so

303  
00:13:31,210 --> 00:13:39,160  
it's turning everything on it's here and

304  
00:13:34,870 --> 00:13:41,649  
research in this regard so it just turns

305  
00:13:39,159 --> 00:13:44,409  
off the wrong genes turns on this and

306  
00:13:41,649 --> 00:13:48,069  
that it's attributed to cancer obesity

307  
00:13:44,409 --> 00:13:51,069  
for example a person can be morbidly

308  
00:13:48,070 --> 00:13:52,780  
obese diet and exercise won't do a darn

309  
00:13:51,070 --> 00:13:54,460  
thing and the reason that person knows

310  
00:13:52,779 --> 00:13:58,139  
beasts is because they have an aberrant

311  
00:13:54,460 --> 00:14:00,460  
methylation pattern plain and simple

312  
00:13:58,139 --> 00:14:03,669  
one researcher I talked to who

313  
00:14:00,460 --> 00:14:05,860  
attributes all diseases except we're not

314

00:14:03,669 --> 00:14:08,049  
except for injury related diseases and

315  
00:14:05,860 --> 00:14:10,090  
infectious diseases attributes all other

316  
00:14:08,049 --> 00:14:15,399  
diseases to aberrant and methylation or

317  
00:14:10,090 --> 00:14:18,610  
epigenomic aberrations now here in terms

318  
00:14:15,399 --> 00:14:22,209  
of this talk the evidence indicates that

319  
00:14:18,610 --> 00:14:25,240  
psychosocial conditions can produce the

320  
00:14:22,210 --> 00:14:27,160  
stress that acts in the same way as an

321  
00:14:25,240 --> 00:14:29,200  
environmental toxin like an

322  
00:14:27,159 --> 00:14:31,959  
environmental poison exhaust fumes

323  
00:14:29,200 --> 00:14:33,910  
produce rapid changes in methylation

324  
00:14:31,960 --> 00:14:35,530  
patterns and so we're not talking about

325  
00:14:33,909 --> 00:14:38,709  
the occasional fight we're talking about

326  
00:14:35,529 --> 00:14:41,149  
a person being in a stressful ongoing

327  
00:14:38,710 --> 00:14:48,920  
situation that could produce an

328  
00:14:41,149 --> 00:14:51,259

mutation which will affect health now

329

00:14:48,919 --> 00:14:52,969

let's shift gears and come at it from

330

00:14:51,259 --> 00:14:54,649

slightly different angles using the same

331

00:14:52,970 --> 00:14:57,019

thing a mindset affecting health and

332

00:14:54,649 --> 00:14:59,389

we'll go into placebo response defined

333

00:14:57,019 --> 00:15:01,399

is a psychological component delivering

334

00:14:59,389 --> 00:15:04,279

a therapeutic effect beyond natural

335

00:15:01,399 --> 00:15:08,539

history and spontaneous regression it is

336

00:15:04,279 --> 00:15:11,059

a restoration of homeo dynamics it's the

337

00:15:08,539 --> 00:15:13,669

same dynamics pertain to nocebo response

338

00:15:11,059 --> 00:15:17,239

where all these some condition produces

339

00:15:13,669 --> 00:15:21,289

a state of ill health or a state of

340

00:15:17,240 --> 00:15:25,460

disease recibo are no responses stem

341

00:15:21,289 --> 00:15:28,730

from active psychosocial processes such

342

00:15:25,460 --> 00:15:30,950

as conditioning and expectation some

343  
00:15:28,730 --> 00:15:32,840  
form of learning and education goes into

344  
00:15:30,950 --> 00:15:35,300  
producing those states of expectancy of

345  
00:15:32,840 --> 00:15:37,580  
those states of conditioning and there

346  
00:15:35,299 --> 00:15:39,169  
as well as being mediated by so

347  
00:15:37,580 --> 00:15:41,629  
psychosocial conditions they're

348  
00:15:39,169 --> 00:15:45,259  
modulated by states of learning and

349  
00:15:41,629 --> 00:15:46,970  
education and so it's affects the

350  
00:15:45,259 --> 00:15:49,250  
internal and external environments where

351  
00:15:46,970 --> 00:15:51,050  
there's psychological conditions and

352  
00:15:49,250 --> 00:15:53,539  
there could be the plaques on the wall

353  
00:15:51,049 --> 00:15:55,549  
which brings us back to Authority so if

354  
00:15:53,539 --> 00:15:57,469  
you're in a doctor's office and they're

355  
00:15:55,549 --> 00:15:59,269  
getting more adept on employing the

356  
00:15:57,470 --> 00:16:01,580  
placebo response as a mode of therapy

357  
00:15:59,269 --> 00:16:03,799  
now the plaques on the wall could very

358  
00:16:01,580 --> 00:16:06,650  
well support and help that position

359  
00:16:03,799 --> 00:16:09,199  
bring his authority his or her authority

360  
00:16:06,649 --> 00:16:15,529  
to bear to Plews the seat up receiver

361  
00:16:09,200 --> 00:16:17,629  
response now they form strong social and

362  
00:16:15,529 --> 00:16:19,879  
individual stereotypes again that's a

363  
00:16:17,629 --> 00:16:20,870  
hallmark of how we're characterizing the

364  
00:16:19,879 --> 00:16:23,689  
bureaucratic mind

365  
00:16:20,870 --> 00:16:25,220  
for example prozac is more effective in

366  
00:16:23,690 --> 00:16:27,500  
the United States than in Western Europe

367  
00:16:25,220 --> 00:16:29,330  
and volume is better in France and

368  
00:16:27,500 --> 00:16:32,659  
Belgium in the US and here's where it

369  
00:16:29,330 --> 00:16:35,480  
gets fun blue pills are better than red

370  
00:16:32,659 --> 00:16:38,480  
pills for tranquilizers placebo type

371

00:16:35,480 --> 00:16:40,430  
pills except for in Italian men who

372  
00:16:38,480 --> 00:16:42,620  
associate blue with the national soccer

373  
00:16:40,429 --> 00:16:47,149  
team so it kind of revs them up a little

374  
00:16:42,620 --> 00:16:49,490  
bit now what's really interesting big

375  
00:16:47,149 --> 00:16:51,860  
farmers really got wind of this they're

376  
00:16:49,490 --> 00:16:52,799  
studying it quite hard and all of this

377  
00:16:51,860 --> 00:16:54,899  
goes in

378  
00:16:52,799 --> 00:16:57,419  
the geography of clinical trials

379  
00:16:54,899 --> 00:16:59,990  
selection to enhance the success rate of

380  
00:16:57,419 --> 00:16:59,990  
their trial

381  
00:17:07,609 --> 00:17:11,818  
so mine meaning in the violent the

382  
00:17:09,959 --> 00:17:14,519  
pre-brew the placebo response has been

383  
00:17:11,818 --> 00:17:16,500  
turned to meaning response meaning is

384  
00:17:14,519 --> 00:17:18,929  
learned I tend to look at the placebo

385  
00:17:16,500 --> 00:17:22,288

response as a learned response and

386

00:17:18,929 --> 00:17:24,120

meaning being part of that but if you

387

00:17:22,288 --> 00:17:26,068

remember that search your meaning it's

388

00:17:24,119 --> 00:17:28,438

not only part of the bureaucratic

389

00:17:26,068 --> 00:17:32,970

mindset it's also part of Maslow's

390

00:17:28,439 --> 00:17:34,590

hierarchy so the placebo response has

391

00:17:32,970 --> 00:17:37,399

now been validated by science and

392

00:17:34,589 --> 00:17:39,808

mainstream literature what's happening

393

00:17:37,398 --> 00:17:41,609

more people are becoming aware of it

394

00:17:39,808 --> 00:17:43,678

more people who begin educating to it

395

00:17:41,609 --> 00:17:46,378

enrolling that in a trial has an

396

00:17:43,679 --> 00:17:48,330

automatic effect if you think if the

397

00:17:46,378 --> 00:17:50,459

trial subject thinks they are in the

398

00:17:48,329 --> 00:17:54,990

placebo group they are going to have a

399

00:17:50,460 --> 00:17:56,700

better response while taking placebo the

400

00:17:54,990 --> 00:18:00,419  
placebo response and trials is

401

00:17:56,700 --> 00:18:02,580  
increasing and what is really

402

00:18:00,419 --> 00:18:06,028  
interesting is that even if you're being

403

00:18:02,579 --> 00:18:07,308  
told you're given placebo it doesn't

404

00:18:06,028 --> 00:18:09,778  
matter you're going to respond

405

00:18:07,308 --> 00:18:12,359  
therapeutically to being told you're

406

00:18:09,778 --> 00:18:15,359  
only being given placebo because people

407

00:18:12,359 --> 00:18:16,829  
know of the power behind placebo now so

408

00:18:15,359 --> 00:18:19,979  
we get into the problem of metrics that

409

00:18:16,829 --> 00:18:22,558  
we talked about briefly it's like an

410

00:18:19,980 --> 00:18:26,399  
it's a frontier field in terms of Bill

411

00:18:22,558 --> 00:18:29,099  
bangtan's project the idea it might

412

00:18:26,398 --> 00:18:30,959  
produce an avenue of inquiry examine a

413

00:18:29,099 --> 00:18:33,359  
psychological posture his for the

414  
00:18:30,960 --> 00:18:35,340  
healers posture in relation to in turn

415  
00:18:33,359 --> 00:18:38,469  
intentionality and how these parlay into

416  
00:18:35,339 --> 00:18:41,079  
healing so the our Institute is then

417  
00:18:38,470 --> 00:18:42,909  
our b-tree labs with John McMichael

418  
00:18:41,079 --> 00:18:45,819  
addressed yesterday is approaching the

419  
00:18:42,909 --> 00:18:47,980  
problem of the ax bioenergy and so

420  
00:18:45,819 --> 00:18:49,808  
personally I know this is we're all in

421  
00:18:47,980 --> 00:18:52,298  
this one is I think Bill enters a

422  
00:18:49,808 --> 00:18:55,000  
meditative state we've already dealt

423  
00:18:52,298 --> 00:18:58,480  
with that he emits depending upon how

424  
00:18:55,000 --> 00:19:00,400  
you model it he emits a homeo dynamic

425  
00:18:58,480 --> 00:19:02,860  
signal that produces the healing court

426  
00:19:00,400 --> 00:19:05,288  
his consciousness and a psychological

427  
00:19:02,859 --> 00:19:08,979  
homeo dynamic state is read by the

428

00:19:05,288 --> 00:19:11,288  
Healey self-selects what is required out

429  
00:19:08,980 --> 00:19:13,720  
of that broadband signal and the healing

430  
00:19:11,288 --> 00:19:15,908  
occurs so that brings us into modeling

431  
00:19:13,720 --> 00:19:17,740  
which is an effect of the bureaucratic

432  
00:19:15,909 --> 00:19:20,740  
mind and produces the bureaucratic money

433  
00:19:17,740 --> 00:19:23,620  
and given that I have 30 seconds left

434  
00:19:20,740 --> 00:19:24,690  
we'll end it there so it ends I'd like

435  
00:19:23,619 --> 00:19:30,169  
to contribute

436  
00:19:24,690 --> 00:19:32,519  
[Applause]

437  
00:19:30,170 --> 00:19:34,880  
thank you ken you ended it definitely

438  
00:19:32,519 --> 00:19:39,389  
early so we'll bring some people up

439  
00:19:34,880 --> 00:19:41,820  
Julie really really interesting thank

440  
00:19:39,390 --> 00:19:43,759  
you did you see my presentation pardon

441  
00:19:41,819 --> 00:19:46,379  
me did you see my presentation and I

442  
00:19:43,759 --> 00:19:48,799

enjoyed it okay because I have a

443

00:19:46,380 --> 00:19:51,110

question relates in the mainstream

444

00:19:48,799 --> 00:19:53,940

literature this connection between

445

00:19:51,109 --> 00:19:57,839

childhood trauma and physical disease

446

00:19:53,940 --> 00:20:01,529

they their proposed mechanism is a

447

00:19:57,839 --> 00:20:03,359

trauma creates risky behaviors so the

448

00:20:01,529 --> 00:20:05,730

people become alcoholic and they you

449

00:20:03,359 --> 00:20:08,219

know they take risks do you think I

450

00:20:05,730 --> 00:20:10,339

don't think that it at all do you think

451

00:20:08,220 --> 00:20:13,259

that it could be this epigenetic

452

00:20:10,339 --> 00:20:15,889

methylation that's that's turning trauma

453

00:20:13,259 --> 00:20:20,609

into disease based on what I've read I

454

00:20:15,890 --> 00:20:23,040

would say why not yeah if you have it's

455

00:20:20,609 --> 00:20:25,289

rooted in a physiology now and it brings

456

00:20:23,039 --> 00:20:27,240

in things such as you addressed and it's

457  
00:20:25,289 --> 00:20:29,579  
relating that the things such as obesity

458  
00:20:27,240 --> 00:20:31,079  
such as cancer that who heretofore

459  
00:20:29,579 --> 00:20:33,389  
banned thought have occurred from all

460  
00:20:31,079 --> 00:20:36,329  
these different variations and are going

461  
00:20:33,390 --> 00:20:40,380  
because a person inherited an epi

462  
00:20:36,329 --> 00:20:42,569  
mutation that inheritance produced the

463  
00:20:40,380 --> 00:20:44,730  
disease no matter the structure of their

464  
00:20:42,569 --> 00:20:47,599  
actual DNA so I think it's really

465  
00:20:44,730 --> 00:20:50,519  
fascinating I would say yeah yeah

466  
00:20:47,599 --> 00:20:52,139  
because it's the psychological event and

467  
00:20:50,519 --> 00:20:54,480  
it's creating this physical thing so

468  
00:20:52,140 --> 00:20:56,520  
there has to be something physical and I

469  
00:20:54,480 --> 00:20:59,519  
never I didn't have an idea but I think

470  
00:20:56,519 --> 00:21:02,129  
it might indeed be that methylation so

471  
00:20:59,519 --> 00:21:06,990  
thank you so much you you made my link

472  
00:21:02,130 --> 00:21:09,510  
in my hypothesis go for it yes sir yes

473  
00:21:06,990 --> 00:21:11,220  
I'm an organizational sociologist

474  
00:21:09,509 --> 00:21:13,769  
and basically have spent a fair amount

475  
00:21:11,220 --> 00:21:15,839  
of my adult life concentrating on the

476  
00:21:13,769 --> 00:21:18,329  
organizational climate and I

477  
00:21:15,839 --> 00:21:19,740  
distinguished three the one you're

478  
00:21:18,329 --> 00:21:22,439  
mostly talking about it's what I call a

479  
00:21:19,740 --> 00:21:24,539  
pathological climate it's typically

480  
00:21:22,440 --> 00:21:27,600  
characterized by leaders whose number

481  
00:21:24,539 --> 00:21:32,009  
one interest is feathering their own

482  
00:21:27,599 --> 00:21:34,490  
nest a pathological climate is often

483  
00:21:32,009 --> 00:21:36,140  
what people refer to as a toxic climate

484  
00:21:34,490 --> 00:21:41,089  
that's a wonderful book on this is

485

00:21:36,140 --> 00:21:42,920  
called the no asshole policy it's really

486  
00:21:41,089 --> 00:21:46,639  
interesting the second one the

487  
00:21:42,920 --> 00:21:48,350  
bureaucratic climate has effects that

488  
00:21:46,640 --> 00:21:50,030  
are intermediate between that and the

489  
00:21:48,349 --> 00:21:54,319  
other one what I call a generative

490  
00:21:50,029 --> 00:21:57,950  
climate so I will give you a paper that

491  
00:21:54,319 --> 00:21:59,029  
I wrote I have some papers on this but

492  
00:21:57,950 --> 00:22:01,069  
the interesting thing is that

493  
00:21:59,029 --> 00:22:02,119  
pathological climates typically produce

494  
00:22:01,069 --> 00:22:05,089  
physical illness

495  
00:22:02,119 --> 00:22:08,119  
I mean people literally get sick on the

496  
00:22:05,089 --> 00:22:10,789  
way to work that's how you know you have

497  
00:22:08,119 --> 00:22:12,109  
a toxic environment yeah it was one of

498  
00:22:10,789 --> 00:22:14,839  
my students who told me that his father

499  
00:22:12,109 --> 00:22:16,490

was an auto worker basically had

500

00:22:14,839 --> 00:22:18,079

terrible problems just driving to work

501

00:22:16,490 --> 00:22:19,429

because he was so afraid of what was

502

00:22:18,079 --> 00:22:21,799

going to happen during the day a

503

00:22:19,429 --> 00:22:23,720

generative climate tends to produce the

504

00:22:21,799 --> 00:22:25,279

opposite response people are excited

505

00:22:23,720 --> 00:22:27,110

about the work they do they're

506

00:22:25,279 --> 00:22:29,299

interested they're energized and so

507

00:22:27,109 --> 00:22:30,500

forth it's not terribly surprising that

508

00:22:29,299 --> 00:22:32,659

many of the high performance

509

00:22:30,500 --> 00:22:35,630

organizations have a generative climate

510

00:22:32,660 --> 00:22:37,519

and I did a big study of the China Lake

511

00:22:35,630 --> 00:22:39,410

naval weapons center which interesting

512

00:22:37,519 --> 00:22:41,539

enough had extraordinary generative

513

00:22:39,410 --> 00:22:43,190

climate so if you're interested in this

514  
00:22:41,539 --> 00:22:44,928  
I'll give you a paper but anybody else

515  
00:22:43,190 --> 00:22:47,210  
is instan I've got charts and things

516  
00:22:44,929 --> 00:22:48,800  
like that ok I'm very interested thank

517  
00:22:47,210 --> 00:22:50,870  
you for the paper and be thank you for

518  
00:22:48,799 --> 00:22:53,599  
presenting the flipside to the ill

519  
00:22:50,869 --> 00:22:55,279  
health partner yeah well but I see that

520  
00:22:53,599 --> 00:22:57,109  
that the thing is did you go from

521  
00:22:55,279 --> 00:22:59,599  
pathological to generative there's a

522  
00:22:57,109 --> 00:23:03,279  
huge range of responses that are all

523  
00:22:59,599 --> 00:23:03,279  
apparently all correlated yeah

524  
00:23:07,430 --> 00:23:14,720  
oh yes so I've to two comments one I'd

525  
00:23:12,259 --> 00:23:17,359  
like to hear a little bit more about the

526  
00:23:14,720 --> 00:23:21,589  
environmental toxins in the in the DNA

527  
00:23:17,359 --> 00:23:23,209  
and secondly even I found an old Journal

528  
00:23:21,589 --> 00:23:25,519  
article talking about from a French

529  
00:23:23,210 --> 00:23:28,490  
journal about 200 years ago talked about

530  
00:23:25,519 --> 00:23:29,599  
legal medicine and 50 years ago a Cuban

531  
00:23:28,490 --> 00:23:32,599  
was saying well when you get to two

532  
00:23:29,599 --> 00:23:34,009  
together disaster results and so

533  
00:23:32,599 --> 00:23:36,559  
somebody preceded you on that one

534  
00:23:34,009 --> 00:23:37,970  
I appreciate that in terms of the

535  
00:23:36,559 --> 00:23:38,710  
environmental toxins that's very

536  
00:23:37,970 --> 00:23:41,240  
interesting

537  
00:23:38,710 --> 00:23:44,480  
BPA's the chemicals that go into making

538  
00:23:41,240 --> 00:23:46,609  
all kinds of plastic leech they Lita's

539  
00:23:44,480 --> 00:23:49,960  
into the water so if you buy a bottle of

540  
00:23:46,609 --> 00:23:52,879  
water you're getting BPA's they are

541  
00:23:49,960 --> 00:23:55,640  
firmly established to producing

542

00:23:52,880 --> 00:23:59,920  
epimutations they have the research

543  
00:23:55,640 --> 00:24:02,360  
relating BPA's to cancer is extensive

544  
00:23:59,920 --> 00:24:05,210  
there has been studies that show by

545  
00:24:02,359 --> 00:24:09,259  
driving in heavily exhaust areas on the

546  
00:24:05,210 --> 00:24:10,970  
road within seven days your methylation

547  
00:24:09,259 --> 00:24:17,750  
patterns will change to an aberrant

548  
00:24:10,970 --> 00:24:20,299  
profile the there's an assortment of

549  
00:24:17,750 --> 00:24:22,759  
toxins their environment fuel so if you

550  
00:24:20,299 --> 00:24:24,980  
ran an airport you're exposing yourself

551  
00:24:22,759 --> 00:24:27,559  
that is known and documented to produce

552  
00:24:24,980 --> 00:24:29,839  
a few mutations so it is kind of a

553  
00:24:27,559 --> 00:24:32,179  
horrible thing and that goes hand in

554  
00:24:29,839 --> 00:24:38,179  
hand with global warming which again

555  
00:24:32,180 --> 00:24:41,210  
doesn't occur the and so the the remedy

556  
00:24:38,180 --> 00:24:43,519

to that one remedy for the psychological

557

00:24:41,210 --> 00:24:46,100

state they all work together as was

558

00:24:43,519 --> 00:24:48,019

pointed out is meditation because

559

00:24:46,099 --> 00:24:50,539

meditation goes into its Addie

560

00:24:48,019 --> 00:24:52,700

automatisation response which by its

561

00:24:50,539 --> 00:24:57,430

very nature interdict the bureaucratic

562

00:24:52,700 --> 00:25:00,830

mind kind of influence eat green leafy

563

00:24:57,430 --> 00:25:02,600

vegetables that's the single best thing

564

00:25:00,829 --> 00:25:05,839

you can do to help establish good DNA

565

00:25:02,599 --> 00:25:07,399

methylation patterns and the other thing

566

00:25:05,839 --> 00:25:08,919

is work to have things such as

567

00:25:07,400 --> 00:25:12,700

environmental pollution

568

00:25:08,920 --> 00:25:15,940

because it's it is clearly an adverse

569

00:25:12,700 --> 00:25:17,809

physiologic event of those events thank

570

00:25:15,940 --> 00:25:22,049

you very much

571

00:25:17,809 --> 00:25:22,049

[Applause]