



DR. BRUCE LIPTON

THE BIOLOGY OF BELIEF, SELF-HEALING, & EPIGENETICS

PRESENTED BY THE HIGHERSIDE CHATS

1  
00:00:07,130 --> 00:00:03,849

[Music]

2  
00:00:08,930 --> 00:00:07,140

the plan is surfing masters almost

3  
00:00:11,270 --> 00:00:08,940

surely have a plan

4  
00:00:15,369 --> 00:00:11,280

this clearly made me something there

5  
00:00:21,589 --> 00:00:19,070

testicles just in time the more you

6  
00:00:25,689 --> 00:00:21,599

think you know the less you have you do

7  
00:00:30,950 --> 00:00:25,699

that's true dr. Zaius where would we be

8  
00:00:34,869 --> 00:00:30,960

without because we know that I do

9  
00:00:38,620 --> 00:00:36,470

without me

10  
00:00:42,840 --> 00:00:38,630

[Applause]

11  
00:00:47,860 --> 00:00:45,880

all right higher side shatters we've all

12  
00:00:49,719 --> 00:00:47,870

heard New Age gurus and alternative

13  
00:00:51,849 --> 00:00:49,729

health practitioners preaching the power

14

00:00:54,040 --> 00:00:51,859

of positive thinking saying that illness

15

00:00:55,840 --> 00:00:54,050

is nothing but dis ease in the vessel we

16

00:00:57,759 --> 00:00:55,850

call the body and that would increase

17

00:00:59,439 --> 00:00:57,769

development of the minds deepest depths

18

00:01:01,180 --> 00:00:59,449

we can we'll our way back to health and

19

00:01:03,430 --> 00:01:01,190

manifest realities we never thought

20

00:01:05,259 --> 00:01:03,440

possible well a lot of people might

21

00:01:07,359 --> 00:01:05,269

write these ideas off as silliness but

22

00:01:09,190 --> 00:01:07,369

today's guest insists it's science

23

00:01:11,620 --> 00:01:09,200

people and I think he makes one of the

24

00:01:13,419 --> 00:01:11,630

best cases of anyone I've heard dr.

25

00:01:14,950 --> 00:01:13,429

Bruce Lipton has been internationally

26  
00:01:16,690 --> 00:01:14,960  
recognized as a leading expert in

27  
00:01:18,669 --> 00:01:16,700  
rebuilding the bridge between science

28  
00:01:20,980 --> 00:01:18,679  
and spirit against the best wishes a big

29  
00:01:22,960 --> 00:01:20,990  
pharma and the medical cartel milking

30  
00:01:24,999 --> 00:01:22,970  
man for those almighty dollars because

31  
00:01:26,649 --> 00:01:25,009  
of the course of dr. Lipton's research

32  
00:01:28,809 --> 00:01:26,659  
career where he started as a cell

33  
00:01:30,249 --> 00:01:28,819  
biologist he's made multiple discoveries

34  
00:01:32,199 --> 00:01:30,259  
that validate these alternative

35  
00:01:34,210 --> 00:01:32,209  
perspectives and turn what we know about

36  
00:01:35,710 --> 00:01:34,220  
health happiness and reality itself

37  
00:01:37,600 --> 00:01:35,720  
upside down

38  
00:01:39,639 --> 00:01:37,610

he's been diving deeper into the work

39

00:01:41,680 --> 00:01:39,649

since the early 80s having spent years

40

00:01:43,330 --> 00:01:41,690

at Stanford School of Medicine he's also

41

00:01:45,279 --> 00:01:43,340

written several books about his work

42

00:01:47,800 --> 00:01:45,289

including the best-selling biology of

43

00:01:49,059 --> 00:01:47,810

belief and the honeymoon effect and his

44

00:01:51,639 --> 00:01:49,069

work can be considered a serious

45

00:01:53,979 --> 00:01:51,649

precursor to today's trendy field known

46

00:01:55,690 --> 00:01:53,989

as epigenetics a brilliant guy I feel

47

00:01:58,300 --> 00:01:55,700

lucky to spend even just one hour

48

00:02:01,180 --> 00:01:58,310

talking with dr. Bruce Lipton welcome to

49

00:02:03,160 --> 00:02:01,190

the higher side Greg I'm excited to be

50

00:02:04,719 --> 00:02:03,170

here with you and I especially I'm happy

51  
00:02:07,630 --> 00:02:04,729  
that we have such a wonderful audience

52  
00:02:10,029 --> 00:02:07,640  
of open-minded people ready to listen to

53  
00:02:13,869 --> 00:02:10,039  
some new and I would say very self

54  
00:02:16,330 --> 00:02:13,879  
empowering ideas about how biology life

55  
00:02:19,030 --> 00:02:16,340  
and spirituality are all intertwined oh

56  
00:02:20,830 --> 00:02:19,040  
for sure amen man and thanks for being

57  
00:02:22,479 --> 00:02:20,840  
here I do find your work super

58  
00:02:24,580 --> 00:02:22,489  
interesting some of the most convincing

59  
00:02:26,290 --> 00:02:24,590  
stuff when it comes to breaking down the

60  
00:02:28,720 --> 00:02:26,300  
hidden truths about that mind-body

61  
00:02:31,149 --> 00:02:28,730  
connection and our power over our health

62  
00:02:33,250 --> 00:02:31,159  
as opposed to the mainstream paradigm

63  
00:02:34,540 --> 00:02:33,260

that says your genes are your genes and

64

00:02:36,309 --> 00:02:34,550

you can't really do much about what

65

00:02:37,809 --> 00:02:36,319

happens to you and I know we only have

66

00:02:39,520 --> 00:02:37,819

an hour so I don't want you to have to

67

00:02:41,080 --> 00:02:39,530

rehash the things you've said a thousand

68

00:02:42,910 --> 00:02:41,090

times too much but in the interest of

69

00:02:44,290 --> 00:02:42,920

leaving no man behind can you elaborate

70

00:02:46,390 --> 00:02:44,300

on some of the major misconceptions

71

00:02:48,940 --> 00:02:46,400

about health and life that you're

72

00:02:50,470 --> 00:02:48,950

working to correct well absolutely I

73

00:02:52,720 --> 00:02:50,480

mean the main thing that you've already

74

00:02:53,830 --> 00:02:52,730

bridged is the concept that we have been

75

00:02:56,770 --> 00:02:53,840

programmed with a belief

76

00:02:59,620 --> 00:02:56,780

that our lives are under the control of

77

00:03:01,870 --> 00:02:59,630

our genes meaning that we give genes to

78

00:03:03,520 --> 00:03:01,880

character like they can turn on and they

79

00:03:05,800 --> 00:03:03,530

can turn off so people frequently say

80

00:03:08,410 --> 00:03:05,810

yeah a cancer gene turned on or

81

00:03:12,780 --> 00:03:08,420

something like that it's like this is so

82

00:03:15,370 --> 00:03:12,790

much BS that it really is time for

83

00:03:20,170 --> 00:03:15,380

coming to truth and a truth exists a

84

00:03:22,300 --> 00:03:20,180

gene is actually just a blueprint to

85

00:03:25,180 --> 00:03:22,310

make a building block of the body called

86

00:03:27,250 --> 00:03:25,190

a protein so the cells that make up our

87

00:03:29,800 --> 00:03:27,260

body are built out of components called

88

00:03:31,570 --> 00:03:29,810

proteins and proteins are very complex

89

00:03:33,280 --> 00:03:31,580

molecules are about a hundred thousand

90

00:03:36,100 --> 00:03:33,290

different kinds of proteins the question

91

00:03:37,420 --> 00:03:36,110

is where does a protein molecule come

92

00:03:40,000 --> 00:03:37,430

from I mean just doesn't come out of

93

00:03:42,789 --> 00:03:40,010

thin air the significance is that this

94

00:03:46,270 --> 00:03:42,799

is where the DNA comes in the DNA

95

00:03:50,710 --> 00:03:46,280

represents a molecular blueprint a

96

00:03:53,229 --> 00:03:50,720

linear blueprint to create a protein why

97

00:03:56,410 --> 00:03:53,239

is this relevant because look it is just

98

00:03:58,509 --> 00:03:56,420

a blueprint and the emphasis on that is

99

00:04:00,580 --> 00:03:58,519

to try to consider it this way you go

100

00:04:02,530 --> 00:04:00,590

into an architect's office and she's

101  
00:04:04,930 --> 00:04:02,540  
working on a blueprint you lean over a

102  
00:04:08,050 --> 00:04:04,940  
shoulder and you ask hey is your

103  
00:04:09,580 --> 00:04:08,060  
blueprint on a rock and then she'll look

104  
00:04:11,770 --> 00:04:09,590  
at you like what are you crazy it's a

105  
00:04:15,910 --> 00:04:11,780  
blueprint there's no on and off - a

106  
00:04:18,520 --> 00:04:15,920  
blueprint precisely this is the point we

107  
00:04:21,420 --> 00:04:18,530  
have given the character of DNA to

108  
00:04:23,890 --> 00:04:21,430  
possess what is called

109  
00:04:27,550 --> 00:04:23,900  
self-actualization what that really

110  
00:04:30,969 --> 00:04:27,560  
means is we give DNA an ability to turn

111  
00:04:33,879 --> 00:04:30,979  
itself on and off the fact is this genes

112  
00:04:36,190 --> 00:04:33,889  
do not turn on and off genes are just as

113  
00:04:38,409 --> 00:04:36,200

I said blueprints what we left out of

114

00:04:41,020 --> 00:04:38,419

the equation and now has come back into

115

00:04:42,570 --> 00:04:41,030

the story is that yes we have blueprints

116

00:04:45,670 --> 00:04:42,580

but more importantly there's a

117

00:04:47,860 --> 00:04:45,680

contractor who reads and selects the

118

00:04:49,450 --> 00:04:47,870

blueprints and modifies the blueprints

119

00:04:51,700 --> 00:04:49,460

and what we've been focusing on the

120

00:04:55,000 --> 00:04:51,710

blueprints we've left out of the story

121

00:04:57,580 --> 00:04:55,010

completely the so-called contractor who

122

00:04:59,980 --> 00:04:57,590

was actually in charge of reading the

123

00:05:02,170 --> 00:04:59,990

genes and actually even rewriting the

124

00:05:04,810 --> 00:05:02,180

genes so now of course the big question

125

00:05:07,559 --> 00:05:04,820

and who or what the heck is this

126

00:05:10,409 --> 00:05:07,569

contractor and this is the excited

127

00:05:12,899 --> 00:05:10,419

part that led me into a whole new world

128

00:05:15,329 --> 00:05:12,909

of understanding the nature of biology

129

00:05:18,389 --> 00:05:15,339

and medicine I used to be a professor in

130

00:05:20,129 --> 00:05:18,399

the medical school and in my position in

131

00:05:22,799 --> 00:05:20,139

that medical school teaching about the

132

00:05:24,149 --> 00:05:22,809

nature of histology cells tissues and

133

00:05:26,399 --> 00:05:24,159

how they work

134

00:05:28,739 --> 00:05:26,409

I was relaying to the students that

135

00:05:30,379 --> 00:05:28,749

conventional belief yes genes turn on

136

00:05:32,519 --> 00:05:30,389

and off and control the physical

137

00:05:36,629 --> 00:05:32,529

behavioral and emotional characteristics

138

00:05:37,469 --> 00:05:36,639

of the biology of an organism why is

139

00:05:40,709 --> 00:05:37,479

that relevant

140

00:05:42,989 --> 00:05:40,719

well if genes are controlling these

141

00:05:45,689 --> 00:05:42,999

characteristics and recognizes simple

142

00:05:48,299 --> 00:05:45,699

fact as far as we know we didn't pick

143

00:05:50,159 --> 00:05:48,309

the genes that we came with and if we

144

00:05:52,339 --> 00:05:50,169

don't like the characteristics of our

145

00:05:54,239 --> 00:05:52,349

life and we realize oh my god these are

146

00:05:57,839 --> 00:05:54,249

characteristics are out of my control

147

00:05:59,279 --> 00:05:57,849

because the genes are doing this what

148

00:06:01,019 --> 00:05:59,289

does that lead us to just I mean

149

00:06:04,049 --> 00:06:01,029

consciously what does it represent it

150

00:06:05,850 --> 00:06:04,059

says you are a victim a victim of your

151

00:06:08,070 --> 00:06:05,860

heredity if there's cancer or

152

00:06:11,159 --> 00:06:08,080

Alzheimer's or diabetes running in your

153

00:06:13,290 --> 00:06:11,169

family there is the popular conception

154

00:06:15,659 --> 00:06:13,300

that oh if I have those genes running in

155

00:06:19,079 --> 00:06:15,669

my family then I will be a victim of

156

00:06:21,749 --> 00:06:19,089

those genes and so I am powerless the

157

00:06:25,409 --> 00:06:21,759

genes run over me I don't control the

158

00:06:27,089 --> 00:06:25,419

genes well teaching this this medical

159

00:06:29,969 --> 00:06:27,099

students and of course the public has

160

00:06:31,799 --> 00:06:29,979

been imbued with this philosophy since

161

00:06:34,079 --> 00:06:31,809

they were in grade school where the idea

162

00:06:36,719 --> 00:06:34,089

of genes even came into the story we

163

00:06:38,850 --> 00:06:36,729

have a whole population believing their

164

00:06:41,879 --> 00:06:38,860

victims meaning that they're powerless

165

00:06:45,509 --> 00:06:41,889

that their heredity their genes their

166

00:06:48,929 --> 00:06:45,519

DNA are controlling them and they cannot

167

00:06:51,600 --> 00:06:48,939

control the DNA which means once you own

168

00:06:55,019 --> 00:06:51,610

that powerlessness and you perceive

169

00:06:58,109 --> 00:06:55,029

yourself as a victim what you seek is a

170

00:07:00,209 --> 00:06:58,119

rescuer who in the world can help me

171

00:07:00,659 --> 00:07:00,219

because I am the victim and then all of

172

00:07:03,179 --> 00:07:00,669

a sudden

173

00:07:05,639 --> 00:07:03,189

voilà steps in the pharmaceutical

174

00:07:08,219 --> 00:07:05,649

industry and says Here I am I will help

175

00:07:10,769 --> 00:07:08,229

you with anything I have all these drugs

176

00:07:14,249 --> 00:07:10,779

that are going to control those genes

177

00:07:17,610 --> 00:07:14,259

and the problem about that is being the

178

00:07:21,750 --> 00:07:17,620

victim means you give up control of your

179

00:07:23,850 --> 00:07:21,760

life you give it up and then you buy

180

00:07:26,130 --> 00:07:23,860

the advice of some people who presumably

181

00:07:29,340 --> 00:07:26,140

are the ones who will control your life

182

00:07:32,880 --> 00:07:29,350

with their practice their drugs etc this

183

00:07:35,310 --> 00:07:32,890

holds idea is completely false we now

184

00:07:37,560 --> 00:07:35,320

know the new science and the new science

185

00:07:41,280 --> 00:07:37,570

which I was pioneering in back in

186

00:07:43,440 --> 00:07:41,290

actually in 1967 my research revealed

187

00:07:46,020 --> 00:07:43,450

the nature of the new science and it

188

00:07:49,470 --> 00:07:46,030

took almost 30 years before that new

189

00:07:51,630 --> 00:07:49,480

science became actually a real field of

190

00:07:54,720 --> 00:07:51,640

science called epigenetics I say okay

191

00:07:56,550 --> 00:07:54,730

wait epigenetics sounds like genetics I

192

00:07:58,140 --> 00:07:56,560

go yeah sounds like genetics but it's a

193

00:08:02,330 --> 00:07:58,150

revolution and here's where the

194

00:08:04,560 --> 00:08:02,340

difference is conventional understanding

195

00:08:07,560 --> 00:08:04,570

recognizes something we called genetic

196

00:08:10,410 --> 00:08:07,570

control literally I just means control

197

00:08:12,840 --> 00:08:10,420

by Jane just my life is under genetic

198

00:08:14,640 --> 00:08:12,850

control my life is controlled by genes

199

00:08:17,700 --> 00:08:14,650

that's what most people are walking

200

00:08:20,490 --> 00:08:17,710

around with today is that knowledge but

201  
00:08:23,220 --> 00:08:20,500  
this is now false now we now recognize

202  
00:08:25,440 --> 00:08:23,230  
it genes are not self actualizing not

203  
00:08:28,170 --> 00:08:25,450  
able to control their own activity their

204  
00:08:31,510 --> 00:08:28,180  
expression behavior there's a new

205  
00:08:33,610 --> 00:08:31,520  
science for this is called epigenetics

206  
00:08:35,500 --> 00:08:33,620  
Oh sounds like genetics I said what's

207  
00:08:39,149 --> 00:08:35,510  
the difference and here's the profound

208  
00:08:43,300 --> 00:08:39,159  
difference Greg this is it epi means

209  
00:08:45,400 --> 00:08:43,310  
above so if I say genetic control this

210  
00:08:47,889 --> 00:08:45,410  
means control by genes but if I say

211  
00:08:50,910 --> 00:08:47,899  
epigenetic control it's a revolution and

212  
00:08:55,290 --> 00:08:50,920  
the reason is epigenetic control

213  
00:08:58,510 --> 00:08:55,300

literally means control above the genes

214

00:09:01,930 --> 00:08:58,520

no there's a control above the genes

215

00:09:05,980 --> 00:09:01,940

what control is that the mind the mind

216

00:09:08,620 --> 00:09:05,990

is the controlling factor that regulates

217

00:09:11,769 --> 00:09:08,630

and controls the activity of our genes

218

00:09:14,860 --> 00:09:11,779

and the reason why this becomes totally

219

00:09:18,579 --> 00:09:14,870

important is it now understood is that

220

00:09:21,670 --> 00:09:18,589

it's the environment and our perception

221

00:09:24,880 --> 00:09:21,680

of the environment that activate and

222

00:09:27,610 --> 00:09:24,890

control genes relevance is profound and

223

00:09:29,019 --> 00:09:27,620

that is this if it's the environment in

224

00:09:30,730 --> 00:09:29,029

our perception of the environment that

225

00:09:32,710 --> 00:09:30,740

controls our genes and recognize that

226

00:09:35,110 --> 00:09:32,720

will we have the power to change the

227

00:09:37,420 --> 00:09:35,120

environment we have the power to change

228

00:09:39,250 --> 00:09:37,430

our perception of the environment and

229

00:09:40,930 --> 00:09:39,260

all the sudden that says well if we're

230

00:09:44,470 --> 00:09:40,940

the ones that have that power over a

231

00:09:47,440 --> 00:09:44,480

gene temperature we're not victims we

232

00:09:50,980 --> 00:09:47,450

are masters we have the ability to

233

00:09:54,370 --> 00:09:50,990

control our genes based on the action of

234

00:09:57,160 --> 00:09:54,380

the mind why would that be and the

235

00:09:59,170 --> 00:09:57,170

answer is simply this nature can't

236

00:10:02,079 --> 00:09:59,180

predict what's going to happen in the

237

00:10:05,050 --> 00:10:02,089

world in the environment before a person

238

00:10:07,540 --> 00:10:05,060

is even born even when they're just a

239

00:10:10,560 --> 00:10:07,550

primitive sperm and egg before they even

240

00:10:13,000 --> 00:10:10,570

come together how can nature prepare a

241

00:10:15,490 --> 00:10:13,010

biological organism to live in a world

242

00:10:17,290 --> 00:10:15,500

that that world isn't understood or

243

00:10:20,230 --> 00:10:17,300

won't be understood until it happens

244

00:10:23,380 --> 00:10:20,240

meaning it unfolds I can't tell you if

245

00:10:26,079 --> 00:10:23,390

sperm and egg are coming together today

246

00:10:28,720 --> 00:10:26,089

realize that they were created in their

247

00:10:31,060 --> 00:10:28,730

parents the eggs are for sure were

248

00:10:33,730 --> 00:10:31,070

created in the mother at the time of her

249

00:10:36,430 --> 00:10:33,740

birth and she's not going to be able to

250

00:10:38,260 --> 00:10:36,440

use those eggs until after she reaches

251  
00:10:41,980 --> 00:10:38,270  
sexual maturity which means anywhere

252  
00:10:44,650 --> 00:10:41,990  
from 14 15 18 years of age or something

253  
00:10:45,500 --> 00:10:44,660  
like that why is it relevant well how

254  
00:10:48,530 --> 00:10:45,510  
can nature

255  
00:10:51,259 --> 00:10:48,540  
prepare the genetics of an organism to

256  
00:10:53,360 --> 00:10:51,269  
live in an environment 18 or so years

257  
00:10:55,100 --> 00:10:53,370  
before that environment shows up and the

258  
00:10:56,949 --> 00:10:55,110  
point is well Nature can't do that

259  
00:11:01,280 --> 00:10:56,959  
there's no idea what's going to happen

260  
00:11:03,850 --> 00:11:01,290  
nature is able to adjust the genetic

261  
00:11:06,769 --> 00:11:03,860  
activity of the child as it's developing

262  
00:11:09,680 --> 00:11:06,779  
because it's at that time of development

263  
00:11:11,870 --> 00:11:09,690

that this fetus is going to get ready to

264

00:11:13,939 --> 00:11:11,880

come into the world and the point is

265

00:11:16,490 --> 00:11:13,949

well what's the world like that's the

266

00:11:18,800 --> 00:11:16,500

time of this this birth and the answer

267

00:11:21,110 --> 00:11:18,810

is you can't predict so nature is

268

00:11:23,990 --> 00:11:21,120

created up at genetics a mechanism that

269

00:11:27,350 --> 00:11:24,000

says the environmental conditions at the

270

00:11:30,110 --> 00:11:27,360

time are the factors that control our

271

00:11:33,350 --> 00:11:30,120

genetics as environment changes we

272

00:11:36,050 --> 00:11:33,360

change our genetic activity to adapt to

273

00:11:38,269 --> 00:11:36,060

an environment so basically says our

274

00:11:41,230 --> 00:11:38,279

belief that we've been programmed with

275

00:11:43,850 --> 00:11:41,240

that our genes are forecasting our

276

00:11:46,550 --> 00:11:43,860

physical behavior and emotional future

277

00:11:48,500 --> 00:11:46,560

the sort of like pre program that belief

278

00:11:51,620 --> 00:11:48,510

is false because the program is

279

00:11:54,439 --> 00:11:51,630

adjustable day by day in fact in a

280

00:11:56,559 --> 00:11:54,449

recent study on meditation they looked

281

00:12:00,110 --> 00:11:56,569

at genes controlling some inflammatory

282

00:12:02,389 --> 00:12:00,120

aspects of the immune system before the

283

00:12:04,879 --> 00:12:02,399

people meditated and then looked at the

284

00:12:06,680 --> 00:12:04,889

same gene activity after 8 hours of

285

00:12:09,110 --> 00:12:06,690

meditation and found that the gene

286

00:12:11,809 --> 00:12:09,120

functions completely changed what was

287

00:12:13,460 --> 00:12:11,819

the point the belief that your genes are

288

00:12:16,790 --> 00:12:13,470

concrete and that's the way you're the

289

00:12:20,000 --> 00:12:16,800

world is is false genes change within

290

00:12:23,120 --> 00:12:20,010

hours of changing the environment or our

291

00:12:25,850 --> 00:12:23,130

response to the environment so simple

292

00:12:28,790 --> 00:12:25,860

conclusion Greg after all of that while

293

00:12:31,430 --> 00:12:28,800

those words is our perception of being

294

00:12:34,460 --> 00:12:31,440

victims and powerless is completely a

295

00:12:36,710 --> 00:12:34,470

misinterpretation we can change our

296

00:12:40,730 --> 00:12:36,720

genetic activity at any time in our

297

00:12:44,710 --> 00:12:40,740

lives and in fact it turns out that 90%

298

00:12:47,030 --> 00:12:44,720

or more of disease on this planet has no

299

00:12:50,269 --> 00:12:47,040

historical genetic background in a

300

00:12:53,360 --> 00:12:50,279

patient meaning the diseases arose as a

301  
00:12:55,519 --> 00:12:53,370  
result of the lifestyle and perceptions

302  
00:12:57,590 --> 00:12:55,529  
of that person they started with a

303  
00:12:59,510 --> 00:12:57,600  
completely healthy set of genes in fact

304  
00:13:02,540 --> 00:12:59,520  
the data now shows that

305  
00:13:05,180 --> 00:13:02,550  
only less than 1% list this is number

306  
00:13:08,360 --> 00:13:05,190  
less than 1% of disease is actually

307  
00:13:10,250 --> 00:13:08,370  
connected to genetics if genes are

308  
00:13:13,340 --> 00:13:10,260  
responsible for such a small percentage

309  
00:13:15,950 --> 00:13:13,350  
where does disease come from that 90

310  
00:13:18,770 --> 00:13:15,960  
plus percent of disease is the way we

311  
00:13:21,410 --> 00:13:18,780  
interact with the world our perceptions

312  
00:13:23,480 --> 00:13:21,420  
our environment and the significance is

313  
00:13:25,550 --> 00:13:23,490

if those are the factors that control

314

00:13:27,710 --> 00:13:25,560

our genes and we have the ability to

315

00:13:31,040 --> 00:13:27,720

control the environment our perceptions

316

00:13:34,640 --> 00:13:31,050

then in fact we are the powerful forces

317

00:13:37,310 --> 00:13:34,650

in controlling it and the recognition is

318

00:13:40,160 --> 00:13:37,320

its based on how we respond to the world

319

00:13:42,080 --> 00:13:40,170

and that's where you started with how we

320

00:13:46,190 --> 00:13:42,090

respond to the world controls our

321

00:13:48,170 --> 00:13:46,200

biology now that is a great summary and

322

00:13:51,020 --> 00:13:48,180

I do love the empowering nature of this

323

00:13:52,430 --> 00:13:51,030

perspective and in terms of diseases and

324

00:13:55,310 --> 00:13:52,440

viruses I mean a lot of people I think

325

00:13:57,170 --> 00:13:55,320

consider them to be like independent

326

00:13:59,450 --> 00:13:57,180

organisms that can get into our system

327

00:14:00,920 --> 00:13:59,460

and wreak havoc but how should we think

328

00:14:02,810 --> 00:14:00,930

about things like diseases and viruses

329

00:14:05,030 --> 00:14:02,820

are they just not a threat to us if we

330

00:14:07,400 --> 00:14:05,040

have a strong enough mind well

331

00:14:09,350 --> 00:14:07,410

absolutely I mean it's really hard to

332

00:14:11,540 --> 00:14:09,360

say how powerful is this mind because

333

00:14:13,210 --> 00:14:11,550

here I'm trying to tell you that we have

334

00:14:16,400 --> 00:14:13,220

perceived ourselves as vulnerable

335

00:14:18,860 --> 00:14:16,410

victims open to disease and you know

336

00:14:21,050 --> 00:14:18,870

problems like from bacteria viruses

337

00:14:23,480 --> 00:14:21,060

parasites and we perceive ourselves as

338

00:14:25,160 --> 00:14:23,490

these weak entities when in fact that is

339

00:14:27,590 --> 00:14:25,170

a farthest thing from the truth we are

340

00:14:30,080 --> 00:14:27,600

so powerful that we don't even know how

341

00:14:32,720 --> 00:14:30,090

powerful we are we are so far wrong I'll

342

00:14:35,120 --> 00:14:32,730

just give a couple examples people walk

343

00:14:37,100 --> 00:14:35,130

across hot coals and there are two

344

00:14:38,840 --> 00:14:37,110

groups of people that try to interpret

345

00:14:40,400 --> 00:14:38,850

that some groups of people say oh well

346

00:14:42,470 --> 00:14:40,410

the coals aren't really that hot and

347

00:14:44,750 --> 00:14:42,480

people walk across they don't get burned

348

00:14:47,000 --> 00:14:44,760

I go well that's not really true and one

349

00:14:49,460 --> 00:14:47,010

of those recent big you know guru type

350

00:14:51,530 --> 00:14:49,470

walk across a hot coal meeting where

351  
00:14:54,110 --> 00:14:51,540  
hundreds of people were walking across

352  
00:14:56,120 --> 00:14:54,120  
the hot coals it turned out a large

353  
00:14:58,550 --> 00:14:56,130  
number 20 or more of the people got

354  
00:15:00,770 --> 00:14:58,560  
severe burns and the other people didn't

355  
00:15:03,220 --> 00:15:00,780  
get burned so wait a minute yes it's hot

356  
00:15:05,600 --> 00:15:03,230  
enough to burn you then the question is

357  
00:15:07,820 --> 00:15:05,610  
there are a few people that got burned

358  
00:15:08,810 --> 00:15:07,830  
but the large majority didn't get burned

359  
00:15:11,540 --> 00:15:08,820  
they say what's the difference

360  
00:15:13,160 --> 00:15:11,550  
it was the perceptions and beliefs of

361  
00:15:15,530 --> 00:15:13,170  
the person walking across

362  
00:15:17,780 --> 00:15:15,540  
coal's in other words if your mind is

363  
00:15:19,730 --> 00:15:17,790

completely in alignment with that

364

00:15:21,560 --> 00:15:19,740

walking across the coals it's not a

365

00:15:23,750 --> 00:15:21,570

harmful thing you can walk across the

366

00:15:25,730 --> 00:15:23,760

coals not get burnt but if you will

367

00:15:29,360 --> 00:15:25,740

start walking across the coals and just

368

00:15:31,550 --> 00:15:29,370

for a moment actually say oh can I do

369

00:15:34,310 --> 00:15:31,560

this you know just have a moment of

370

00:15:37,040 --> 00:15:34,320

thought is this possible that moment of

371

00:15:39,079 --> 00:15:37,050

thought leads to the actual person

372

00:15:41,000 --> 00:15:39,089

getting burnt they let go of their

373

00:15:43,129 --> 00:15:41,010

belief system and then question whether

374

00:15:44,509 --> 00:15:43,139

they're safe or not the moment they let

375

00:15:46,730 --> 00:15:44,519

go of the belief is the moment they get

376

00:15:49,370 --> 00:15:46,740

burnt you know people are familiar with

377

00:15:52,819 --> 00:15:49,380

all that that's really minor stuff

378

00:15:55,009 --> 00:15:52,829

compared to this there are people in the

379

00:15:57,620 --> 00:15:55,019

South in the US that work themselves up

380

00:15:59,420 --> 00:15:57,630

into religious ecstasy they start

381

00:16:01,639 --> 00:15:59,430

speaking tongues and doing kinds of

382

00:16:04,639 --> 00:16:01,649

things which they call testifying I go

383

00:16:07,009 --> 00:16:04,649

what was testifying well it's the way

384

00:16:09,620 --> 00:16:07,019

they want to show that God protects them

385

00:16:12,670 --> 00:16:09,630

their belief in God is so strong that

386

00:16:14,810 --> 00:16:12,680

they will do something no ordinary

387

00:16:17,360 --> 00:16:14,820

intelligent person would ever attempt to

388

00:16:20,300 --> 00:16:17,370

do it like what well for example I said

389

00:16:22,340 --> 00:16:20,310

snake handlers these people who believe

390

00:16:24,019 --> 00:16:22,350

that God will protect them and have that

391

00:16:25,939 --> 00:16:24,029

belief so stronger the ones that could

392

00:16:28,310 --> 00:16:25,949

pick up a handful of rattlesnakes and

393

00:16:30,650 --> 00:16:28,320

poisonous Vipers and and play with them

394

00:16:33,319 --> 00:16:30,660

and when they get bitten rarely is there

395

00:16:35,389 --> 00:16:33,329

any consequence a little sidebar about

396

00:16:37,759 --> 00:16:35,399

two or three months ago one of those say

397

00:16:40,189 --> 00:16:37,769

caylor's actually died from playing with

398

00:16:42,530 --> 00:16:40,199

those snakes but most of them have no

399

00:16:44,150 --> 00:16:42,540

effect and you go wow okay I don't

400

00:16:46,400 --> 00:16:44,160

understand that I feel it's like walking

401

00:16:49,340 --> 00:16:46,410

across the hot coals is that if you

402

00:16:51,259 --> 00:16:49,350

believe and truly believe that these

403

00:16:52,939 --> 00:16:51,269

poisonous snakes are not harmful then

404

00:16:55,250 --> 00:16:52,949

getting bitten by them doesn't seem to

405

00:16:56,360 --> 00:16:55,260

have effect you go okay that's pushing

406

00:16:59,809 --> 00:16:56,370

it a little bit like oh no I'm gonna

407

00:17:02,840 --> 00:16:59,819

push it full and hear it it Gregg some

408

00:17:06,380 --> 00:17:02,850

of these people testify that God

409

00:17:10,069 --> 00:17:06,390

protects them by drinking strychnine

410

00:17:12,350 --> 00:17:10,079

poison and toxic doses and guess what in

411

00:17:14,689 --> 00:17:12,360

this state of religious ecstasy and in

412

00:17:17,689 --> 00:17:14,699

this state of absolute belief in God

413

00:17:20,299 --> 00:17:17,699

protecting them they can drink this

414

00:17:22,610 --> 00:17:20,309

poison and not have any harmful effects

415

00:17:26,120 --> 00:17:22,620

you know I go wait a minute you could

416

00:17:30,110 --> 00:17:26,130

drink poison and not have an effect

417

00:17:33,980 --> 00:17:30,120

as long as your belief is unshakable as

418

00:17:37,160 --> 00:17:33,990

these people's beliefs are they actually

419

00:17:39,620 --> 00:17:37,170

are drinking the poison and there's no

420

00:17:41,090 --> 00:17:39,630

effect on their body here are a bunch of

421

00:17:43,190 --> 00:17:41,100

people in this world are so concerned

422

00:17:45,590 --> 00:17:43,200

about eating a Twinkie because there's

423

00:17:47,960 --> 00:17:45,600

sugar in it and these guys are showing

424

00:17:51,350 --> 00:17:47,970

my god you could eat you know strychnine

425

00:17:55,000 --> 00:17:51,360

poison but the belief the belief is the

426

00:17:58,490 --> 00:17:55,010

critical part and this is where we have

427

00:18:00,410 --> 00:17:58,500

to move into for the simple reason we

428

00:18:02,420 --> 00:18:00,420

have as a civilization but programmed

429

00:18:04,520 --> 00:18:02,430

with a belief since beliefs control our

430

00:18:07,460 --> 00:18:04,530

lives with a belief that we are

431

00:18:08,930 --> 00:18:07,470

vulnerable and frail I go well if that's

432

00:18:12,470 --> 00:18:08,940

what your belief is then by definition

433

00:18:14,120 --> 00:18:12,480

that's what you will manifest and all of

434

00:18:16,160 --> 00:18:14,130

a sudden we start to see is yeah but

435

00:18:18,620 --> 00:18:16,170

this belief now turns out to be

436

00:18:21,110 --> 00:18:18,630

scientifically flawed that we are

437

00:18:24,170 --> 00:18:21,120

extremely powerful people but we have to

438

00:18:26,450 --> 00:18:24,180

recognize it's the power of the mind and

439

00:18:28,580 --> 00:18:26,460

I think this is where the problem comes

440

00:18:31,070 --> 00:18:28,590

from because you talk about people who

441

00:18:33,170 --> 00:18:31,080

talk about positive thinking and then

442

00:18:35,150 --> 00:18:33,180

there's like a million people out there

443

00:18:37,370 --> 00:18:35,160

going know that positive thinking story

444

00:18:39,740 --> 00:18:37,380

that's a bunch of crap man I have great

445

00:18:42,380 --> 00:18:39,750

positive thoughts about being a happy

446

00:18:45,080 --> 00:18:42,390

healthy successful person and in spite

447

00:18:48,380 --> 00:18:45,090

of all these wonderful thoughts I am NOT

448

00:18:51,050 --> 00:18:48,390

I go and they're the ones you know that

449

00:18:53,600 --> 00:18:51,060

positive thinking stuff that's a more BS

450

00:18:57,320 --> 00:18:53,610

you know more belief system I go Eddy's

451  
00:18:59,870 --> 00:18:57,330  
belief system and here's the point when

452  
00:19:01,550 --> 00:18:59,880  
we talk about positive thinking we're

453  
00:19:05,030 --> 00:19:01,560  
talking about the role of the mind

454  
00:19:07,820 --> 00:19:05,040  
yeah the mind and that's where the

455  
00:19:10,310 --> 00:19:07,830  
problems come from Greg because when we

456  
00:19:13,250 --> 00:19:10,320  
save the mind it almost sounds like oh

457  
00:19:16,730 --> 00:19:13,260  
there is a singular thing called the

458  
00:19:20,080 --> 00:19:16,740  
mind that's the problem what we have

459  
00:19:22,720 --> 00:19:20,090  
been calling the mind is actually two

460  
00:19:25,250 --> 00:19:22,730  
interdependent Minds that work together

461  
00:19:26,780 --> 00:19:25,260  
right one of these Minds is called the

462  
00:19:28,910 --> 00:19:26,790  
conscious mind the other is called the

463  
00:19:32,090 --> 00:19:28,920

subconscious mind what's really critical

464

00:19:34,820 --> 00:19:32,100

people don't understand is these Minds

465

00:19:37,460 --> 00:19:34,830

are not just separately named but they

466

00:19:39,140 --> 00:19:37,470

actually learn in different ways the

467

00:19:39,860 --> 00:19:39,150

conscious mind and subconscious mind

468

00:19:43,850 --> 00:19:39,870

have different ways

469

00:19:45,950 --> 00:19:43,860

learning and more importantly not only

470

00:19:48,980 --> 00:19:45,960

do they learn in different ways but they

471

00:19:51,650 --> 00:19:48,990

have different behaviors and so you

472

00:19:53,930 --> 00:19:51,660

could say the mine is apples and oranges

473

00:19:55,880 --> 00:19:53,940

yeah there are apples which function one

474

00:19:58,160 --> 00:19:55,890

way and ours is a function the other way

475

00:20:00,170 --> 00:19:58,170

if you don't know how they interact then

476

00:20:02,480 --> 00:20:00,180

there's a mystery about the mind the

477

00:20:05,420 --> 00:20:02,490

mystery that most people poopoo the idea

478

00:20:07,280 --> 00:20:05,430

of positive thinking saying yeah I've

479

00:20:10,760 --> 00:20:07,290

got all these positive thoughts and I'm

480

00:20:14,780 --> 00:20:10,770

sick as a dog what's going on pure C

481

00:20:16,190 --> 00:20:14,790

issue the two minds and if I separate

482

00:20:18,380 --> 00:20:16,200

these Greg this will help us and then

483

00:20:19,940 --> 00:20:18,390

once I define this then the conversation

484

00:20:21,980 --> 00:20:19,950

will be a lot easier because then we'll

485

00:20:25,040 --> 00:20:21,990

be on the same page and here's what the

486

00:20:27,380 --> 00:20:25,050

conversation is there are two minds the

487

00:20:30,650 --> 00:20:27,390

original mind and the evolution is the

488

00:20:33,740 --> 00:20:30,660

subconscious mind and by definition sub

489

00:20:35,990 --> 00:20:33,750

conscious means below consciousness this

490

00:20:38,919 --> 00:20:36,000

is a mind that controls behavior without

491

00:20:41,330 --> 00:20:38,929

any thought involved in other words our

492

00:20:44,090 --> 00:20:41,340

blood pressure's regulated our body

493

00:20:46,040 --> 00:20:44,100

temperature is regulated our physiology

494

00:20:47,630 --> 00:20:46,050

is regulated there's no mind thought to

495

00:20:49,400 --> 00:20:47,640

say oh hey listen I've got to breathe

496

00:20:51,350 --> 00:20:49,410

again I forgot to breathe now I'll

497

00:20:53,750 --> 00:20:51,360

breathe again and OMA hey heart you

498

00:20:55,310 --> 00:20:53,760

should do some beating now look all

499

00:20:57,770 --> 00:20:55,320

those things are controlled

500

00:20:59,270 --> 00:20:57,780

automatically by the subconscious yeah

501  
00:20:59,690 --> 00:20:59,280  
the subconscious mind is a powerful

502  
00:21:01,970 --> 00:20:59,700  
thing

503  
00:21:03,830 --> 00:21:01,980  
well our subconscious mind is

504  
00:21:06,110 --> 00:21:03,840  
unconsciously controlling our biological

505  
00:21:08,540 --> 00:21:06,120  
activity our subconscious mind also

506  
00:21:11,030 --> 00:21:08,550  
controls much of the behavior that we

507  
00:21:12,560 --> 00:21:11,040  
learn between the last trimester of

508  
00:21:14,750 --> 00:21:12,570  
pregnancy in the first seven years I'll

509  
00:21:17,870 --> 00:21:14,760  
give you a simple example during that

510  
00:21:19,190 --> 00:21:17,880  
time period you learned how to walk you

511  
00:21:21,080 --> 00:21:19,200  
know in the first months of your life

512  
00:21:22,880 --> 00:21:21,090  
why is it relevant I say I don't care

513  
00:21:25,580 --> 00:21:22,890

how old you are right now but guess what

514

00:21:28,820 --> 00:21:25,590

if you stand up and say I'm going to go

515

00:21:30,590 --> 00:21:28,830

to the other room you start walking it

516

00:21:32,750 --> 00:21:30,600

doesn't require your conscious mind to

517

00:21:35,390 --> 00:21:32,760

say okay now left foot and now the right

518

00:21:37,370 --> 00:21:35,400

foot move the next foot walking is an

519

00:21:38,930 --> 00:21:37,380

automatic unconscious behavior is

520

00:21:40,940 --> 00:21:38,940

controlled by the subconscious so the

521

00:21:42,620 --> 00:21:40,950

subconscious is pretty cool things that

522

00:21:44,780 --> 00:21:42,630

we learn how to do we don't have to

523

00:21:46,940 --> 00:21:44,790

learn them again every day you learn how

524

00:21:49,790 --> 00:21:46,950

to walk before you were you know around

525

00:21:52,070 --> 00:21:49,800

1:00 or 2:00 once you learn how to walk

526  
00:21:53,610 --> 00:21:52,080  
the subconscious mind stores a program

527  
00:21:55,830 --> 00:21:53,620  
of walking

528  
00:21:58,290 --> 00:21:55,840  
same thing applies with driving you

529  
00:22:01,050 --> 00:21:58,300  
before you had a driver's license you

530  
00:22:02,970 --> 00:22:01,060  
had to learn how to drive it was a

531  
00:22:05,570 --> 00:22:02,980  
practice period just like practicing and

532  
00:22:08,490 --> 00:22:05,580  
walking what results from the practice a

533  
00:22:09,990 --> 00:22:08,500  
behavior a habit driving the car I go

534  
00:22:12,060 --> 00:22:10,000  
why is it relevant I said because look

535  
00:22:13,980 --> 00:22:12,070  
you can get in the car if you've driven

536  
00:22:15,900 --> 00:22:13,990  
for a while put the key in the ignition

537  
00:22:18,660 --> 00:22:15,910  
and not even think about any of the

538  
00:22:20,190 --> 00:22:18,670

details of that driving consider going

539

00:22:21,480 --> 00:22:20,200

back to the first day you sat behind the

540

00:22:24,060 --> 00:22:21,490

driver's seat and realize how

541

00:22:25,770 --> 00:22:24,070

overwhelming it was to keep your

542

00:22:27,660 --> 00:22:25,780

attention on what's going on in the

543

00:22:29,520 --> 00:22:27,670

rear-view Muir's the side mirrors what's

544

00:22:32,280 --> 00:22:29,530

going on on the dashboard what's going

545

00:22:34,260 --> 00:22:32,290

on in the street in front of you what

546

00:22:36,840 --> 00:22:34,270

engine noises or what the car is doing

547

00:22:38,580 --> 00:22:36,850

you're keeping so much attention is

548

00:22:40,230 --> 00:22:38,590

being paid to every detail of driving

549

00:22:42,060 --> 00:22:40,240

but once you've learned how to drive

550

00:22:44,310 --> 00:22:42,070

once you practice driving once it

551  
00:22:46,020 --> 00:22:44,320  
becomes a habit you don't need to pay

552  
00:22:47,160 --> 00:22:46,030  
attention to details you get in the car

553  
00:22:49,230 --> 00:22:47,170  
today you put the key in the ignition

554  
00:22:50,730 --> 00:22:49,240  
and you're thinking about yeah when I

555  
00:22:51,840 --> 00:22:50,740  
get to the drugstore I'm going to get

556  
00:22:53,250 --> 00:22:51,850  
this and this and this and you're

557  
00:22:55,290 --> 00:22:53,260  
thinking about all this as the cars

558  
00:22:57,210 --> 00:22:55,300  
driving down the street if your

559  
00:22:59,400 --> 00:22:57,220  
conscious mind which is the one that's

560  
00:23:01,200 --> 00:22:59,410  
thinking is not paying attention to the

561  
00:23:03,690 --> 00:23:01,210  
driving and who the heck is driving the

562  
00:23:06,510 --> 00:23:03,700  
car the answer is the subconscious once

563  
00:23:08,040 --> 00:23:06,520

it learns a behavior it is a program you

564

00:23:11,610 --> 00:23:08,050

don't have to relearn it you just have

565

00:23:13,400 --> 00:23:11,620

to push the start button and the program

566

00:23:16,350 --> 00:23:13,410

will play so here's the point

567

00:23:18,960 --> 00:23:16,360

subconscious has programs the programs

568

00:23:21,690 --> 00:23:18,970

are primarily downloaded during the

569

00:23:24,720 --> 00:23:21,700

first seven years of life how to

570

00:23:26,100 --> 00:23:24,730

download the programs of life in the

571

00:23:28,320 --> 00:23:26,110

first seven years our brain is

572

00:23:30,410 --> 00:23:28,330

predominantly in a lower vibration

573

00:23:32,960 --> 00:23:30,420

called theta that's an EEG

574

00:23:36,720 --> 00:23:32,970

electroencephalograph vibration

575

00:23:38,130 --> 00:23:36,730

characteristic of kids between zero and

576  
00:23:41,670 --> 00:23:38,140  
seven years of age that's the

577  
00:23:42,930 --> 00:23:41,680  
predominant brain activity okay theta I

578  
00:23:45,450 --> 00:23:42,940  
said what about theta

579  
00:23:49,950 --> 00:23:45,460  
well it's imagination and character

580  
00:23:53,610 --> 00:23:49,960  
that's why a kid riding a broom and sees

581  
00:23:55,020 --> 00:23:53,620  
it as a horse is actually experiencing a

582  
00:23:56,340 --> 00:23:55,030  
horse even though they're on a broom and

583  
00:23:58,140 --> 00:23:56,350  
the mother might say give me the broom

584  
00:23:59,460 --> 00:23:58,150  
back and the child is like looking like

585  
00:24:02,670 --> 00:23:59,470  
I don't know what you're talking about

586  
00:24:05,370 --> 00:24:02,680  
this is a horse and that is imagination

587  
00:24:06,960 --> 00:24:05,380  
mixing with the real world but here's

588  
00:24:10,230 --> 00:24:06,970

the most important part Sade

589

00:24:11,700 --> 00:24:10,240

it's also hypnosis I go you know what do

590

00:24:13,440 --> 00:24:11,710

you mean the child's brain for the first

591

00:24:16,830 --> 00:24:13,450

seven years is predominantly in hypnosis

592

00:24:19,260 --> 00:24:16,840

why because I just want you to stop for

593

00:24:23,010 --> 00:24:19,270

a second and think of how many things

594

00:24:24,750 --> 00:24:23,020

must a child learn to become a

595

00:24:27,210 --> 00:24:24,760

functional member of a family in the

596

00:24:30,510 --> 00:24:27,220

community how many rules and regulations

597

00:24:32,310 --> 00:24:30,520

and behaviors that are fundamental to

598

00:24:34,950 --> 00:24:32,320

becoming a functional member must a

599

00:24:37,230 --> 00:24:34,960

child learn thousands and thousands I

600

00:24:39,899 --> 00:24:37,240

mean just to give a simple example how a

601  
00:24:41,580 --> 00:24:39,909  
father talks to his own kid is not the

602  
00:24:43,409 --> 00:24:41,590  
same way a father talks to somebody

603  
00:24:45,149 --> 00:24:43,419  
else's kid which is not the way the

604  
00:24:46,950 --> 00:24:45,159  
father talks to the mother which is not

605  
00:24:49,799 --> 00:24:46,960  
the way the father talks to some other

606  
00:24:50,789 --> 00:24:49,809  
adult which is not the father talks to

607  
00:24:52,860 --> 00:24:50,799  
the policeman all of a sudden you

608  
00:24:54,330 --> 00:24:52,870  
realize oh my god every one of these

609  
00:24:57,060 --> 00:24:54,340  
interactions requires a different

610  
00:24:58,409 --> 00:24:57,070  
behavior and if I say how many behaviors

611  
00:25:00,419 --> 00:24:58,419  
must you learn then to become that

612  
00:25:03,090 --> 00:25:00,429  
functional member of this community and

613  
00:25:06,480 --> 00:25:03,100

society thousands and thousands of rules

614

00:25:08,399 --> 00:25:06,490

I go oh so let's give a kid you know

615

00:25:11,220 --> 00:25:08,409

here's your two-year-old here's a book

616

00:25:13,289 --> 00:25:11,230

of rules child study these rules so you

617

00:25:15,090 --> 00:25:13,299

can become a member of the community and

618

00:25:16,890 --> 00:25:15,100

the family the answer's no you don't

619

00:25:21,330 --> 00:25:16,900

have to do that and the reason is

620

00:25:24,330 --> 00:25:21,340

because theta is hypnosis a child which

621

00:25:26,940 --> 00:25:24,340

includes all of us there's nobody here

622

00:25:30,960 --> 00:25:26,950

that didn't go through this phase a

623

00:25:34,230 --> 00:25:30,970

child is in hypnosis during those seven

624

00:25:36,810 --> 00:25:34,240

years and the child observes the parents

625

00:25:39,419 --> 00:25:36,820

primarily the siblings and the community

626

00:25:41,310 --> 00:25:39,429

to see how they behave what the child

627

00:25:43,470 --> 00:25:41,320

deserves the the subconscious minds like

628

00:25:46,440 --> 00:25:43,480

a video recorder it records all these

629

00:25:48,720 --> 00:25:46,450

behaviors so it learns how the parents

630

00:25:50,820 --> 00:25:48,730

respond to all the details in their life

631

00:25:53,490 --> 00:25:50,830

and all that and is downloaded in the

632

00:25:57,029 --> 00:25:53,500

subconscious as as copies of their

633

00:25:59,399 --> 00:25:57,039

behavior then fundamentally the

634

00:26:02,159 --> 00:25:59,409

behaviors in your subconscious are not

635

00:26:05,070 --> 00:26:02,169

of your origin the behaviors program

636

00:26:06,650 --> 00:26:05,080

your subconscious are copied from other

637

00:26:08,480 --> 00:26:06,660

people

638

00:26:11,330 --> 00:26:08,490

then it says when the subconscious is

639

00:26:13,280 --> 00:26:11,340

running some of these programs the

640

00:26:15,170 --> 00:26:13,290

behavior that is expressed is not any

641

00:26:17,300 --> 00:26:15,180

behavior that you personally may want to

642

00:26:19,040 --> 00:26:17,310

have or use for your own particular life

643

00:26:21,710 --> 00:26:19,050

the behaviors you're expressing or just

644

00:26:24,110 --> 00:26:21,720

playback of recorded programs from other

645

00:26:25,940 --> 00:26:24,120

people when you're operating from the

646

00:26:29,060 --> 00:26:25,950

subconscious the behaviors you primarily

647

00:26:31,130 --> 00:26:29,070

Express are downloaded behaviors then

648

00:26:32,960 --> 00:26:31,140

and I go why is it relevant because I

649

00:26:35,810 --> 00:26:32,970

said well what's the difference between

650

00:26:37,820 --> 00:26:35,820

this subconscious mind which is now we

651  
00:26:39,620 --> 00:26:37,830  
can refer to it as the habit mind I

652  
00:26:41,480 --> 00:26:39,630  
learned how to do something I learned

653  
00:26:43,910 --> 00:26:41,490  
how to walk I learn how to talk I learn

654  
00:26:45,500 --> 00:26:43,920  
how to drive a car once these programs

655  
00:26:48,410 --> 00:26:45,510  
are in their habits and if I need to

656  
00:26:50,300 --> 00:26:48,420  
walk or drive the car I don't have to

657  
00:26:52,610 --> 00:26:50,310  
relearn I just push the play button I

658  
00:26:54,740 --> 00:26:52,620  
play the habit and my behavior will be

659  
00:26:58,100 --> 00:26:54,750  
what I learned function of the

660  
00:27:00,890 --> 00:26:58,110  
subconscious mind part one is that it

661  
00:27:02,690 --> 00:27:00,900  
records habits and behaviors and they

662  
00:27:04,400 --> 00:27:02,700  
operate below consciousness so yeah I

663  
00:27:06,440 --> 00:27:04,410

can drive the car without thinking about

664

00:27:08,510 --> 00:27:06,450

the details of driving the car once I've

665

00:27:10,880 --> 00:27:08,520

learned the habit so subconscious Minds

666

00:27:12,970 --> 00:27:10,890

habit and what's the difference between

667

00:27:16,310 --> 00:27:12,980

the conscious mind which kicks into gear

668

00:27:18,980 --> 00:27:16,320

about age seven the conscious mind is

669

00:27:22,610 --> 00:27:18,990

not a habit mine the conscious mind is a

670

00:27:26,090 --> 00:27:22,620

creative mind the conscious mind and its

671

00:27:29,390 --> 00:27:26,100

creativity has your basic your wishes

672

00:27:31,190 --> 00:27:29,400

and your desires so I say hey Greg a man

673

00:27:34,070 --> 00:27:31,200

tell me tell me what you want from your

674

00:27:35,900 --> 00:27:34,080

life that question right away invokes

675

00:27:37,310 --> 00:27:35,910

the nature of creativity because what

676  
00:27:40,250 --> 00:27:37,320  
you're going to do is go into your mind

677  
00:27:42,830 --> 00:27:40,260  
and say I want this of that of that man

678  
00:27:44,930 --> 00:27:42,840  
I go that's creative that's a wish and

679  
00:27:47,180 --> 00:27:44,940  
desire mine that's where our wishes and

680  
00:27:48,620 --> 00:27:47,190  
desires come from what do you want from

681  
00:27:50,030 --> 00:27:48,630  
your life I want to be healthy I won't

682  
00:27:52,460 --> 00:27:50,040  
have a great romance I want to have a

683  
00:27:54,500 --> 00:27:52,470  
great job I go that's a wish and a

684  
00:27:56,800 --> 00:27:54,510  
desire it's a creative thinking it comes

685  
00:27:59,710 --> 00:27:56,810  
from the conscious mind so I go okay

686  
00:28:02,530 --> 00:27:59,720  
here's the point

687  
00:28:04,660 --> 00:28:02,540  
the conscious mind represents you your

688  
00:28:06,430 --> 00:28:04,670

spirit your personal identity your

689

00:28:09,010 --> 00:28:06,440

uniqueness no two people have the same

690

00:28:11,410 --> 00:28:09,020

conscious mind the subconscious mind is

691

00:28:14,440 --> 00:28:11,420

just a record playback device so two

692

00:28:16,690 --> 00:28:14,450

kids get in the exact same lesson will

693

00:28:19,210 --> 00:28:16,700

have the exact same behavior but when it

694

00:28:22,120 --> 00:28:19,220

comes to the conscious mind those are

695

00:28:24,340 --> 00:28:22,130

creations those are from your thoughts

696

00:28:27,670 --> 00:28:24,350

your wishes and desires of what you want

697

00:28:29,830 --> 00:28:27,680

from your life so I say oh well then the

698

00:28:32,470 --> 00:28:29,840

behaviors and wishes and desires from

699

00:28:35,650 --> 00:28:32,480

your conscious mind actually Express

700

00:28:37,270 --> 00:28:35,660

what you intend to have in your life and

701  
00:28:39,400 --> 00:28:37,280  
I say well Greg what do you want then

702  
00:28:41,200 --> 00:28:39,410  
you give me a soul Whitney yeah I want

703  
00:28:43,180 --> 00:28:41,210  
to be healthy I want to be happy I want

704  
00:28:45,550 --> 00:28:43,190  
to be wealthy I go that's a whole list

705  
00:28:47,260 --> 00:28:45,560  
of wonderful things like that I go so

706  
00:28:48,880 --> 00:28:47,270  
once you're operating from your

707  
00:28:51,130 --> 00:28:48,890  
conscious mind you should be on the path

708  
00:28:52,930 --> 00:28:51,140  
to getting there and I go absolutely and

709  
00:28:56,040 --> 00:28:52,940  
then here's the monkey wrench and this

710  
00:29:00,640 --> 00:28:56,050  
is the wake-up call the monkey wrench is

711  
00:29:02,320 --> 00:29:00,650  
when the conscious mind is thinking then

712  
00:29:05,410 --> 00:29:02,330  
it's not paying attention to what's

713  
00:29:07,510 --> 00:29:05,420

going on in the world around you so I

714

00:29:11,050 --> 00:29:07,520

asked a simple question to you Greg I

715

00:29:14,380 --> 00:29:11,060

say hey tell me what are you doing on

716

00:29:16,120 --> 00:29:14,390

Sunday at 2:00 o'clock if you actually

717

00:29:17,680 --> 00:29:16,130

are seriously going to answer that Greg

718

00:29:19,900 --> 00:29:17,690

I said where's the answer right now

719

00:29:22,570 --> 00:29:19,910

where's the answer well the first place

720

00:29:24,250 --> 00:29:22,580

is it's not in front of you it's inside

721

00:29:26,770 --> 00:29:24,260

your head that you have to think

722

00:29:30,580 --> 00:29:26,780

thinking what am i doing on Sunday do a

723

00:29:32,770 --> 00:29:30,590

clock and I go wait a minute if I direct

724

00:29:36,460 --> 00:29:32,780

you to answer that question what are you

725

00:29:39,760 --> 00:29:36,470

doing and it takes thinking then your

726

00:29:42,520 --> 00:29:39,770

conscious mind by definition is letting

727

00:29:45,400 --> 00:29:42,530

control of the vehicle letting it go and

728

00:29:48,750 --> 00:29:45,410

the conscious mind goes inwards because

729

00:29:50,460 --> 00:29:48,760

thinking is an inside job

730

00:29:53,220 --> 00:29:50,470

but if let's say I'm walking down the

731

00:29:55,380 --> 00:29:53,230

street and all of a sudden I have a

732

00:29:57,030 --> 00:29:55,390

thought and my conscious mind which was

733

00:29:58,560 --> 00:29:57,040

observing the world the street and

734

00:30:00,990 --> 00:29:58,570

everything around me all of a sudden

735

00:30:03,360 --> 00:30:01,000

says wait I'm going inside to get a

736

00:30:05,460 --> 00:30:03,370

thought going here for that moment the

737

00:30:06,990 --> 00:30:05,470

conscious Minds not paying attention to

738

00:30:08,039 --> 00:30:07,000

what's going on in the world around it I

739

00:30:09,990 --> 00:30:08,049

said why if you're walking down the

740

00:30:11,909 --> 00:30:10,000

street does that mean you walk into a

741

00:30:15,419 --> 00:30:11,919

tree or you walked off the sidewalk and

742

00:30:17,159 --> 00:30:15,429

fell on the street no when you were

743

00:30:19,230 --> 00:30:17,169

walking down the street and have a

744

00:30:21,960 --> 00:30:19,240

thought you continue walking down the

745

00:30:23,390 --> 00:30:21,970

street pretty safely wait a minute if my

746

00:30:26,490 --> 00:30:23,400

conscious Minds not paying attention

747

00:30:29,200 --> 00:30:26,500

because it's inside thinking then who's

748

00:30:31,149 --> 00:30:29,210

controlling my walking

749

00:30:34,419 --> 00:30:31,159

the subconscious mind it knows how to

750

00:30:36,310 --> 00:30:34,429

walk it's 40 million times more powerful

751

00:30:39,489 --> 00:30:36,320

a computer than the conscious mind so in

752

00:30:41,139 --> 00:30:39,499

fact the subconscious mind is observing

753

00:30:42,459 --> 00:30:41,149

your whole world and you can still walk

754

00:30:44,109 --> 00:30:42,469

down the street even though your

755

00:30:46,869 --> 00:30:44,119

conscious Minds not paying attention and

756

00:30:48,879 --> 00:30:46,879

walk safely because the subconscious

757

00:30:50,739 --> 00:30:48,889

mind is just playing a habit it knows

758

00:30:51,609 --> 00:30:50,749

how to stop at the corner knows how not

759

00:30:54,159 --> 00:30:51,619

to hit the tree

760

00:30:55,539 --> 00:30:54,169

the same thing with driving a little

761

00:30:56,889 --> 00:30:55,549

story just to connect that very quickly

762

00:30:58,419 --> 00:30:56,899

let's say you and I are in the car

763

00:31:00,879 --> 00:30:58,429

having this discussion Greg and you're

764

00:31:02,769 --> 00:31:00,889

driving the car okay I'll put me driving

765

00:31:04,239 --> 00:31:02,779

the car in this case we're driving I'm

766

00:31:06,279 --> 00:31:04,249

having a discussion with you and guess

767

00:31:08,499 --> 00:31:06,289

what my conscious mind as we're driving

768

00:31:09,969 --> 00:31:08,509

down the street get so involved with

769

00:31:11,139 --> 00:31:09,979

this discussion and most people are

770

00:31:13,539 --> 00:31:11,149

familiar with this that's why I want to

771

00:31:15,669 --> 00:31:13,549

bring it up so you're involved with this

772

00:31:18,759 --> 00:31:15,679

discussion is really cool and then all

773

00:31:21,940 --> 00:31:18,769

of a sudden you as the driver look out

774

00:31:23,169 --> 00:31:21,950

the window and realize you know for the

775

00:31:24,820 --> 00:31:23,179

last few minutes while we've had this

776

00:31:26,859 --> 00:31:24,830

great discussion I haven't paid

777

00:31:28,359 --> 00:31:26,869

attention to the road apparently we

778

00:31:30,849 --> 00:31:28,369

haven't hit anything we're still on the

779

00:31:33,009 --> 00:31:30,859

road and striving pretty good you know

780

00:31:37,119 --> 00:31:33,019

how did that work because the conscious

781

00:31:39,879 --> 00:31:37,129

mind was focused on the conversation the

782

00:31:42,459 --> 00:31:39,889

subconscious mind is the autopilot that

783

00:31:44,259 --> 00:31:42,469

let's put that word in autopilot the

784

00:31:46,539 --> 00:31:44,269

subconscious mind could control all of

785

00:31:48,339 --> 00:31:46,549

our learned behaviors without conscious

786

00:31:50,229 --> 00:31:48,349

involvement it knows how to walk how to

787

00:31:52,599 --> 00:31:50,239

drive the car how to talk how to do your

788

00:31:55,599 --> 00:31:52,609

job anything that you habituate it knows

789

00:31:58,060 --> 00:31:55,609

how to do so here is the most important

790

00:31:59,440 --> 00:31:58,070

point you and I driving down the street

791

00:32:01,779 --> 00:31:59,450

I'm driving the car we're having a

792

00:32:03,430 --> 00:32:01,789

conversation I look out the window and

793

00:32:05,289 --> 00:32:03,440

it dawns on the ad pay attention to the

794

00:32:08,049 --> 00:32:05,299

road for last few minutes and all of a

795

00:32:09,969 --> 00:32:08,059

sudden you say to me Bruce can you tell

796

00:32:11,799 --> 00:32:09,979

me what the conversation was we were

797

00:32:12,849 --> 00:32:11,809

just having a go yeah and I can repeat

798

00:32:14,489 --> 00:32:12,859

to you because my conscious mind

799

00:32:17,379 --> 00:32:14,499

remembers we were having this discussion

800

00:32:19,930 --> 00:32:17,389

but then you ask me Bruce can you tell

801  
00:32:23,769 --> 00:32:19,940  
me what happened on the road during that

802  
00:32:27,099 --> 00:32:23,779  
five minutes of the conversation no I

803  
00:32:28,539 --> 00:32:27,109  
don't really remember because your

804  
00:32:31,239 --> 00:32:28,549  
consciousness was not driving the car

805  
00:32:34,749 --> 00:32:31,249  
subconscious was driving the car here's

806  
00:32:36,190 --> 00:32:34,759  
the point you can remember all the

807  
00:32:38,289 --> 00:32:36,200  
things you do with your conscious mind

808  
00:32:40,869 --> 00:32:38,299  
but when the subconscious is playing

809  
00:32:42,489 --> 00:32:40,879  
why can't you pay attention or remember

810  
00:32:42,880 --> 00:32:42,499  
what happened and the answer is simply

811  
00:32:45,130 --> 00:32:42,890  
there

812  
00:32:47,560 --> 00:32:45,140  
well to pay attention the conscious mind

813  
00:32:51,669 --> 00:32:47,570

has to be present if the conscious minds

814

00:32:53,410 --> 00:32:51,679

busy then it has no presence so when the

815

00:32:55,090 --> 00:32:53,420

conscious mind was busy talking with you

816

00:32:57,460 --> 00:32:55,100

the subconscious took over the driving

817

00:32:59,380 --> 00:32:57,470

my conscious mind did not have any

818

00:33:00,880 --> 00:32:59,390

awareness of what was going on I

819

00:33:04,419 --> 00:33:00,890

couldn't tell you what happened on the

820

00:33:07,090 --> 00:33:04,429

road when we are engaging our conscious

821

00:33:10,330 --> 00:33:07,100

mind in focusing like in a conversation

822

00:33:11,980 --> 00:33:10,340

or in thought other behaviors that were

823

00:33:13,360 --> 00:33:11,990

involved with they're now automatically

824

00:33:15,460 --> 00:33:13,370

carried out by the autopilot

825

00:33:18,010 --> 00:33:15,470

subconscious but when those behaviors

826

00:33:21,580 --> 00:33:18,020

are playing our conscious mind is not

827

00:33:24,039 --> 00:33:21,590

observing them here's the point let's

828

00:33:25,919 --> 00:33:24,049

get down to it I'm sorry I take us a lot

829

00:33:28,659 --> 00:33:25,929

in attempt but this is the critical part

830

00:33:30,340 --> 00:33:28,669

when the conscious mind is focused on

831

00:33:33,039 --> 00:33:30,350

doing something all other activities

832

00:33:34,299 --> 00:33:33,049

taken over by subconscious but because

833

00:33:36,520 --> 00:33:34,309

the conscious Minds not paying attention

834

00:33:38,530 --> 00:33:36,530

whatever those behaviors are that are

835

00:33:41,380 --> 00:33:38,540

coming from the subconscious mind we do

836

00:33:45,789 --> 00:33:41,390

not observe them now here's the

837

00:33:48,780 --> 00:33:45,799

Monkeywrench psychologists revealed that

838

00:33:50,919 --> 00:33:48,790

70 percent or more of the program's

839

00:33:54,100 --> 00:33:50,929

downloaded as habits into our

840

00:33:57,669 --> 00:33:54,110

subconscious mind are disempowering self

841

00:34:00,250 --> 00:33:57,679

sabotaging and limiting what does that

842

00:34:01,870 --> 00:34:00,260

mean I say well if my conscious mind is

843

00:34:04,150 --> 00:34:01,880

engaged in something and then I'm

844

00:34:06,700 --> 00:34:04,160

subconsciously activating any of these

845

00:34:08,800 --> 00:34:06,710

learned programs those habits that I got

846

00:34:11,349 --> 00:34:08,810

in the first seven years I'm not

847

00:34:13,750 --> 00:34:11,359

observing those behaviors and if 70

848

00:34:15,820 --> 00:34:13,760

percent of them are self sabotaging or

849

00:34:17,770 --> 00:34:15,830

limiting or disempowering that means the

850

00:34:21,220 --> 00:34:17,780

majority of my behavior that I'm not

851

00:34:23,440 --> 00:34:21,230

observing is actually screwing up my

852

00:34:25,869 --> 00:34:23,450

life because I can see that they're not

853

00:34:28,990 --> 00:34:25,879

supporting me and in fact they're

854

00:34:31,570 --> 00:34:29,000

undermining me how much of the day and

855

00:34:34,990 --> 00:34:31,580

this is the final part how much of the

856

00:34:37,359 --> 00:34:35,000

day do we spend running our lives with

857

00:34:39,820 --> 00:34:37,369

our wishes and desires the activities of

858

00:34:43,780 --> 00:34:39,830

the conscious mind and the answer is

859

00:34:46,450 --> 00:34:43,790

about 5% of the day we are actively

860

00:34:50,649 --> 00:34:46,460

controlling our lives with wishes and

861

00:34:55,750 --> 00:34:50,659

desires 95% of the day our conscious

862

00:34:56,680 --> 00:34:55,760

mind is engaged and as a result 95% of

863

00:34:59,470 --> 00:34:56,690

our behaviors

864

00:35:01,270 --> 00:34:59,480

controlled by the subconscious but where

865

00:35:04,660 --> 00:35:01,280

did I get those behaviors say from other

866

00:35:07,630 --> 00:35:04,670

people these behaviors don't necessarily

867

00:35:09,250 --> 00:35:07,640

support any of your creative wishes and

868

00:35:12,670 --> 00:35:09,260

desires they're just habits from other

869

00:35:14,680 --> 00:35:12,680

people so 95% of the Damned playing

870

00:35:17,890 --> 00:35:14,690

these other people's behaviors and since

871

00:35:21,609 --> 00:35:17,900

the majority are disempowering and since

872

00:35:23,260 --> 00:35:21,619

I don't see these behaviors unfolding

873

00:35:25,990 --> 00:35:23,270

because my conscious mind was busy

874

00:35:29,920 --> 00:35:26,000

that's why the subconscious was playing

875

00:35:32,470 --> 00:35:29,930

these programs so 95% of my life is

876

00:35:35,770 --> 00:35:32,480

being controlled by behavior that

877

00:35:38,740 --> 00:35:35,780

doesn't support me and I don't even see

878

00:35:42,010 --> 00:35:38,750

it so the last story which I hope I can

879

00:35:44,230 --> 00:35:42,020

get to the talk with you now last story

880

00:35:46,390 --> 00:35:44,240

I'll just add is this most of us are

881

00:35:48,430 --> 00:35:46,400

have had a friend at some point in our

882

00:35:49,870 --> 00:35:48,440

growing up or development period we were

883

00:35:51,790 --> 00:35:49,880

very close to our friend we knew our

884

00:35:54,010 --> 00:35:51,800

friends behavior very well we were real

885

00:35:56,800 --> 00:35:54,020

close friends and in this particular

886

00:36:00,670 --> 00:35:56,810

case do you happen to know your friends

887

00:36:02,800 --> 00:36:00,680

parent one day you see that your close

888

00:36:05,050 --> 00:36:02,810

friend has the exact same behavior as

889

00:36:08,260 --> 00:36:05,060

their parent now this excites you so you

890

00:36:09,010 --> 00:36:08,270

can't wait it say hey pill you're just

891

00:36:12,160 --> 00:36:09,020

like your dad

892

00:36:14,559 --> 00:36:12,170

back away from Bill the moment you say

893

00:36:16,990 --> 00:36:14,569

that bill will go totally ballistic how

894

00:36:19,569 --> 00:36:17,000

can you compare me to my dad I'm not my

895

00:36:22,390 --> 00:36:19,579

dad and everyone is familiar with this

896

00:36:24,880 --> 00:36:22,400

to a certain degree I go most profound

897

00:36:27,400 --> 00:36:24,890

important story at this moment Greg and

898

00:36:29,890 --> 00:36:27,410

that is this everyone else can see that

899

00:36:32,080 --> 00:36:29,900

Bill behaves like as bad the only one

900

00:36:34,270 --> 00:36:32,090

who doesn't see it is Bill

901  
00:36:37,300 --> 00:36:34,280  
they'll learn his behaviors by

902  
00:36:39,850 --> 00:36:37,310  
downloading his father's behavior during

903  
00:36:42,580 --> 00:36:39,860  
his developmental first seven years bill

904  
00:36:46,300 --> 00:36:42,590  
plays these behaviors 95% of the day

905  
00:36:48,610 --> 00:36:46,310  
when he is thinking and therefore these

906  
00:36:51,910 --> 00:36:48,620  
behaviors are subconscious autopilot

907  
00:36:53,800 --> 00:36:51,920  
programs and he doesn't see it so

908  
00:36:55,210 --> 00:36:53,810  
everyone else can see that Bill behaves

909  
00:36:57,280 --> 00:36:55,220  
like his dad the only one who doesn't

910  
00:36:59,050 --> 00:36:57,290  
see it is Bill since most of these

911  
00:37:01,420 --> 00:36:59,060  
behaviors are already deemed to be

912  
00:37:04,180 --> 00:37:01,430  
negative and disempowering that means

913  
00:37:06,580 --> 00:37:04,190

then 95% of the day bill could be

914

00:37:09,430 --> 00:37:06,590

sabotaging his entire life with these

915

00:37:12,250 --> 00:37:09,440

programmed behaviors and it's only bill

916

00:37:15,070 --> 00:37:12,260

who doesn't see that he's sabotaging his

917

00:37:17,260 --> 00:37:15,080

life the result is at the end of the day

918

00:37:19,450 --> 00:37:17,270

bill comes home and said you know when I

919

00:37:21,880 --> 00:37:19,460

got up this morning my conscious mind

920

00:37:24,730 --> 00:37:21,890

had great wishes and desires and

921

00:37:26,800 --> 00:37:24,740

wonderful things that I wanted to create

922

00:37:28,630 --> 00:37:26,810

in my life and then I come home in the

923

00:37:31,000 --> 00:37:28,640

evening and realized none of those

924

00:37:33,520 --> 00:37:31,010

things happened and I went forward with

925

00:37:36,700 --> 00:37:33,530

positive thinking of all these wonderful

926  
00:37:39,760 --> 00:37:36,710  
things and at the end nothing happened

927  
00:37:44,110 --> 00:37:39,770  
that was positive and therefore and this

928  
00:37:46,720 --> 00:37:44,120  
is the problem Bill is left with oh my

929  
00:37:50,110 --> 00:37:46,730  
god I'm a victim of the universe because

930  
00:37:52,630 --> 00:37:50,120  
I wanted to be successful but look I

931  
00:37:56,080 --> 00:37:52,640  
wasn't successful and it wasn't me

932  
00:37:59,770 --> 00:37:56,090  
because I conscious mind wanted to be

933  
00:38:02,350 --> 00:37:59,780  
successful and so I'm a victim of forces

934  
00:38:02,950 --> 00:38:02,360  
outside of me and the truth is oh my god

935  
00:38:08,440 --> 00:38:02,960  
no

936  
00:38:10,660 --> 00:38:08,450  
of himself bill was a victim of the

937  
00:38:14,470 --> 00:38:10,670  
programs that were operating on

938  
00:38:16,270 --> 00:38:14,480

autopilot subconscious while 95% of the

939

00:38:18,450 --> 00:38:16,280

day his conscious mind was busy thinking

940

00:38:21,220 --> 00:38:18,460

and not observing the world and

941

00:38:23,830 --> 00:38:21,230

significantly then it says oh my god

942

00:38:26,050 --> 00:38:23,840

then bill is not a victim of the

943

00:38:28,450 --> 00:38:26,060

universe bill is a victim of his own

944

00:38:33,280 --> 00:38:28,460

subconscious programming and then to

945

00:38:37,000 --> 00:38:33,290

conclude this Greg conclude this is we

946

00:38:41,020 --> 00:38:37,010

are all bill every one of us every one

947

00:38:44,710 --> 00:38:41,030

of us is having a life that is

948

00:38:45,850 --> 00:38:44,720

controlled primarily by programs of

949

00:38:48,220 --> 00:38:45,860

behavior

950

00:38:50,920 --> 00:38:48,230

that are self sabotaging that we

951  
00:38:55,120 --> 00:38:50,930  
consciously are unaware of and as a

952  
00:38:58,300 --> 00:38:55,130  
result we are only aware that we didn't

953  
00:39:01,000 --> 00:38:58,310  
succeed and seeing that you know we

954  
00:39:01,480 --> 00:39:01,010  
didn't see our own role in this having a

955  
00:39:05,380 --> 00:39:01,490  
failure

956  
00:39:07,960 --> 00:39:05,390  
universe and look at ourselves as

957  
00:39:11,200 --> 00:39:07,970  
victims when in fact we were actually

958  
00:39:13,600 --> 00:39:11,210  
masters every one of us is bill every

959  
00:39:16,060 --> 00:39:13,610  
one of us has been programmed every one

960  
00:39:18,460 --> 00:39:16,070  
of us has disempowering self sabotaging

961  
00:39:19,930 --> 00:39:18,470  
programs it's a natural state of affairs

962  
00:39:23,610 --> 00:39:19,940  
in the world in which we live

963  
00:39:26,830 --> 00:39:23,620

so the wake up call is wait a minute

964

00:39:28,690 --> 00:39:26,840

what happens if I don't play those

965

00:39:31,600 --> 00:39:28,700

subconscious programs what happens if I

966

00:39:34,480 --> 00:39:31,610

don't default to the autopilot and

967

00:39:37,900 --> 00:39:34,490

engage those self sabotaging programs

968

00:39:40,720 --> 00:39:37,910

what would happen well most everybody

969

00:39:43,090 --> 00:39:40,730

has experienced that because what we now

970

00:39:46,150 --> 00:39:43,100

know is when a person falls deeply in

971

00:39:48,310 --> 00:39:46,160

love with someone there's a period just

972

00:39:51,340 --> 00:39:48,320

as they're falling in love where they

973

00:39:54,240 --> 00:39:51,350

actually stay in their conscious mind

974

00:39:56,740 --> 00:39:54,250

it's called being mindful they don't

975

00:39:59,410 --> 00:39:56,750

default to subconscious programs for a

976  
00:40:00,790 --> 00:39:59,420  
very simple reason and is this if you've

977  
00:40:02,860 --> 00:40:00,800  
been looking for this very special

978  
00:40:05,530 --> 00:40:02,870  
person to come into your life your whole

979  
00:40:06,850 --> 00:40:05,540  
life and then they show up why would you

980  
00:40:08,830 --> 00:40:06,860  
spend your time thinking when they're

981  
00:40:09,460 --> 00:40:08,840  
right in front of your face the answer

982  
00:40:11,650 --> 00:40:09,470  
is you don't

983  
00:40:14,230 --> 00:40:11,660  
you stay conscious well then what

984  
00:40:16,390 --> 00:40:14,240  
happens the moment you fall in love no

985  
00:40:18,520 --> 00:40:16,400  
matter how crappy your life was up until

986  
00:40:21,130 --> 00:40:18,530  
this moment the next period of your life

987  
00:40:23,950 --> 00:40:21,140  
that is you just fall in love which I

988  
00:40:26,920 --> 00:40:23,960

refer to as the honeymoon is a period of

989

00:40:29,830 --> 00:40:26,930

joy and health and happiness and feeling

990

00:40:32,470 --> 00:40:29,840

and living heaven on earth until the

991

00:40:36,910 --> 00:40:32,480

honeymoon fails later but what does that

992

00:40:39,580 --> 00:40:36,920

mean I say when you fall in love you

993

00:40:41,740 --> 00:40:39,590

stop defaulting to the subconscious you

994

00:40:43,960 --> 00:40:41,750

are now operating from strictly

995

00:40:46,150 --> 00:40:43,970

conscious mind wishes and desires and

996

00:40:48,280 --> 00:40:46,160

what do you think you manifested heaven

997

00:40:49,180 --> 00:40:48,290

on earth then we'll how come the

998

00:40:51,640 --> 00:40:49,190

honeymoon fails

999

00:40:54,070 --> 00:40:51,650

well neva tably but no matter how much

1000

00:40:56,320 --> 00:40:54,080

you're in love you still have tours jobs

1001  
00:40:57,700 --> 00:40:56,330  
things you have to do things that cause

1002  
00:41:00,339 --> 00:40:57,710  
you to think

1003  
00:41:02,170 --> 00:41:00,349  
and you hadn't been thinking for the

1004  
00:41:03,910 --> 00:41:02,180  
first part of your honeymoon you've been

1005  
00:41:06,370 --> 00:41:03,920  
just living who you are being a

1006  
00:41:08,560 --> 00:41:06,380  
wonderful loving partner and sharing

1007  
00:41:10,780 --> 00:41:08,570  
wishes and desires and enjoying life and

1008  
00:41:12,130 --> 00:41:10,790  
all of a sudden thinking comes back and

1009  
00:41:13,570 --> 00:41:12,140  
I say well what happens when thinking

1010  
00:41:14,950 --> 00:41:13,580  
comes back and I said oh my god

1011  
00:41:17,890 --> 00:41:14,960  
you default to the subconscious

1012  
00:41:19,570 --> 00:41:17,900  
programming the behaviors that you got

1013  
00:41:22,420 --> 00:41:19,580

from other people you haven't even

1014

00:41:23,980 --> 00:41:22,430

played these negative behaviors in your

1015

00:41:26,140 --> 00:41:23,990

relationship because in your

1016

00:41:27,760 --> 00:41:26,150

relationship you haven't defaulted to

1017

00:41:30,190 --> 00:41:27,770

the subconscious program during the

1018

00:41:33,070 --> 00:41:30,200

honeymoon but as thoughts start to come

1019

00:41:34,480 --> 00:41:33,080

back in you start all the sudden

1020

00:41:37,000 --> 00:41:34,490

defaulting more and more to the

1021

00:41:38,890 --> 00:41:37,010

subconscious and more and more behaviors

1022

00:41:41,170 --> 00:41:38,900

that are negative disempowering or

1023

00:41:44,079 --> 00:41:41,180

whatever they are start manifesting in

1024

00:41:46,540 --> 00:41:44,089

your relationship your partner observes

1025

00:41:50,530 --> 00:41:46,550

this sees all these negative programs

1026

00:41:52,329 --> 00:41:50,540

gets very upset by companies accuses you

1027

00:41:54,880 --> 00:41:52,339

of not being yourself because she sees

1028

00:41:57,160 --> 00:41:54,890

never or he's never seen these behaviors

1029

00:41:59,380 --> 00:41:57,170

and now they just show up and then you

1030

00:42:01,930 --> 00:41:59,390

have to realize but you didn't see the

1031

00:42:04,150 --> 00:42:01,940

behaviors either just like Bill you

1032

00:42:06,010 --> 00:42:04,160

didn't see these negative behaviors come

1033

00:42:07,710 --> 00:42:06,020

back in because they were automatic

1034

00:42:09,700 --> 00:42:07,720

behavioral programs playing

1035

00:42:13,570 --> 00:42:09,710

subconsciously below conscious and

1036

00:42:15,250 --> 00:42:13,580

therefore these old behaviors start

1037

00:42:17,710 --> 00:42:15,260

showing up in the relationship and

1038

00:42:20,200 --> 00:42:17,720

sabotage the relationship because that

1039

00:42:22,300 --> 00:42:20,210

could even lead to a breaking up and the

1040

00:42:25,060 --> 00:42:22,310

reality is you stopped living from your

1041

00:42:27,220 --> 00:42:25,070

conscious creative life and returned to

1042

00:42:29,829 --> 00:42:27,230

the negative programming in the

1043

00:42:32,410 --> 00:42:29,839

subconscious because your mind as all of

1044

00:42:34,780 --> 00:42:32,420

a sudden returning back to thinking 95

1045

00:42:37,690 --> 00:42:34,790

percent of the day we lost power

1046

00:42:39,250 --> 00:42:37,700

we lost our control and we end up with

1047

00:42:41,980 --> 00:42:39,260

non heaven but hell on earth at that

1048

00:42:44,500 --> 00:42:41,990

moment that was a lot of talking I hope

1049

00:42:46,660 --> 00:42:44,510

you can take something out of that yeah

1050

00:42:48,130 --> 00:42:46,670

absolutely I mean it's deep stuff and I

1051  
00:42:49,450 --> 00:42:48,140  
definitely like to just stay out of your

1052  
00:42:51,280 --> 00:42:49,460  
way and let you get it out there because

1053  
00:42:53,020 --> 00:42:51,290  
you got to make the full complete case

1054  
00:42:55,690 --> 00:42:53,030  
but we all know it's really tough to

1055  
00:42:57,280 --> 00:42:55,700  
stay in the conscious mind and if we've

1056  
00:42:59,800 --> 00:42:57,290  
been programmed to think that we're weak

1057  
00:43:01,990 --> 00:42:59,810  
feeble victims filled with fear

1058  
00:43:04,000 --> 00:43:02,000  
obviously we got a lot of subconscious

1059  
00:43:06,040 --> 00:43:04,010  
learned programs that are maybe getting

1060  
00:43:08,410 --> 00:43:06,050  
in our way and we need more advantageous

1061  
00:43:11,200 --> 00:43:08,420  
beliefs or subconscious programs is

1062  
00:43:12,820 --> 00:43:11,210  
there a way to reprogram ourselves

1063  
00:43:14,589 --> 00:43:12,830

to incorporate this new knowledge into

1064

00:43:17,200 --> 00:43:14,599

our lives effectively so we can actually

1065

00:43:18,760 --> 00:43:17,210

you know when we do default to that

1066

00:43:21,430 --> 00:43:18,770

subconscious mind we have better

1067

00:43:22,900 --> 00:43:21,440

programs running there right so that's

1068

00:43:24,820 --> 00:43:22,910

absolutely the most important part of

1069

00:43:26,410 --> 00:43:24,830

our conversation because if we didn't

1070

00:43:28,540 --> 00:43:26,420

have that ability Gregg then this would

1071

00:43:30,520 --> 00:43:28,550

be like the most crap conversation all

1072

00:43:33,579 --> 00:43:30,530

right now say hey yeah your life sucks

1073

00:43:36,790 --> 00:43:33,589

it's always gonna suck therefore get

1074

00:43:39,520 --> 00:43:36,800

used to it but no we can change the

1075

00:43:41,740 --> 00:43:39,530

programs and now we have two issues one

1076  
00:43:43,510 --> 00:43:41,750  
the programs were primarily downloaded

1077  
00:43:45,790 --> 00:43:43,520  
from the last trimester of pregnancy to

1078  
00:43:47,859 --> 00:43:45,800  
the first seven years so you know ask a

1079  
00:43:49,770 --> 00:43:47,869  
very important question what program did

1080  
00:43:52,960 --> 00:43:49,780  
you learn when you were one-year-old

1081  
00:43:54,520 --> 00:43:52,970  
Yeah right away like I wasn't there I

1082  
00:43:56,200 --> 00:43:54,530  
have no idea what the hell the program

1083  
00:43:57,700 --> 00:43:56,210  
was most of the programming occurred

1084  
00:44:00,670 --> 00:43:57,710  
before you were even consciously aware

1085  
00:44:02,380 --> 00:44:00,680  
even started in utero well how can you

1086  
00:44:04,329 --> 00:44:02,390  
identify these programs and say well

1087  
00:44:05,950 --> 00:44:04,339  
okay we could go to a psychiatrist or

1088  
00:44:08,589 --> 00:44:05,960

psychologist and review our life

1089

00:44:10,870 --> 00:44:08,599

experiences you could do that but

1090

00:44:12,940 --> 00:44:10,880

generally that's not a an advantage for

1091

00:44:15,339 --> 00:44:12,950

a simple reason and should we play all

1092

00:44:18,010 --> 00:44:15,349

the miserable experiences that shaped

1093

00:44:19,870 --> 00:44:18,020

your life you are reliving them every

1094

00:44:22,540 --> 00:44:19,880

time you relive them you're reinforcing

1095

00:44:24,640 --> 00:44:22,550

them so going back over that history

1096

00:44:27,250 --> 00:44:24,650

doesn't necessarily help you a lot

1097

00:44:28,829 --> 00:44:27,260

well Jesus then how will I know what my

1098

00:44:32,140 --> 00:44:28,839

programs are and then here comes the

1099

00:44:35,440 --> 00:44:32,150

amusing and true part

1100

00:44:38,440 --> 00:44:35,450

95% of your life is coming from the

1101  
00:44:41,640 --> 00:44:38,450  
subconscious program simple conclusion

1102  
00:44:44,800 --> 00:44:41,650  
is your life is a printout of your

1103  
00:44:46,780 --> 00:44:44,810  
programs in this regard then I can

1104  
00:44:50,110 --> 00:44:46,790  
summarize it very quickly and say this

1105  
00:44:52,720 --> 00:44:50,120  
the things that you like that easily

1106  
00:44:54,910 --> 00:44:52,730  
come into your life are there because

1107  
00:44:57,250 --> 00:44:54,920  
you already have subconscious programs

1108  
00:44:59,530 --> 00:44:57,260  
to encourage those things to be there

1109  
00:45:01,810 --> 00:44:59,540  
but in contrast in this one I want

1110  
00:45:04,120 --> 00:45:01,820  
people to pay attention to anything you

1111  
00:45:06,730 --> 00:45:04,130  
work hard at anything you struggle over

1112  
00:45:09,310 --> 00:45:06,740  
anything you put a lot of effort into

1113  
00:45:11,200 --> 00:45:09,320

you know making something happen you're

1114

00:45:14,050 --> 00:45:11,210

putting a lot of work and creating

1115

00:45:17,050 --> 00:45:14,060

something a simple question why are you

1116

00:45:19,540 --> 00:45:17,060

working so hard to get to this end and

1117

00:45:21,730 --> 00:45:19,550

the answer then is inevitably simple

1118

00:45:24,550 --> 00:45:21,740

it's whatever that thing is you are

1119

00:45:27,940 --> 00:45:24,560

seeking your subconscious doesn't have a

1120

00:45:30,280 --> 00:45:27,950

program to accommodate it and therefore

1121

00:45:33,070 --> 00:45:30,290

your conscious mind is trying to put in

1122

00:45:35,410 --> 00:45:33,080

a lot of effort to override a negative

1123

00:45:36,940 --> 00:45:35,420

subconscious program and that's why

1124

00:45:39,160 --> 00:45:36,950

we're working so hard but then the

1125

00:45:41,230 --> 00:45:39,170

reality is why isn't it very successful

1126  
00:45:43,360 --> 00:45:41,240  
in answer is because you're conscious

1127  
00:45:45,880 --> 00:45:43,370  
program is only working 5% of the day

1128  
00:45:48,610 --> 00:45:45,890  
your subconscious is working 95% of the

1129  
00:45:50,440 --> 00:45:48,620  
day so therefore what you may apply a

1130  
00:45:52,240 --> 00:45:50,450  
little positive thinking yeah I'm going

1131  
00:45:54,550 --> 00:45:52,250  
to be better at this I'm going to I'm

1132  
00:45:56,680 --> 00:45:54,560  
going to become healthy that's a very

1133  
00:45:59,850 --> 00:45:56,690  
nice positive fun and so how much of the

1134  
00:46:02,640 --> 00:45:59,860  
day are you expressing that about 5%

1135  
00:46:05,290 --> 00:46:02,650  
then what about the other 95%

1136  
00:46:07,780 --> 00:46:05,300  
unfortunately that's the automatic

1137  
00:46:10,930 --> 00:46:07,790  
program playing so the relevance is

1138  
00:46:13,000 --> 00:46:10,940

positive thinking gets a bad - you know

1139

00:46:15,070 --> 00:46:13,010

character to it because people say yeah

1140

00:46:17,440 --> 00:46:15,080

I'm thinking positive but using that

1141

00:46:20,080 --> 00:46:17,450

conscious mind in that way is not more

1142

00:46:21,610 --> 00:46:20,090

than 5% of your game right so whatever

1143

00:46:24,400 --> 00:46:21,620

effort you're using positive

1144

00:46:28,270 --> 00:46:24,410

consciousness 5% it's being conflicted

1145

00:46:30,580 --> 00:46:28,280

with adverse programs 95% of the day

1146

00:46:33,550 --> 00:46:30,590

that's why it's very difficult to

1147

00:46:35,200 --> 00:46:33,560

manifest those positive thoughts in fact

1148

00:46:36,700 --> 00:46:35,210

the only time you'd easily manifest

1149

00:46:38,980 --> 00:46:36,710

those positive thoughts as I mention is

1150

00:46:40,510 --> 00:46:38,990

when you fall in love because at that

1151

00:46:42,160 --> 00:46:40,520

point the positive thoughts are not

1152

00:46:44,980 --> 00:46:42,170

working just 5% the day they're working

1153

00:46:45,910 --> 00:46:44,990

according to science up to 90 percent of

1154

00:46:47,740 --> 00:46:45,920

the day

1155

00:46:50,260 --> 00:46:47,750

your cognitive behavior is now

1156

00:46:53,320 --> 00:46:50,270

controlled by your conscious wishes and

1157

00:46:54,820 --> 00:46:53,330

desires as compared to just 5% and when

1158

00:46:57,010 --> 00:46:54,830

you're putting that much positive

1159

00:46:58,960 --> 00:46:57,020

thinking into your day that's why your

1160

00:47:01,540 --> 00:46:58,970

life can go from hell on earth after you

1161

00:47:03,730 --> 00:47:01,550

meet this love of your life and 24 hours

1162

00:47:06,640 --> 00:47:03,740

later all of a sudden is heaven on earth

1163

00:47:10,090 --> 00:47:06,650

yeah that's because you stopped playing

1164

00:47:13,510 --> 00:47:10,100

the negative programs okay so positive

1165

00:47:15,130 --> 00:47:13,520

thinking is potential is expressed in

1166

00:47:17,110 --> 00:47:15,140

fact when you fall in love but on a

1167

00:47:18,760 --> 00:47:17,120

regular day-to-day basis has very little

1168

00:47:22,360 --> 00:47:18,770

to do with your life because of its

1169

00:47:24,970 --> 00:47:22,370

limited 5% expression so I say okay look

1170

00:47:26,830 --> 00:47:24,980

I realize I have problems with X I'm

1171

00:47:27,970 --> 00:47:26,840

trying to find a relationship in my

1172

00:47:29,890 --> 00:47:27,980

whole life I'm not getting a

1173

00:47:31,420 --> 00:47:29,900

relationship I'm working really hard I'm

1174

00:47:33,640 --> 00:47:31,430

sweating over and putting a lot of

1175

00:47:35,830 --> 00:47:33,650

effort into it most likely you your

1176  
00:47:37,390 --> 00:47:35,840  
belief programs that were downloaded in

1177  
00:47:40,390 --> 00:47:37,400  
your subconscious mind do not support

1178  
00:47:42,970 --> 00:47:40,400  
that and your efforts are expressing

1179  
00:47:44,980 --> 00:47:42,980  
that well the first thing is now we've

1180  
00:47:48,430 --> 00:47:44,990  
identified where my beliefs might be

1181  
00:47:49,780 --> 00:47:48,440  
having a problem I can't get healthy so

1182  
00:47:51,790 --> 00:47:49,790  
what we can do back to what you want to

1183  
00:47:53,380 --> 00:47:51,800  
rewrite the subconscious because we know

1184  
00:47:55,180 --> 00:47:53,390  
the subconscious is not supporting it so

1185  
00:47:57,430 --> 00:47:55,190  
I want to put in a belief that does

1186  
00:47:59,200 --> 00:47:57,440  
support health and happiness of my

1187  
00:48:00,990 --> 00:47:59,210  
biology how do you do that so what you

1188  
00:48:04,020 --> 00:48:01,000

got to have to teach the subconscious

1189

00:48:07,270 --> 00:48:04,030

that's where the problems come from

1190

00:48:08,050 --> 00:48:07,280

because the two minds don't learn in the

1191

00:48:11,020 --> 00:48:08,060

same way

1192

00:48:13,270 --> 00:48:11,030

simple the conscious mind by definition

1193

00:48:15,610 --> 00:48:13,280

is creative that's the one that offers

1194

00:48:17,830 --> 00:48:15,620

wishes and desires because it's creative

1195

00:48:20,790 --> 00:48:17,840

the conscious mind can learn in so many

1196

00:48:23,920 --> 00:48:20,800

different ways listening to this podcast

1197

00:48:26,980 --> 00:48:23,930

watching a lecture you know seeing a

1198

00:48:29,410 --> 00:48:26,990

video reading a self-help book even just

1199

00:48:31,900 --> 00:48:29,420

going aha I have a new idea the

1200

00:48:34,750 --> 00:48:31,910

conscious mind can put new visions into

1201  
00:48:37,210 --> 00:48:34,760  
itself okay that's because it's creative

1202  
00:48:39,100 --> 00:48:37,220  
it can easily manifest these new visions

1203  
00:48:41,320 --> 00:48:39,110  
you know but you see the subconscious

1204  
00:48:43,150 --> 00:48:41,330  
mind doesn't learn that way the

1205  
00:48:45,430 --> 00:48:43,160  
subconscious mind in the first seven

1206  
00:48:47,310 --> 00:48:45,440  
years of your life learns because it's

1207  
00:48:49,030 --> 00:48:47,320  
functioning at an EEG

1208  
00:48:51,520 --> 00:48:49,040  
electroencephalograph state of theta

1209  
00:48:53,560 --> 00:48:51,530  
which is hypnosis so it didn't have to

1210  
00:48:55,360 --> 00:48:53,570  
do anything but just observe in the mind

1211  
00:48:57,120 --> 00:48:55,370  
being a video recorder just downloads

1212  
00:48:59,650 --> 00:48:57,130  
behavior directly in a state of hypnosis

1213  
00:49:02,170 --> 00:48:59,660

by age seven that process

1214

00:49:04,270 --> 00:49:02,180

switches because consciousness higher

1215

00:49:06,099 --> 00:49:04,280

vibration of data consciousness starts

1216

00:49:09,579 --> 00:49:06,109

off as alpha and then even becomes a

1217

00:49:12,849 --> 00:49:09,589

higher vibration beta consciousness when

1218

00:49:15,880 --> 00:49:12,859

it's engaged at this point then has the

1219

00:49:18,670 --> 00:49:15,890

opportunity to create new programs in

1220

00:49:21,099 --> 00:49:18,680

the subconscious by manifesting habits

1221

00:49:23,170 --> 00:49:21,109

in other words the first seven years of

1222

00:49:26,770 --> 00:49:23,180

your life subconscious just learned by

1223

00:49:29,109 --> 00:49:26,780

observing but at age seven new

1224

00:49:31,089 --> 00:49:29,119

subconscious programs can be put in but

1225

00:49:33,760 --> 00:49:31,099

they are put in through a practice of

1226  
00:49:35,049 --> 00:49:33,770  
habituation okay you want to learn how

1227  
00:49:36,579 --> 00:49:35,059  
to drive the car you didn't learn how to

1228  
00:49:38,079 --> 00:49:36,589  
drive just because you sat behind the

1229  
00:49:40,000 --> 00:49:38,089  
seat and put the Cayden ignition you had

1230  
00:49:40,750 --> 00:49:40,010  
to practice you wanted to learn the

1231  
00:49:45,069 --> 00:49:40,760  
alphabet

1232  
00:49:47,380 --> 00:49:45,079  
started with ABC and you kept trying to

1233  
00:49:49,990 --> 00:49:47,390  
extend it until you could get the Z

1234  
00:49:51,849 --> 00:49:50,000  
without stopping and I say once you were

1235  
00:49:53,680 --> 00:49:51,859  
able to get from A to C you've learned

1236  
00:49:55,809 --> 00:49:53,690  
it you never had to learn it again it's

1237  
00:49:57,279 --> 00:49:55,819  
in your mind right now the same as

1238  
00:49:58,690 --> 00:49:57,289

walking once you've learned how to walk

1239

00:50:02,349 --> 00:49:58,700

you don't have to think about it again

1240

00:50:04,180 --> 00:50:02,359

you created a habit so if you want to

1241

00:50:07,480 --> 00:50:04,190

change your subconscious mind there are

1242

00:50:09,490 --> 00:50:07,490

two fundamental ways hypnosis which is

1243

00:50:11,740 --> 00:50:09,500

the way the subconscious mind learns in

1244

00:50:13,930 --> 00:50:11,750

the first seven years and then

1245

00:50:16,539 --> 00:50:13,940

habituation which is the way the

1246

00:50:18,549 --> 00:50:16,549

subconscious mind learns after age seven

1247

00:50:20,410 --> 00:50:18,559

you can put new programs into it but it

1248

00:50:23,589 --> 00:50:20,420

has to be through a practice of

1249

00:50:25,750 --> 00:50:23,599

repetition so if I want to change my

1250

00:50:27,279 --> 00:50:25,760

life I can't just have a conscious

1251  
00:50:29,260 --> 00:50:27,289  
thought and go yeah this is what I like

1252  
00:50:31,839 --> 00:50:29,270  
know that a conscious mind can create

1253  
00:50:33,609 --> 00:50:31,849  
that thought because it's creative but

1254  
00:50:37,180 --> 00:50:33,619  
the subconscious mind can't translate

1255  
00:50:39,039 --> 00:50:37,190  
that so the conscious Minds wishes and

1256  
00:50:41,049 --> 00:50:39,049  
desires don't just become subconscious

1257  
00:50:43,950 --> 00:50:41,059  
programs you actually have to affect a

1258  
00:50:46,809 --> 00:50:43,960  
recording process you can use

1259  
00:50:50,220 --> 00:50:46,819  
self-hypnosis the reason why I can use

1260  
00:50:53,410 --> 00:50:50,230  
that is every night as you go to bed and

1261  
00:50:55,329 --> 00:50:53,420  
just as your conscious mind is letting

1262  
00:50:58,269 --> 00:50:55,339  
go of the day where your conscious mind

1263  
00:51:01,359 --> 00:50:58,279

is just drifting off into sleep the

1264

00:51:04,329 --> 00:51:01,369

alpha activity of consciousness that

1265

00:51:06,430 --> 00:51:04,339

vibration reduces to then theta just as

1266

00:51:08,769 --> 00:51:06,440

you're falling asleep the conscious mind

1267

00:51:11,620 --> 00:51:08,779

disconnects but the subconscious mind is

1268

00:51:13,420 --> 00:51:11,630

in theta that's the state of programming

1269

00:51:15,069 --> 00:51:13,430

so if you put a pair

1270

00:51:18,640 --> 00:51:15,079

headphones on is you're going to bed and

1271

00:51:20,710 --> 00:51:18,650

play a program on a CD called subliminal

1272

00:51:22,569 --> 00:51:20,720

programming where you can as your

1273

00:51:25,720 --> 00:51:22,579

consciousness disengages your

1274

00:51:28,210 --> 00:51:25,730

subconscious is in record mode then with

1275

00:51:29,920 --> 00:51:28,220

earphones on hearing a program of the

1276  
00:51:30,790 --> 00:51:29,930  
things that you want to make behaviors

1277  
00:51:33,160 --> 00:51:30,800  
for yourself

1278  
00:51:34,930 --> 00:51:33,170  
these are playing as your conscious mind

1279  
00:51:37,420 --> 00:51:34,940  
just slips off into sleep your

1280  
00:51:39,880 --> 00:51:37,430  
subconscious is still present hearing

1281  
00:51:42,460 --> 00:51:39,890  
these programs and by repeating these

1282  
00:51:44,829 --> 00:51:42,470  
programs at night the subconscious will

1283  
00:51:47,470 --> 00:51:44,839  
download a new behavior so basically

1284  
00:51:49,150 --> 00:51:47,480  
that's self-hypnosis you're putting your

1285  
00:51:52,390 --> 00:51:49,160  
phones on and hearing a program when

1286  
00:51:54,609 --> 00:51:52,400  
your mind is in a record state of data

1287  
00:51:58,690 --> 00:51:54,619  
another way of changing the program is a

1288  
00:52:00,670 --> 00:51:58,700

bitchen meaning engage in the practice

1289

00:52:03,370 --> 00:52:00,680

that you want even if it doesn't seem

1290

00:52:05,680 --> 00:52:03,380

right in other words let's say you want

1291

00:52:08,380 --> 00:52:05,690

to be happy and your world is not making

1292

00:52:11,290 --> 00:52:08,390

you happy well you have to have situate

1293

00:52:13,540 --> 00:52:11,300

happiness in other words every day I am

1294

00:52:15,970 --> 00:52:13,550

happy I say to myself every day I'm

1295

00:52:18,520 --> 00:52:15,980

practicing the belief I am happy I'm

1296

00:52:20,500 --> 00:52:18,530

happy I'm repeating it every day and at

1297

00:52:22,990 --> 00:52:20,510

some point the subconscious begins to

1298

00:52:25,210 --> 00:52:23,000

learn oh you want to be happy and it

1299

00:52:28,120 --> 00:52:25,220

will automatically after repetition and

1300

00:52:30,400 --> 00:52:28,130

repetition engage in the activity of

1301  
00:52:32,799 --> 00:52:30,410  
being happy there's a saying that covers

1302  
00:52:35,890 --> 00:52:32,809  
this it's called fake it till you make

1303  
00:52:37,900 --> 00:52:35,900  
it right meaning if you practice being

1304  
00:52:40,000 --> 00:52:37,910  
happy every day and it becomes a habit

1305  
00:52:41,500 --> 00:52:40,010  
there's a point after you repeat it so

1306  
00:52:43,569 --> 00:52:41,510  
frequently that the subconscious mind

1307  
00:52:45,670 --> 00:52:43,579  
will seek happiness because that's the

1308  
00:52:47,859 --> 00:52:45,680  
habit and all of a sudden you don't have

1309  
00:52:50,020 --> 00:52:47,869  
to consciously become in doing this you

1310  
00:52:53,230 --> 00:52:50,030  
will automatically start to become happy

1311  
00:52:55,660 --> 00:52:53,240  
every day by what habituating a new

1312  
00:52:57,819 --> 00:52:55,670  
belief so there are two ways to train

1313  
00:53:00,609 --> 00:52:57,829

the subconscious that are natural one is

1314

00:53:03,099 --> 00:53:00,619

called as I said self-hypnosis by using

1315

00:53:06,099 --> 00:53:03,109

the theta period to put programs in and

1316

00:53:08,710 --> 00:53:06,109

the second way is creating new habits by

1317

00:53:10,359 --> 00:53:08,720

engaging in repetition of a behavior

1318

00:53:12,130 --> 00:53:10,369

that you would like to experience and

1319

00:53:14,349 --> 00:53:12,140

the more you repeat that behavior

1320

00:53:16,059 --> 00:53:14,359

whether it's true or not the

1321

00:53:18,400 --> 00:53:16,069

subconscious mind will acquire that

1322

00:53:20,950 --> 00:53:18,410

behavior and then unconsciously from

1323

00:53:23,589 --> 00:53:20,960

that point on follow through and engage

1324

00:53:26,260 --> 00:53:23,599

that behavior so I can rewrite those

1325

00:53:27,190 --> 00:53:26,270

programs that way and then of course

1326

00:53:30,579 --> 00:53:27,200

there's something that

1327

00:53:33,550 --> 00:53:30,589

real exciting because necessity is the

1328

00:53:35,620 --> 00:53:33,560

mother of invention and we're reaching a

1329

00:53:37,300 --> 00:53:35,630

critical time on this planet where human

1330

00:53:39,220 --> 00:53:37,310

civilization has to fundamentally change

1331

00:53:43,030 --> 00:53:39,230

its behavior because humans are

1332

00:53:45,130 --> 00:53:43,040

provoking a mass extinction biology has

1333

00:53:47,319 --> 00:53:45,140

recognized that human behavior is

1334

00:53:49,060 --> 00:53:47,329

undermining the environment so much that

1335

00:53:51,490 --> 00:53:49,070

we're threatening our own survival as

1336

00:53:54,069 --> 00:53:51,500

well as thousands and thousands of other

1337

00:53:56,109 --> 00:53:54,079

organisms which are dying because of our

1338

00:53:59,650 --> 00:53:56,119

destruction of the environment so

1339

00:54:02,589 --> 00:53:59,660

basically there is now a developed new

1340

00:54:04,589 --> 00:54:02,599

way to rapidly change beliefs and

1341

00:54:07,480 --> 00:54:04,599

they're called energy psychology

1342

00:54:09,430 --> 00:54:07,490

modalities just to give people an

1343

00:54:11,260 --> 00:54:09,440

insight about these modalities they

1344

00:54:14,050 --> 00:54:11,270

engage something called super learning

1345

00:54:16,000 --> 00:54:14,060

an example of super learning maybe

1346

00:54:17,589 --> 00:54:16,010

you've seen a person in a bookstore open

1347

00:54:20,170 --> 00:54:17,599

a book and move their finger down the

1348

00:54:22,750 --> 00:54:20,180

page it just rapidly stroke their finger

1349

00:54:24,700 --> 00:54:22,760

down each page doing that process which

1350

00:54:26,680 --> 00:54:24,710

may take one to two seconds to move your

1351  
00:54:28,540 --> 00:54:26,690  
finger down the page the subconscious

1352  
00:54:30,640 --> 00:54:28,550  
mind can read all the words on that page

1353  
00:54:32,650 --> 00:54:30,650  
that's super learning so a person can

1354  
00:54:34,809 --> 00:54:32,660  
with super learning abilities can stand

1355  
00:54:37,120 --> 00:54:34,819  
in the bookstore and as fast as they can

1356  
00:54:38,530 --> 00:54:37,130  
turn the pages read a book you know

1357  
00:54:41,680 --> 00:54:38,540  
without putting it down within minutes

1358  
00:54:44,770 --> 00:54:41,690  
create an entire but what if you could

1359  
00:54:47,079 --> 00:54:44,780  
redirect that super learning to create

1360  
00:54:49,470 --> 00:54:47,089  
programs and the answer is you can and

1361  
00:54:52,150 --> 00:54:49,480  
these are called energy psychology

1362  
00:54:53,800 --> 00:54:52,160  
modalities they're whole variety of

1363  
00:54:56,160 --> 00:54:53,810

different ones but basically they all

1364

00:54:59,020 --> 00:54:56,170

essentially engage a super learning

1365

00:55:01,150 --> 00:54:59,030

potential which allows you to download

1366

00:55:04,900 --> 00:55:01,160

new behaviors into the subconscious mind

1367

00:55:07,540 --> 00:55:04,910

within minutes and this is so necessary

1368

00:55:09,430 --> 00:55:07,550

because we are on a time thing you know

1369

00:55:11,440 --> 00:55:09,440

we have to really change who we are and

1370

00:55:15,220 --> 00:55:11,450

how we behave on this planet to survive

1371

00:55:17,800 --> 00:55:15,230

and to move into thrival instead of just

1372

00:55:21,069 --> 00:55:17,810

fighting for survival means we have to

1373

00:55:23,800 --> 00:55:21,079

regain our power reprogram the negative

1374

00:55:26,079 --> 00:55:23,810

beliefs that have disempowered us and in

1375

00:55:28,839 --> 00:55:26,089

place put in the creative wishes and

1376

00:55:30,790 --> 00:55:28,849

desires the ones that actually led to

1377

00:55:32,859 --> 00:55:30,800

what we call the honeymoon effect well

1378

00:55:34,809 --> 00:55:32,869

what would happen if i reprogram my

1379

00:55:36,670 --> 00:55:34,819

subconscious got rid of the negative

1380

00:55:39,220 --> 00:55:36,680

behaviors which were conflicting with my

1381

00:55:41,039 --> 00:55:39,230

life and replace them with those

1382

00:55:42,809 --> 00:55:41,049

positive behaviors

1383

00:55:45,239 --> 00:55:42,819

well that honeymoon which for most

1384

00:55:47,249 --> 00:55:45,249

people is a very short period of living

1385

00:55:49,799 --> 00:55:47,259

that juicy heaven on earth experience

1386

00:55:51,749 --> 00:55:49,809

doesn't have to be short-lived that you

1387

00:55:55,229 --> 00:55:51,759

could have a honeymoon experience your

1388

00:55:59,249 --> 00:55:55,239

entire life every day wake up with the

1389

00:56:01,409 --> 00:55:59,259

joy and happiness and love that you

1390

00:56:03,449 --> 00:56:01,419

experience that your first experience

1391

00:56:06,719 --> 00:56:03,459

and falling in love to be there every

1392

00:56:10,679 --> 00:56:06,729

day of your life for as long as you live

1393

00:56:12,899 --> 00:56:10,689

imagine that a life that is totally a

1394

00:56:15,689 --> 00:56:12,909

honeymoon waking up and living in

1395

00:56:18,029 --> 00:56:15,699

pleasure and joy and and having the the

1396

00:56:20,759 --> 00:56:18,039

wonderful experiences of a creator on

1397

00:56:22,679 --> 00:56:20,769

planet earth well it's all a matter of

1398

00:56:25,499 --> 00:56:22,689

being able to put into the subconscious

1399

00:56:28,679 --> 00:56:25,509

mind which is operating in 95 percent of

1400

00:56:31,499 --> 00:56:28,689

the day those programs that support you

1401

00:56:33,749 --> 00:56:31,509

and contrast to the ones that we were

1402

00:56:35,819 --> 00:56:33,759

downloaded with and the majority of

1403

00:56:39,239 --> 00:56:35,829

those were disempowering yourself

1404

00:56:42,359 --> 00:56:39,249

sabotaging when we would replace them

1405

00:56:44,219 --> 00:56:42,369

then that means the concept of an

1406

00:56:46,259 --> 00:56:44,229

eternal honeymoon would be a character

1407

00:56:50,129 --> 00:56:46,269

of your life and that is a great

1408

00:56:52,019 --> 00:56:50,139

destination yeah man I love these ideas

1409

00:56:54,059 --> 00:56:52,029

but let me ask you this because I've

1410

00:56:56,069 --> 00:56:54,069

heard you say that medicine is one of

1411

00:56:57,719 --> 00:56:56,079

the leading causes of deaths which I get

1412

00:56:59,549 --> 00:56:57,729

when I've heard that before you know

1413

00:57:02,909 --> 00:56:59,559

most pharmaceutical chemicals are very

1414

00:57:05,339 --> 00:57:02,919

harsh and overprescribed etc etc but if

1415

00:57:07,829 --> 00:57:05,349

belief is what dictates our health and

1416

00:57:10,229 --> 00:57:07,839

most people are programmed to trust Big

1417

00:57:12,359 --> 00:57:10,239

Pharma how can it be killing us if our

1418

00:57:14,549 --> 00:57:12,369

mindset is that it be making us better

1419

00:57:16,469 --> 00:57:14,559

you know what I mean well that's a

1420

00:57:18,089 --> 00:57:16,479

that's a great question Greg but then I

1421

00:57:19,499 --> 00:57:18,099

have to say which mindset has that

1422

00:57:22,079 --> 00:57:19,509

belief in at the conscious mind or the

1423

00:57:23,849 --> 00:57:22,089

subconscious mind I'm not sure ah I

1424

00:57:25,709 --> 00:57:23,859

guess I would say the subconscious know

1425

00:57:27,569 --> 00:57:25,719

the conscious mind is the one with your

1426  
00:57:29,039 --> 00:57:27,579  
wishes that's what you want the mindset

1427  
00:57:30,870 --> 00:57:29,049  
is I don't want this mindset I want this

1428  
00:57:32,729 --> 00:57:30,880  
mindset I say great that mindset by

1429  
00:57:34,409 --> 00:57:32,739  
definition is conscious mind your

1430  
00:57:36,509 --> 00:57:34,419  
conscious mind has those very positive

1431  
00:57:39,269 --> 00:57:36,519  
wishes but until you rewrite the

1432  
00:57:41,729 --> 00:57:39,279  
subconscious mind your life that you're

1433  
00:57:44,399 --> 00:57:41,739  
experiencing is still coming from the

1434  
00:57:46,979 --> 00:57:44,409  
subconscious program so yeah your

1435  
00:57:50,069 --> 00:57:46,989  
conscious mind has the great vision but

1436  
00:57:52,439 --> 00:57:50,079  
until you rewrite the limitations of the

1437  
00:57:54,220 --> 00:57:52,449  
subconscious program you are victim of

1438  
00:57:57,670 --> 00:57:54,230

that subconscious program

1439

00:57:59,109 --> 00:57:57,680

okay so yeah yeah I positive thinking I

1440

00:58:00,670 --> 00:57:59,119

don't need to take the drugs and I don't

1441

00:58:02,890 --> 00:58:00,680

need to do all that and I go yeah well

1442

00:58:04,810 --> 00:58:02,900

that's fine that positive thing is in

1443

00:58:07,120 --> 00:58:04,820

your conscious mind but if you have a

1444

00:58:09,310 --> 00:58:07,130

program 95 percent of the life being

1445

00:58:12,190 --> 00:58:09,320

played from a program of no you're a

1446

00:58:14,200 --> 00:58:12,200

victim of bacteria and parasites and

1447

00:58:17,050 --> 00:58:14,210

viruses and you're weak and you're you

1448

00:58:18,880 --> 00:58:17,060

know vulnerable if that's the program in

1449

00:58:20,800 --> 00:58:18,890

a subconscious mind unfortunately that

1450

00:58:23,800 --> 00:58:20,810

is the character of your life no matter

1451

00:58:26,109 --> 00:58:23,810

how much the conscious mind says no I am

1452

00:58:28,750 --> 00:58:26,119

a powerful individual and I can control

1453

00:58:32,140 --> 00:58:28,760

my life I go yep 5% of the day you

1454

00:58:33,700 --> 00:58:32,150

absolutely can do that but not 95

1455

00:58:35,710 --> 00:58:33,710

percent fair enough

1456

00:58:38,349 --> 00:58:35,720

and another thing I'm curious about is

1457

00:58:40,870 --> 00:58:38,359

there are times where we discover

1458

00:58:42,990 --> 00:58:40,880

isolated pockets of people and tribes

1459

00:58:45,310 --> 00:58:43,000

that haven't really been influenced by

1460

00:58:48,640 --> 00:58:45,320

Western thought when we do find these

1461

00:58:50,980 --> 00:58:48,650

people are there any cases where their

1462

00:58:52,900 --> 00:58:50,990

lives or their bodies are radically

1463

00:58:56,170 --> 00:58:52,910

different because they've been kept away

1464

00:58:58,599 --> 00:58:56,180

from this pre-programming oh absolutely

1465

00:59:00,430 --> 00:58:58,609

because when they start to look at you

1466

00:59:02,830 --> 00:59:00,440

know these isolated communities that

1467

00:59:04,930 --> 00:59:02,840

have been really not integrated into the

1468

00:59:06,520 --> 00:59:04,940

rest of the world scene and they start

1469

00:59:08,590 --> 00:59:06,530

to live you know look at these people

1470

00:59:10,690 --> 00:59:08,600

this group of people in Russia in this

1471

00:59:12,700 --> 00:59:10,700

community they don't have heart attacks

1472

00:59:14,830 --> 00:59:12,710

they don't have cardiovascular disease

1473

00:59:17,770 --> 00:59:14,840

and then everyone thinks oh what's in

1474

00:59:19,510 --> 00:59:17,780

their diet it is you know helping them

1475

00:59:21,430 --> 00:59:19,520

stay healthy and it turns out they keep

1476  
00:59:23,470 --> 00:59:21,440  
looking for some physical thing is why

1477  
00:59:26,170 --> 00:59:23,480  
they're healthy when the reality was in

1478  
00:59:29,430 --> 00:59:26,180  
that community in that isolated world

1479  
00:59:31,900 --> 00:59:29,440  
they're not be set upon by the negative

1480  
00:59:33,310 --> 00:59:31,910  
subconscious programs and the beliefs of

1481  
00:59:35,109 --> 00:59:33,320  
a conventional world that is

1482  
00:59:37,420 --> 00:59:35,119  
disempowering they live in their own

1483  
00:59:39,010 --> 00:59:37,430  
world those are the ones I could without

1484  
00:59:40,960 --> 00:59:39,020  
thinking about it walk across a fire

1485  
00:59:43,750 --> 00:59:40,970  
every day or those are the ones that can

1486  
00:59:46,300 --> 00:59:43,760  
you know drink strychnine and not have a

1487  
00:59:48,970 --> 00:59:46,310  
problem but once you become incorporated

1488  
00:59:51,400 --> 00:59:48,980

into the major world view that major

1489

00:59:53,859 --> 00:59:51,410

world view is the disempowering view the

1490

00:59:55,599 --> 00:59:53,869

one that says indeed we are not as

1491

00:59:58,510 --> 00:59:55,609

powerful as we think we are and that

1492

01:00:02,080 --> 00:59:58,520

really programs us and keeps us in that

1493

01:00:04,570 --> 01:00:02,090

victim mentality and so when you do find

1494

01:00:07,060 --> 01:00:04,580

these isolated communities and have very

1495

01:00:07,540 --> 01:00:07,070

neat characteristics of not having

1496

01:00:10,240 --> 01:00:07,550

cardio

1497

01:00:12,430 --> 01:00:10,250

vaster disease or being able to live for

1498

01:00:14,680 --> 01:00:12,440

over a hundred years without any health

1499

01:00:16,690 --> 01:00:14,690

problems and we say how did they do that

1500

01:00:18,970 --> 01:00:16,700

and unfortunately because we're so

1501  
01:00:20,830 --> 01:00:18,980  
locked into the mechanical understanding

1502  
01:00:23,080 --> 01:00:20,840  
of biology they must be doing something

1503  
01:00:24,880 --> 01:00:23,090  
physically that is different eating

1504  
01:00:27,910 --> 01:00:24,890  
differently or something it turns out no

1505  
01:00:30,550 --> 01:00:27,920  
it's consciousness and behavior you know

1506  
01:00:32,350 --> 01:00:30,560  
in China residents of China have

1507  
01:00:34,480 --> 01:00:32,360  
different kinds of cancers than

1508  
01:00:36,040 --> 01:00:34,490  
residents of let's say North America

1509  
01:00:38,080 --> 01:00:36,050  
because the cancers are more or less

1510  
01:00:42,750 --> 01:00:38,090  
connected to their culture guess what

1511  
01:00:46,810 --> 01:00:42,760  
when these Chinese people move to the US

1512  
01:00:48,550 --> 01:00:46,820  
they get the us type of cancer well

1513  
01:00:50,230 --> 01:00:48,560

what's different it's the environment

1514

01:00:53,740 --> 01:00:50,240

that they're in that is shaping the

1515

01:00:55,330 --> 01:00:53,750

cancer you see so basically it says as

1516

01:00:56,620 --> 01:00:55,340

you move from environment a to

1517

01:00:58,900 --> 01:00:56,630

environment B then you'll become

1518

01:01:02,380 --> 01:00:58,910

affected by the characteristics of those

1519

01:01:04,300 --> 01:01:02,390

in an environment B which is different

1520

01:01:07,330 --> 01:01:04,310

than the source where you came from

1521

01:01:08,950 --> 01:01:07,340

environment a and we keep looking again

1522

01:01:12,160 --> 01:01:08,960

as I say toward mechanical differences

1523

01:01:14,110 --> 01:01:12,170

and have really not focus on the

1524

01:01:16,990 --> 01:01:14,120

character if it's our consciousness

1525

01:01:19,660 --> 01:01:17,000

differences that are controlling our

1526

01:01:22,480 --> 01:01:19,670

health and the characters of our lives

1527

01:01:23,560 --> 01:01:22,490

hmm great points you know I know we're

1528

01:01:25,690 --> 01:01:23,570

almost out of time but I just got a

1529

01:01:27,700 --> 01:01:25,700

couple more quick ones for you I like to

1530

01:01:28,960 --> 01:01:27,710

ask sometimes weird questions that I

1531

01:01:30,280 --> 01:01:28,970

just haven't heard in a person's

1532

01:01:31,900 --> 01:01:30,290

previous interviews because sometimes

1533

01:01:33,880 --> 01:01:31,910

they can seem like you're getting the

1534

01:01:35,700 --> 01:01:33,890

same information multiple times so let

1535

01:01:38,230 --> 01:01:35,710

me ask you this I talked to a lot of

1536

01:01:39,670 --> 01:01:38,240

occultists and magic practitioners on

1537

01:01:41,140 --> 01:01:39,680

this show from time to time and when you

1538

01:01:42,790 --> 01:01:41,150

really get down to what they're saying

1539

01:01:44,380 --> 01:01:42,800

it's pretty much the same thing

1540

01:01:45,790 --> 01:01:44,390

strengthen your consciousness and you

1541

01:01:47,530 --> 01:01:45,800

can find that reality is a lot more

1542

01:01:49,960 --> 01:01:47,540

flexible than you thought that we are

1543

01:01:52,270 --> 01:01:49,970

co-creators of life rather than passive

1544

01:01:54,220 --> 01:01:52,280

observers and that still gets kind of

1545

01:01:56,380 --> 01:01:54,230

weird but I'm just curious have you ever

1546

01:01:59,560 --> 01:01:56,390

synthesized your findings with some of

1547

01:02:01,120 --> 01:01:59,570

these long-standing occult or magical

1548

01:02:04,120 --> 01:02:01,130

worldviews that seemed kind of

1549

01:02:06,490 --> 01:02:04,130

synergistic well as yeah it's basically

1550

01:02:09,370 --> 01:02:06,500

how much can you believe in your own

1551  
01:02:11,830 --> 01:02:09,380  
beliefs and the issue is how much have

1552  
01:02:14,530 --> 01:02:11,840  
you been program to not believe things

1553  
01:02:17,080 --> 01:02:14,540  
and so when you look at a culture where

1554  
01:02:18,820 --> 01:02:17,090  
a belief about something everyone agrees

1555  
01:02:20,530 --> 01:02:18,830  
with I use a video in my lectures

1556  
01:02:21,130 --> 01:02:20,540  
showing a man in Java

1557  
01:02:24,579 --> 01:02:21,140  
who

1558  
01:02:27,549 --> 01:02:24,589  
programmed his consciousness and his

1559  
01:02:30,190 --> 01:02:27,559  
ability to summon up as Chi as energy in

1560  
01:02:32,470 --> 01:02:30,200  
his body and when he summons up that

1561  
01:02:35,589 --> 01:02:32,480  
energy and he's been focusing it for 18

1562  
01:02:38,950 --> 01:02:35,599  
years of meditation he can actually use

1563  
01:02:42,700 --> 01:02:38,960

that Chi from his hands and create a

1564

01:02:45,579 --> 01:02:42,710

fire he can hold his hands over like he

1565

01:02:48,640 --> 01:02:45,589

shows in a video a newspaper and by

1566

01:02:51,370 --> 01:02:48,650

focusing that Chi use that energy to

1567

01:02:53,500 --> 01:02:51,380

create a fire it's interesting because I

1568

01:02:55,359 --> 01:02:53,510

show this video in the United States and

1569

01:02:57,460 --> 01:02:55,369

half the audience looks at it in like

1570

01:02:58,990 --> 01:02:57,470

holy geez look at that another half of

1571

01:03:01,390 --> 01:02:59,000

the audience go oh there's a trick you

1572

01:03:03,190 --> 01:03:01,400

know we have a cigarette in the paper

1573

01:03:04,809 --> 01:03:03,200

then the paper caught fire and that's

1574

01:03:06,819 --> 01:03:04,819

how it happened because their belief

1575

01:03:10,720 --> 01:03:06,829

system is very difficult to take that in

1576

01:03:13,210 --> 01:03:10,730

as as real what was interesting is I use

1577

01:03:14,920 --> 01:03:13,220

that video in a lecture in Singapore and

1578

01:03:17,980 --> 01:03:14,930

when I played it everybody you guys

1579

01:03:21,009 --> 01:03:17,990

looked at it and said like so in their

1580

01:03:22,329 --> 01:03:21,019

world that's just part of their culture

1581

01:03:24,400 --> 01:03:22,339

and their understanding there's no

1582

01:03:26,470 --> 01:03:24,410

question about it people that's their

1583

01:03:29,170 --> 01:03:26,480

belief system so when it manifests that

1584

01:03:30,880 --> 01:03:29,180

way it's not out of strangeness it's

1585

01:03:32,859 --> 01:03:30,890

just like oh that's just yeah that's the

1586

01:03:34,839 --> 01:03:32,869

way it is but if you show that same

1587

01:03:37,150 --> 01:03:34,849

video to an audience in the Western

1588

01:03:39,700 --> 01:03:37,160

world not familiar with any of this

1589

01:03:40,480 --> 01:03:39,710

their belief system is so counter that

1590

01:03:42,339 --> 01:03:40,490

that can happen

1591

01:03:45,730 --> 01:03:42,349

that immediately say well there's some

1592

01:03:47,259 --> 01:03:45,740

fake thing here going on no if it the

1593

01:03:48,670 --> 01:03:47,269

difference is whether the community

1594

01:03:51,009 --> 01:03:48,680

believes in any of the community doesn't

1595

01:03:53,920 --> 01:03:51,019

believe in it and that's really the the

1596

01:03:55,480 --> 01:03:53,930

separation is if we have a community

1597

01:03:58,450 --> 01:03:55,490

that believes in our disempowerment than

1598

01:04:00,910 --> 01:03:58,460

we are by definition disempowered that's

1599

01:04:03,099 --> 01:04:00,920

compared to other cultures that do not

1600

01:04:05,410 --> 01:04:03,109

entertain those belief systems that

1601  
01:04:07,390 --> 01:04:05,420  
makes sense it's all about belief but

1602  
01:04:09,009 --> 01:04:07,400  
what about things we don't expect like

1603  
01:04:12,009 --> 01:04:09,019  
what if a person walks into a crowded

1604  
01:04:14,019 --> 01:04:12,019  
mall and releases some sort of virus the

1605  
01:04:15,609 --> 01:04:14,029  
people walking around might not notice

1606  
01:04:17,049 --> 01:04:15,619  
or perceive what's happening they

1607  
01:04:18,519 --> 01:04:17,059  
definitely don't have a belief that it's

1608  
01:04:21,880 --> 01:04:18,529  
going to happen but they aren't immune

1609  
01:04:23,410 --> 01:04:21,890  
to it are they well they can be immune

1610  
01:04:25,490 --> 01:04:23,420  
to depending on what they are they

1611  
01:04:27,800 --> 01:04:25,500  
feeling susceptible

1612  
01:04:30,830 --> 01:04:27,810  
is there an opening in their Armour a

1613  
01:04:33,109 --> 01:04:30,840

in their armor that's at oh now

1614

01:04:36,080 --> 01:04:33,119

that that virus is here it got through

1615

01:04:37,849 --> 01:04:36,090

that hole and now I'm sick because it

1616

01:04:40,580 --> 01:04:37,859

wasn't looking for the virus I just

1617

01:04:43,520 --> 01:04:40,590

automatically wasn't secure in my own

1618

01:04:45,890 --> 01:04:43,530

skin so to speak to ward off the virus

1619

01:04:48,890 --> 01:04:45,900

now think about it physicians walk

1620

01:04:51,680 --> 01:04:48,900

through all these wards with sick people

1621

01:04:54,680 --> 01:04:51,690

every day all kinds of sick people

1622

01:04:56,810 --> 01:04:54,690

they don't get sick why not because

1623

01:04:59,390 --> 01:04:56,820

they're genetically different no their

1624

01:05:02,000 --> 01:04:59,400

mindset is I'm the doctor I can't afford

1625

01:05:04,730 --> 01:05:02,010

to get sick I'm the doctor and as a

1626

01:05:07,460 --> 01:05:04,740

result they walk through all of this up

1627

01:05:10,700 --> 01:05:07,470

is the same as the person testifying by

1628

01:05:13,849 --> 01:05:10,710

drinking strychnine I am protected by

1629

01:05:15,290 --> 01:05:13,859

God and therefore I don't care about the

1630

01:05:16,940 --> 01:05:15,300

strychnine because it's not going to

1631

01:05:19,940 --> 01:05:16,950

bother me it's not going to bother them

1632

01:05:22,580 --> 01:05:19,950

so the issue is those people in the

1633

01:05:25,370 --> 01:05:22,590

community they get sick are already

1634

01:05:27,650 --> 01:05:25,380

receptive to being sick there are

1635

01:05:30,260 --> 01:05:27,660

already recognizing T so I have no

1636

01:05:33,349 --> 01:05:30,270

control over this health issue and and

1637

01:05:35,420 --> 01:05:33,359

therefore it's out of control and the

1638

01:05:39,140 --> 01:05:35,430

fact is simply that no that's their

1639

01:05:44,030 --> 01:05:40,490

and the population perceives their

1640

01:05:45,890 --> 01:05:44,040

victims I say the vast majority and as a

1641

01:05:49,430 --> 01:05:45,900

result they are the ones that are

1642

01:05:52,460 --> 01:05:49,440

susceptible to these issues true fair

1643

01:05:54,350 --> 01:05:52,470

enough so I'm also just curious we

1644

01:05:56,570 --> 01:05:54,360

largely talked about this on the micro

1645

01:05:58,340 --> 01:05:56,580

scale individual Minds and the health of

1646

01:06:00,350 --> 01:05:58,350

their bodies but to get into the

1647

01:06:02,450 --> 01:06:00,360

material of your spontaneous evolution

1648

01:06:03,830 --> 01:06:02,460

book a bit this stuff does also work on

1649

01:06:06,860 --> 01:06:03,840

a macro scale right

1650

01:06:09,320 --> 01:06:06,870

oh absolutely in other words look if I

1651  
01:06:10,640 --> 01:06:09,330  
want to have peace and I go outside and

1652  
01:06:12,500 --> 01:06:10,650  
stand in the street and say look

1653  
01:06:14,900 --> 01:06:12,510  
positive thinking my great wish is peace

1654  
01:06:16,760 --> 01:06:14,910  
on this planet and I go teeth well I

1655  
01:06:18,350 --> 01:06:16,770  
just spent the whole morning having

1656  
01:06:19,520 --> 01:06:18,360  
wonderful thoughts of peace and here we

1657  
01:06:22,250 --> 01:06:19,530  
are in the middle of a war

1658  
01:06:23,960 --> 01:06:22,260  
yeah and the reason is this each one of

1659  
01:06:25,790 --> 01:06:23,970  
us is like a tuning fork with our

1660  
01:06:27,950 --> 01:06:25,800  
thoughts being broadcast from our mind

1661  
01:06:29,930 --> 01:06:27,960  
so our like our vibration of our mind is

1662  
01:06:31,670 --> 01:06:29,940  
going out in the field in fact you can

1663  
01:06:33,500 --> 01:06:31,680

read your thoughts not just by putting

1664

01:06:35,180 --> 01:06:33,510

wires on your head and reading the

1665

01:06:37,490 --> 01:06:35,190

conduction of brain electrical activity

1666

01:06:39,880 --> 01:06:37,500

through the skin into the EEG wires

1667

01:06:42,020 --> 01:06:39,890

there's a new process called magneto

1668

01:06:43,820 --> 01:06:42,030

encephalographic or the probe that reads

1669

01:06:46,370 --> 01:06:43,830

your brain doesn't even touch your head

1670

01:06:49,880 --> 01:06:46,380

it's outside why is irrelevant because

1671

01:06:52,580 --> 01:06:49,890

magneto in Seppala graph is reading your

1672

01:06:54,020 --> 01:06:52,590

thoughts but your thoughts are obviously

1673

01:06:55,910 --> 01:06:54,030

being broadcast to the environment

1674

01:06:58,790 --> 01:06:55,920

because the probe is not touching you

1675

01:07:00,980 --> 01:06:58,800

why is it relevant if one person has a

1676

01:07:03,110 --> 01:07:00,990

vibrational thought of peace and a

1677

01:07:05,840 --> 01:07:03,120

thousand people around that individual

1678

01:07:08,650 --> 01:07:05,850

have a vibration of war that peace

1679

01:07:10,970 --> 01:07:08,660

vibration is flooded with all this war

1680

01:07:14,630 --> 01:07:10,980

vibration I have no power

1681

01:07:16,910 --> 01:07:14,640

but if you get enough people to have the

1682

01:07:18,620 --> 01:07:16,920

same belief you get enough people to

1683

01:07:21,260 --> 01:07:18,630

stand in the street and say we want

1684

01:07:23,540 --> 01:07:21,270

peace then peace will be manifest so all

1685

01:07:25,670 --> 01:07:23,550

of a sudden is like we have individual

1686

01:07:28,480 --> 01:07:25,680

control to some degree over what happens

1687

01:07:32,090 --> 01:07:28,490

in our immediate life but collectively

1688

01:07:33,500 --> 01:07:32,100

all of us together can have control that

1689

01:07:36,920 --> 01:07:33,510

will express what will happen to the

1690

01:07:40,280 --> 01:07:36,930

entire collective group so each of us is

1691

01:07:42,890 --> 01:07:40,290

a vibrational input and if you get a

1692

01:07:44,600 --> 01:07:42,900

large number of vibrations the amplitude

1693

01:07:47,210 --> 01:07:44,610

of those vibrations are then indeed

1694

01:07:49,250 --> 01:07:47,220

powerful enough to change the world and

1695

01:07:50,900 --> 01:07:49,260

that's why coming together in community

1696

01:07:52,310 --> 01:07:50,910

is a necessary step in our evolution

1697

01:07:54,470 --> 01:07:52,320

because

1698

01:07:55,970 --> 01:07:54,480

a community collectively we have the

1699

01:07:59,150 --> 01:07:55,980

power to change the world in which we

1700

01:08:01,220 --> 01:07:59,160

live as separate entities that powers

1701  
01:08:02,570 --> 01:08:01,230  
diluted down so much that we have no

1702  
01:08:04,220 --> 01:08:02,580  
influence over the world in which we

1703  
01:08:06,800 --> 01:08:04,230  
live and so the evolution we're facing

1704  
01:08:09,680 --> 01:08:06,810  
now is we must come together and

1705  
01:08:11,990 --> 01:08:09,690  
collectively assert the heaven on earth

1706  
01:08:14,860 --> 01:08:12,000  
experience that we all desire because

1707  
01:08:17,450 --> 01:08:14,870  
that's the only way it will manifest hmm

1708  
01:08:18,890 --> 01:08:17,460  
well said again and I know you got to

1709  
01:08:21,200 --> 01:08:18,900  
get going and you've been talking about

1710  
01:08:23,060 --> 01:08:21,210  
these things for a long time just to

1711  
01:08:24,920 --> 01:08:23,070  
bring us up to speed what's happening in

1712  
01:08:26,180 --> 01:08:24,930  
the medical and scientific communities

1713  
01:08:28,220 --> 01:08:26,190

right now I'm hearing the term

1714

01:08:29,960 --> 01:08:28,230

epigenetics more and more are there

1715

01:08:31,520 --> 01:08:29,970

mainstream studies or experiments that

1716

01:08:33,050 --> 01:08:31,530

are coming to these conclusions or all

1717

01:08:34,550 --> 01:08:33,060

these ideas becoming more acceptable

1718

01:08:37,030 --> 01:08:34,560

what has you excited when you're looking

1719

01:08:42,230 --> 01:08:37,040

at the fields of the whole right now oh

1720

01:08:44,090 --> 01:08:42,240

by 1990 the ideas that I saw 1970 1990

1721

01:08:47,030 --> 01:08:44,100

they started to become fundamental basic

1722

01:08:48,829 --> 01:08:47,040

tenets of science that today epigenetics

1723

01:08:51,170 --> 01:08:48,839

is not just a you know like an obscure

1724

01:08:52,970 --> 01:08:51,180

term at all epigenetics is finally

1725

01:08:55,280 --> 01:08:52,980

coming into the forefront to be

1726

01:08:57,530 --> 01:08:55,290

recognized as the primary mechanism that

1727

01:09:00,530 --> 01:08:57,540

controls our biology our behavior in our

1728

01:09:03,560 --> 01:09:00,540

life and as a result as we collectively

1729

01:09:05,599 --> 01:09:03,570

get more and more individuals in the

1730

01:09:07,970 --> 01:09:05,609

field of epigenetics remember it's a

1731

01:09:10,160 --> 01:09:07,980

collective input that empowers our world

1732

01:09:13,250 --> 01:09:10,170

as more and more people take the power

1733

01:09:15,590 --> 01:09:13,260

back and stop being victims and start

1734

01:09:18,410 --> 01:09:15,600

recognizing their creators the

1735

01:09:20,090 --> 01:09:18,420

epigenetics story will expand and bring

1736

01:09:23,210 --> 01:09:20,100

more and more people together to the

1737

01:09:24,920 --> 01:09:23,220

realization that collectively we can

1738

01:09:27,590 --> 01:09:24,930

create heaven on earth that that's what

1739

01:09:30,140 --> 01:09:27,600

we want or in the current situation let

1740

01:09:33,140 --> 01:09:30,150

go the control and watch this thing fall

1741

01:09:35,150 --> 01:09:33,150

apart so epigenetics is not a side

1742

01:09:38,300 --> 01:09:35,160

branch of science it becoming the main

1743

01:09:40,940 --> 01:09:38,310

frontier of the new science of personal

1744

01:09:44,410 --> 01:09:40,950

empowerment and this is required for us

1745

01:09:47,720 --> 01:09:44,420

to proceed and evolve into a world that

1746

01:09:49,430 --> 01:09:47,730

is based on our thriving as compared to

1747

01:09:52,190 --> 01:09:49,440

the world that we see right now that is

1748

01:09:54,320 --> 01:09:52,200

falling apart because of our negative

1749

01:09:56,229 --> 01:09:54,330

potentially destructive beliefs that

1750

01:10:01,270 --> 01:09:56,239

we're engaged with

1751

01:10:03,250 --> 01:10:01,280

damn yeah well Bruce it is mind blowing

1752

01:10:04,990 --> 01:10:03,260

stuff for sure I have so much respect

1753

01:10:06,880 --> 01:10:05,000

for your work and accomplishments I'm no

1754

01:10:08,440 --> 01:10:06,890

scientist but I really want this stuff

1755

01:10:09,910 --> 01:10:08,450

to be true because it does put us back

1756

01:10:11,530 --> 01:10:09,920

in the driver's seat rather than being

1757

01:10:13,780 --> 01:10:11,540

victims of circumstance and you make a

1758

01:10:16,000 --> 01:10:13,790

great case for it and as we wrap this up

1759

01:10:18,100 --> 01:10:16,010

if people need to steepen more doctor

1760

01:10:19,930 --> 01:10:18,110

Lipton before they fully absorb it where

1761

01:10:22,780 --> 01:10:19,940

can people go to follow up on your work

1762

01:10:25,600 --> 01:10:22,790

the simplest destination is Bruce Lipton

1763

01:10:28,060 --> 01:10:25,610

calm and on that website there's so many

1764

01:10:30,459 --> 01:10:28,070

resources so many articles so many

1765

01:10:33,640 --> 01:10:30,469

interviews and videos to describe all of

1766

01:10:35,830 --> 01:10:33,650

this so it's a wonderful source to get

1767

01:10:38,590 --> 01:10:35,840

this new information on self empowerment

1768

01:10:40,870 --> 01:10:38,600

and understand how we can take back

1769

01:10:43,600 --> 01:10:40,880

control of our lives and create that

1770

01:10:45,820 --> 01:10:43,610

heaven on earth is not just a little

1771

01:10:48,370 --> 01:10:45,830

side activity our life but actually the

1772

01:10:51,070 --> 01:10:48,380

main thrust of our life is that we are

1773

01:10:53,170 --> 01:10:51,080

creators and we can create a lot better

1774

01:10:56,740 --> 01:10:53,180

than the creation we are now

1775

01:10:58,770 --> 01:10:56,750

experiencing very cool well thanks again

1776

01:11:00,760 --> 01:10:58,780

good sir take care out there I

1777

01:11:03,010 --> 01:11:00,770

appreciate this opportunity to speak

1778

01:11:04,750 --> 01:11:03,020

with you Greg and I also want to thank

1779

01:11:06,160 --> 01:11:04,760

your audience because all those people

1780

01:11:09,250 --> 01:11:06,170

out there are the future of our world

1781

01:11:11,110 --> 01:11:09,260

and hopefully we instilled a little self

1782

01:11:13,479 --> 01:11:11,120

empowerment for them to take back their

1783

01:11:14,920 --> 01:11:13,489

power over their own lives because as

1784

01:11:17,950 --> 01:11:14,930

they do that individually collectively

1785

01:11:20,860 --> 01:11:17,960

we'll all experience heaven on earth as

1786

01:11:23,830 --> 01:11:20,870

our destination and then I think we did

1787

01:11:25,330 --> 01:11:23,840

that all right thank you so much Greg

1788

01:11:27,580 --> 01:11:25,340

and audience for being there

1789

01:11:28,450 --> 01:11:27,590

you got it have a good one thank you

1790

01:11:32,470 --> 01:11:28,460

thank you

1791

01:11:34,810 --> 01:11:32,480

all right people there we have a dr.

1792

01:11:36,880 --> 01:11:34,820

Bruce Lipton I know it's only an hour

1793

01:11:38,680 --> 01:11:36,890

which is a disappointment to Plus people

1794

01:11:40,479 --> 01:11:38,690

but that's all the time I could get and

1795

01:11:42,310 --> 01:11:40,489

I figured I'd rather just do an extra

1796

01:11:44,709 --> 01:11:42,320

show this month and not do it at all so

1797

01:11:47,590 --> 01:11:44,719

we will have five and a half episodes in

1798

01:11:49,360 --> 01:11:47,600

May I almost made this just a plus

1799

01:11:51,580 --> 01:11:49,370

episode to try to entice some new

1800

01:11:52,930 --> 01:11:51,590

signups but maybe you're going to sign

1801  
01:11:54,760 --> 01:11:52,940  
up just because I get some respect

1802  
01:11:57,880 --> 01:11:54,770  
points for not doing that

1803  
01:12:00,340 --> 01:11:57,890  
but it was back when I had Bill Bengston

1804  
01:12:02,229 --> 01:12:00,350  
on that people said oh you gotta check

1805  
01:12:04,660 --> 01:12:02,239  
out Bruce Lipton's lectures and books

1806  
01:12:06,700 --> 01:12:04,670  
and sure enough he's right there in a

1807  
01:12:08,890 --> 01:12:06,710  
similar wheelhouse with this power of

1808  
01:12:09,580 --> 01:12:08,900  
consciousness self-healing mind over

1809  
01:12:11,979 --> 01:12:09,590  
matter

1810  
01:12:13,629 --> 01:12:11,989  
kind of stuff I'm sure people will have

1811  
01:12:15,430 --> 01:12:13,639  
their differences of opinion on which

1812  
01:12:18,160 --> 01:12:15,440  
flavor they like more but they are

1813  
01:12:19,899 --> 01:12:18,170

guests in the same category and I think

1814

01:12:22,060 --> 01:12:19,909

we've had several guests of our own that

1815

01:12:23,919 --> 01:12:22,070

at least mentioned dr. Lipton and

1816

01:12:24,689 --> 01:12:23,929

passing so it is great to get the man

1817

01:12:27,160 --> 01:12:24,699

himself

1818

01:12:28,780 --> 01:12:27,170

one hour really just doesn't feel like

1819

01:12:30,430 --> 01:12:28,790

enough though I had quite a few

1820

01:12:32,379 --> 01:12:30,440

questions that I left on the cutting

1821

01:12:34,570 --> 01:12:32,389

room floor and I tried to even whittle

1822

01:12:37,419 --> 01:12:34,580

it down more on the fly when I realized

1823

01:12:39,669 --> 01:12:37,429

how few I would be asking but I hope you

1824

01:12:41,709 --> 01:12:39,679

enjoyed it it really is always about the

1825

01:12:44,320 --> 01:12:41,719

guests so you don't really need me to

1826

01:12:47,470 --> 01:12:44,330

talk all that much and not to go on a

1827

01:12:49,270 --> 01:12:47,480

THC Plus pitch tangent but doing a

1828

01:12:52,000 --> 01:12:49,280

one-hour show since I haven't in so long

1829

01:12:54,939 --> 01:12:52,010

did remind me just how much better the

1830

01:12:57,520 --> 01:12:54,949

full two hours of a typical episode are

1831

01:12:59,290 --> 01:12:57,530

and it's weird that the ratio of free

1832

01:13:02,020 --> 01:12:59,300

listeners the Plus members is like

1833

01:13:03,339 --> 01:13:02,030

hundreds to one that's really shocking

1834

01:13:05,800 --> 01:13:03,349

when I think about it because only a

1835

01:13:08,439 --> 01:13:05,810

fraction of people really hear the full

1836

01:13:11,260 --> 01:13:08,449

show and if you like this show you know

1837

01:13:13,240 --> 01:13:11,270

it's only \$5 a month to get it all sorry

1838

01:13:16,209 --> 01:13:13,250

it's not free but I tried everything

1839

01:13:18,430 --> 01:13:16,219

else I could first and it is what it is

1840

01:13:20,830 --> 01:13:18,440

the higher side chats plus com

1841

01:13:23,109 --> 01:13:20,840

either way there are a great couple

1842

01:13:24,669 --> 01:13:23,119

shows coming up and you'll get a lot

1843

01:13:26,859 --> 01:13:24,679

more out of them if you do have that

1844

01:13:30,280 --> 01:13:26,869

second hour to be honest I have like

1845

01:13:33,040 --> 01:13:30,290

four recorded right now - I really think

1846

01:13:36,580 --> 01:13:33,050

our standouts - are pretty amazing to me

1847

01:13:38,740 --> 01:13:36,590

and - or maybe closer to average but

1848

01:13:40,720 --> 01:13:38,750

even an average show is really good in

1849

01:13:42,990 --> 01:13:40,730

my opinion because I think we run a

1850

01:13:46,209 --> 01:13:43,000

pretty tight quality ship around here

1851  
01:13:48,370 --> 01:13:46,219  
but anyway as for Bruce I didn't want to

1852  
01:13:51,100 --> 01:13:48,380  
take up the already limited time with

1853  
01:13:53,470 --> 01:13:51,110  
questions that are basically things that

1854  
01:13:55,149 --> 01:13:53,480  
only apply to me but if I had more time

1855  
01:13:57,160 --> 01:13:55,159  
I would have brought myself up because

1856  
01:13:59,680 --> 01:13:57,170  
I'm sort of curious how Bruce would talk

1857  
01:14:02,290 --> 01:13:59,690  
about my own life experience because I

1858  
01:14:04,300 --> 01:14:02,300  
got meningitis when I was three and as a

1859  
01:14:05,560 --> 01:14:04,310  
result I've been deaf in my right ear

1860  
01:14:08,410 --> 01:14:05,570  
ever since

1861  
01:14:11,109 --> 01:14:08,420  
sidenote in fact they do mention that

1862  
01:14:14,020 --> 01:14:11,119  
there was a vaccine that caused

1863  
01:14:17,290 --> 01:14:14,030

meningitis in some kids in Canada in the

1864

01:14:19,540 --> 01:14:17,300

80s and I'm curious if maybe it was

1865

01:14:23,199 --> 01:14:19,550

related although no one's ever told me

1866

01:14:24,759 --> 01:14:23,209

that it was but anyway the point is that

1867

01:14:26,080 --> 01:14:24,769

I don't think I expected to get

1868

01:14:28,330 --> 01:14:26,090

something like that when I was so young

1869

01:14:30,839 --> 01:14:28,340

I probably didn't even think such a

1870

01:14:33,250 --> 01:14:30,849

thing was possible so I'm curious how it

1871

01:14:36,069 --> 01:14:33,260

happened if my perceptions would be

1872

01:14:37,989 --> 01:14:36,079

playing such a huge role and secondly

1873

01:14:40,029 --> 01:14:37,999

would the assumption be that I could

1874

01:14:42,279 --> 01:14:40,039

restore stereo hearing with enough

1875

01:14:44,589 --> 01:14:42,289

conscious attention and reprogramming if

1876

01:14:46,929 --> 01:14:44,599

I believed that I could is there any

1877

01:14:49,959 --> 01:14:46,939

example of a person actually doing that

1878

01:14:51,910 --> 01:14:49,969

I don't know some of the self-healing

1879

01:14:54,339 --> 01:14:51,920

stuff is a little fuzzy to me when it

1880

01:14:56,399 --> 01:14:54,349

gets down to these sorts of things no

1881

01:14:59,770 --> 01:14:56,409

doubt that Bruce is a smart guy

1882

01:15:01,899 --> 01:14:59,780

accomplished guy he gives great lectures

1883

01:15:04,810 --> 01:15:01,909

I do like listening to him and he makes

1884

01:15:07,080 --> 01:15:04,820

a good case for his position but this is

1885

01:15:09,819 --> 01:15:07,090

a realm where I still really haven't

1886

01:15:12,009 --> 01:15:09,829

solidified exactly what I think of it

1887

01:15:14,410 --> 01:15:12,019

but that's why I guess we have to listen

1888

01:15:16,719 --> 01:15:14,420

to more people so I hope you liked it I

1889

01:15:18,969 --> 01:15:16,729

know I am behind schedule this month but

1890

01:15:20,979 --> 01:15:18,979

I should have two more full shows coming

1891

01:15:23,589 --> 01:15:20,989

at you by Friday so I am working

1892

01:15:25,540 --> 01:15:23,599

double-time this week and I'll see you

1893

01:15:28,270 --> 01:15:25,550

again then I've done what I can

1894

01:15:30,459 --> 01:15:28,280

your move masters of belief manipulation

1895

01:15:34,770 --> 01:15:30,469

fear and weakness peddlers and mental

1896

01:15:40,390 --> 01:15:34,780

paradigm puppet masters your move

1897

01:15:46,750 --> 01:15:40,400

have a drink in the smoke listen to the

1898

01:15:51,399 --> 01:15:46,760

cast shiny shiny spotlight but criminals

1899

01:15:57,160 --> 01:15:51,409

on blast the Pinstripe land of mourning

1900

01:16:01,000 --> 01:15:57,170

and families of Finance do pawn Windsor

1901

01:16:05,319 --> 01:16:01,010

and Rothschild the kids don't stand a

1902

01:16:08,589 --> 01:16:05,329

chance the kids don't the kids don't

1903

01:16:12,399 --> 01:16:08,599

stand the kids don't stand a chance I

1904

01:16:15,700 --> 01:16:12,409

said the kids don't the kids don't stand

1905

01:16:20,030 --> 01:16:15,710

the kids don't stand

1906

01:16:22,490 --> 01:16:20,040

we're looking for the answer the

1907

01:16:27,020 --> 01:16:22,500

questions never ask

1908

01:16:31,879 --> 01:16:27,030

so we come to the car wood for the

1909

01:16:37,490 --> 01:16:31,889

higher side Jack the pen start man of

1910

01:16:41,629 --> 01:16:37,500

mourning and families of Finance do pawn

1911

01:16:46,040 --> 01:16:41,639

Windsor and Rothschild kids don't stand

1912

01:16:48,950 --> 01:16:46,050

a chance and the kids don't the kids

1913

01:16:49,700 --> 01:16:48,960

don't stand the kids don't stand a

1914

01:16:53,240 --> 01:16:49,710

chance

1915

01:16:57,770 --> 01:16:53,250

I say the kids don't the kids don't

1916

01:17:11,109 --> 01:16:57,780

stand the kids don't stand a chance

1917

01:17:21,370 --> 01:17:16,310

involved in shady business we try to get

1918

01:17:26,330 --> 01:17:21,380

a glimpse we're working on the number

1919

01:17:31,390 --> 01:17:26,340

resistance must've an the pinstripe man

1920

01:17:35,810 --> 01:17:31,400

of mourning and families of Finance

1921

01:17:37,870 --> 01:17:35,820

DuPont Windsor and Rothschild the kids

1922

01:17:42,319 --> 01:17:37,880

don't stand a chance

1923

01:17:45,709 --> 01:17:42,329

the kids don't the kids don't stand the

1924

01:17:49,490 --> 01:17:45,719

kids don't stand a chance I said the

1925

01:17:54,260 --> 01:17:49,500

kids don't the kids don't stand the kids

1926

01:17:56,720 --> 01:17:54,270

don't stand a chance the kids don't the

1927

01:18:01,129 --> 01:17:56,730

kids don't stand how the kids don't

1928

01:18:04,370 --> 01:18:01,139

stand a chance I said the kids don't the