



Subjective Science Module 1.0 Transcript

This is a transcript of an AI podcast called a Deep Dive produced by Google's NotebookLM. The Deep Dive is produced as dialog between a male and a female host. The transcript is produced as a one paragraph monologue, which accounts for the unusual verbiage. Regardless, the profoundness of the concepts is very clearly reported, as it is in the Deep Dives. The sources for this Deep Dive were the essay, Subjective Science, Subjective Science_ A Scientific Perspective and Subjective Science: Consciously Creating Reality

Welcome back everybody to another deep dive. This time we're going to get into something I guess you could call subjective science. And by that I mean like how could we apply you know the scientific method to like thoughts and feelings and beliefs and stuff. We've got this really cool source material. It's like a doctoral thesis on like consciousness and fulfillment. And the idea here is you know we are already kind of unconsciously doing this all the time. Right. Every strong opinion. Every you know gut feeling that we have. All of that is just based on like you know our past experiences. It is. Yeah. The source material actually suggests that we're all kind of constantly running these subconscious experiments. Oh wow. But we're just not aware of the process itself. That's wild. So we're like scientists without lab coats. Kind of. Yeah. But instead of studying like you know the outside world. Yeah. We're kind of experimenting on ourselves. Right. With our own lives as the lab. Exactly. And the results those become our beliefs. Right. About who we are and how the world works. Exactly. And those beliefs even the unconscious ones can have a huge impact. Huge impact. Yeah. Yeah. I mean think about like just a simple phrase that everybody uses all the time. That doesn't work for me. Right. I bet you there is an entire like chain of experiences. Absolutely. And subconscious conclusions that have led up to that belief. For sure. I mean like let's imagine someone who as a child got a lot of criticism. They might form the subconscious hypothesis like I'm not good enough. And then life kind of throws them these experiments. They might struggle in school or they have trouble making friends. And if they're already primed to see themselves that way. Yeah. These events just become proof that that's true. Right. Right. So they're almost looking for evidence. Exactly. To confirm what they already believe. That's right. Even if that's not a good thing. Yeah. And that's where it gets really interesting. Yeah. The text actually quotes Robert Lanza. OK. You know the author of Biocentrism. Right. And he says the brain makes its own decisions on a subconscious level. Wow. And people only later feel that they have performed a conscious decision. Huh. So it's like we're not even in control. Sometimes it feels that way. Yeah. It's like we're just living out these beliefs that were formed. Right. Maybe even when we were kids. Yeah. Without ever like questioning them. It happens. Wow. So can we change this. That's what the text is saying. It says that we can. OK. By becoming aware of this process we can actually start to apply the scientific method consciously. To our own minds. Yes. OK. So let's break this down. We've got the traditional scientific method which is observation hypothesis experiment analysis and conclusion. Right. And that's worked great you know in science but how do we take something like that. Yeah. And apply it to like beliefs. It's really about taking those same principles and just turning them inward. OK. So first you observe your thoughts



and your feelings but you do it without judgment. Yeah. You know what are the underlying beliefs that are shaping your perception. Right. Right. Right. Yes. We're getting curious about the stories that we're telling ourselves. Exactly. About like our assumptions about who we are and how the world works. Right. Yeah. And once you've identified a belief that's not serving you. Yeah. Then you can form a new hypothesis. OK. You know a more empowering belief that you actually want to test out. OK. So instead of I'm not good enough. Right. It could be like I am capable and worthy. Yeah. Or something similar. Something like that. Yeah. But it's not just like you know positive thinking we have to actually like test it out. Right. That's where the experiment comes in. OK. You have to actively seek out experiences that actually challenge those old beliefs and provide evidence for the new hypothesis. Got it. So let's say somebody thinks they're not good enough. Well maybe they take on a project. Exactly. That that allows them to showcase their talents. Right. Or something that really requires them to step outside of their comfort zone. Yeah. To prove their courage or something. Exactly. And then they're basically like gathering data. We are. Yeah. On you know how their thoughts and their feelings maybe even their external reality are starting to shift. Right. That brings us to analysis. OK. So we have to reflect on what's working what's not working and what adjustments we might need to make. Right. Right. Like fine tuning an experiment in a lab. Yeah. You're constantly refining based on the data. I like that. Yeah. Yeah. And then finally you reach the conclusion. Do you accept or reject the new hypothesis. Right. Has the empowering belief been proven to be truer than the old limiting one. Right. Right. OK. So this is where I think it starts to get really interesting. Yeah. Because the text seems to be saying that as we consciously choose these new more empowering beliefs. Yeah. We're actually like transforming the fabric of our reality. That's the idea. OK. So we're talking about like accessing a whole different level of consciousness. Yeah. Connecting with a deeper part of ourselves. Yes. And ultimately creating a more fulfilling life. That's what the text is suggesting. But before we get there I think we really need to talk about this idea of forgiveness. OK. Because that keeps popping up in the text. Right. And it even says forgiveness removes the blockage that prevents us from thinking truly. It does. So are you saying that if we are holding on to like resentment or blame. Yeah. We're actually preventing ourselves from access to what the text is suggesting this this true self. That's right. And from from seeing the possibility of a new reality. Exactly. Forgiveness allows us to actually let go of the past. OK. And create space for new more empowering beliefs. But I imagine that forgiveness especially for you know deep wounds can be really really hard. It is. Is there more to it than just saying I forgive you. It's a process. It takes time and effort. But the text suggests that it's worth it. OK. It actually says that using subjective science consciously leads to forgiveness acceptance and gratitude peace love and joy. Well that's quite the list. Right. So I mean it sounds like forgiveness is really the key here seems to be a big part of it. Yeah. So let's just take a moment and kind of digest everything we've talked about so far. OK. We're all unconsciously running these experiments on ourselves. Right. We can use the scientific method to actually shift our beliefs. Yes. And forgiveness seems to be vital to that whole process seems to be. Now I really want to get into this idea of the true self. OK. And how it connects to creating a new reality. Are you ready for that. Let's do it. So we've talked about how we're all scientists experimenting with beliefs. But what about this true self idea. What is that all about. Yeah I mean it sounds a little mystical. Yeah it kind of does. How does it fit into this whole like scientific approach. Well think of it like this our everyday self is shaped by all



their subconscious beliefs. Right. Right. And maybe some of those are holding us back. But the true self that's more like the scientist who's finally aware of the experiment. I see it operates from a different level of consciousness. OK. It's not bound by those old patterns. It's not like a separate self somewhere else. Right. It's more like a different way of being. Exactly. And the text suggests that as we consciously apply subjective science as we let go of those limiting beliefs and choose new ones. Yeah. We get closer to aligning with that true self. OK. I can see how it all connects. But how do we actually make that shift. Yeah. So one thing to understand the idea. Right. But how do we actually bridge that gap between our everyday experience and this like a higher frequency way of being. It's a journey not a light switch. And the text actually describes it as a process of consciousness evolution. OK. And it also emphasizes that we're not alone in this. Right. Right. Remember that whole concept of universal truth consciousness. Yeah. Yeah. The idea that we're all interconnected part of something bigger than ourselves. Right. But that's always been a little. Yeah. Abstract for me. Yeah. I get that. How does that relate to like our own personal transformation. OK. Imagine tuning into a radio station. Right. If our everyday consciousness is tuned into a station that's broadcasting fear and limitation and doubt. Right. The true self is like a different station that's broadcasting love abundance and joy. OK. And universal truth consciousness. That's the entire radio spectrum all the frequency that are available to us. I like that analogy. Yeah. So by practicing subjective science. Right. And consciously choosing those higher frequency beliefs. Exactly. We're basically tuning our dial to a different station. You got it. Aligning ourselves with a more expansive reality. OK. That's a powerful image. But you know life isn't always easy. Of course not. What about when things get tough. You know. Right. How do we use these principles. Yeah. When we're facing you know challenges setbacks just bad days. The text actually reminds us that you are going to apply the scientific method to every experience you ever have automatically. So the question is will we do it consciously or subconsciously. So when something bad happens we have a choice. We do. We can let it reinforce those old beliefs. Or we can see it as a chance to test out a new hypothesis. Exactly. Right. And see if a more empowering belief holds true. OK. So like let's say you know somebody has a professional setback. Yeah. And their default belief is I'm a failure. Right. Well that setback is just going to confirm that for them. Right. But if they choose to believe something different like I'm resilient I learn from my mistakes. Exactly. Then that same event becomes an opportunity for growth. So we're not denying what's happening. Yeah. We're just choosing a different way to see it. Exactly. And that's where the magic of subjective science happens. Right. It's not about creating a perfect life. It's about using every experience good or bad as fuel for our evolution. I like that. It's about turning obstacles into opportunities. Doubt into trust and fear into love. Wow. This is starting to sound really transformative. It can be. But I think you know for a lot of people this kind of shift can feel well really daunting. Of course. Where does somebody even begin to put all of this into practice. Well you go back to the five steps of the scientific method. OK. Remember it all starts with observation. Right. Take some time to really pay attention to your thoughts your feelings. What are those recurring patterns. What beliefs keep popping up. So we're kind of like becoming detectives of our own minds trying to figure out what's really going on. That's right. And once you've identified a belief that's not serving you you can start to question it. OK. Is this really true. Right. What evidence do I have. Yeah. More importantly how would I rather feel. So instead of just accepting that old story. Yeah.



We're taking a step back. Yes. And saying wait a minute. Maybe there's another way. Exactly. Yeah. And that's when you can start to formulate that new hypothesis. OK. You know what's a more empowering belief. What's a new story you want to tell yourself. This is where it starts to get really exciting right. It does because we're taking back that power to choose. You are. You decide what you want to believe. Yeah. And how you want to experience the world. And then once you've got that new belief you move into the experiment phase. Exactly. Right. Yes. What actions can you take that are in alignment with that new belief. Yes. What can you do to bring it to life. OK. So if somebody is trying to shift from I'm not worthy of love to I am lovable. Yeah. Maybe they start setting boundaries in their relationships. Maybe they start speaking their needs more clearly. Good. Or maybe they just you know allow themselves to actually receive love. Yes. Without like pushing it away. Exactly. And as you start to experiment with these new behaviors. Yeah. You start to gather data. Right. How you feel. Yeah. Our people responding to you. Right. What new opportunities are showing up. So it's almost like we're retraining our brains. In a way. Yes. To see the world through a new lens. It's right. A lens that's based on like love and abundance and possibility. Exactly. Instead of you know the old stuff. Right. Fear limitation lack. That's right. And here's where that idea of the true self comes back. OK. The text suggests that as we keep practicing this as we shed those old beliefs and align with higher truths. Yeah. We get closer and closer to our true selves. OK. The truest most authentic expression of who we are. So it's not just about achieving goals or you know manifesting stuff. It's about becoming more aligned with like our core essence. Exactly. The part of us that has always known our worth. Right. Our potential our purpose. That's the idea. Wow. That's where the real transformation happens. It is. And it's not just external it's internal. Right. Right. It's a shift in consciousness. Yeah. That ripples out into everything. It does. This is all incredibly inspiring. Yeah. But it can feel really overwhelming. Sure. So where do you suggest people start? That's one like simple thing they can do today. Yeah. To start applying subjective science. I would say start by simply noticing. OK. Pay attention to your thoughts your feelings. Don't judge them. Just notice them. Right. What beliefs are running in the background of your mind. OK. What stories are you telling yourself. So it's about becoming more aware. Yes. That's the first step of like our mental and emotional landscape. Exactly. And from that place of awareness. Yeah. You can start to choose. You can choose to believe a different story to embrace a new hypothesis to experiment with a new way of being. It's like we're taking back control. You are recognizing that we have the power to choose. Yes. Our beliefs our thoughts and ultimately our reality. Wow. And as we go on this journey of subjective science. Yeah. You know we're not alone. We are not. We're all in this together. Exploring the potential of consciousness. Yes. And co-creating a better world. A more beautiful world. That's a really beautiful thought. Thank you. So we've gone through this idea of you know subjective science. Yeah. Applying the scientific method to our inner world. But I'm sure people are wondering like where do I even begin with this. Right. Exactly. And I think the cool thing is they're already doing it. Really. Yeah. Just unconsciously. Oh OK. Every time you react to something. Every time you form an opinion make a choice. Right. It's like a subconscious experiment. So the key is to become aware of it. So we just start paying attention. Yes. To all those automatic thoughts. Right. The ones you usually ignore. Yeah. Like that inner critic that says you're not good enough. Oh yeah. Or that feeling of dread when you think about certain things. OK. Yeah I get that. And as you become more aware of these patterns. Yeah. You start to see how



they're affecting everything. Wow. So it's like we're we're seeing the strings of the puppet show. Kinda. Yeah. And realizing we've been controlled by these beliefs. Exactly. All this time. Sometimes without even knowing it. OK. So let's say I've found a belief that isn't helping me. OK. How do I change it. This is where you form a new hypothesis. OK. Don't just accept that old belief. Uh huh. And it is it really true. What proof do you have. And a lot of the time. Yeah. The proof is pretty weak. Right. Can be like stuff that happened years ago. Yeah. Or things people said to you when you were a kid or so. Exactly. We're still carrying it around. Right. And a lot of those beliefs were formed way back then when we were more impressionable. Exactly. So you got to challenge them with new evidence. OK. Create a new hypothesis. Yes. One that feels truer to who you are now. OK. So if my old belief is I'm not good enough. Yeah. My new one could be like I am worthy and capable. Perfect. Or I have something unique to offer. Exactly. And here's where the magic comes in. Yeah. The text says that when you choose to believe this new thing. Yeah. When you actually live it. Uh huh. Your reality starts to reflect it. Wow. But it's not just thinking positive thoughts. No. It's about action. Right. It's the experiment. OK. What can you do that aligns with this new belief. So if someone's trying to shift from I'm not worthy of love. Yeah. To I am lovable. OK. Maybe they start setting boundaries. Uh huh. Or expressing their needs more clearly. Yes. Exactly. Or even just letting themselves receive love. Yeah. Without pushing it away. Right. And as you do these new things you gather data. Oh. How do you feel. How do others react. Right. What new opportunities show up. It's like we're teaching our brains to see things differently. You are a new lens. Yeah. One that's based on you know love abundance. Yeah. Possibility. Exactly. Instead of all that old negativity. Right. And that's where the true self comes back into play. Oh right. The text says the more you practice this. Yeah. The more you let go of those old beliefs. Uh huh. The closer you get to your true self. To the truest version of ourselves. Yes. The most authentic expression of who you are. So it's not just about achieving goals or you know having things. No it's deeper than that. It's about aligning with our core. Exactly. That part of us that always knew our worth our potential. That's it. Wow. That's where the real change happens. It is. It's not just external it's an internal shift. Exactly. That affects everything. It does. And I know this can feel like a lot. Yeah it can. So if you're listening and you're feeling overwhelmed just start with one thing. OK. Notice your thoughts and feelings. Uh huh. Don't judge them. Just observe. Right. What beliefs are running the show. OK. So it's about awareness. Yes. Becoming conscious of what's going on inside. And then from that awareness. Yeah. We can choose. Exactly. We can choose a new story a new way of being. And that's where your power lies. Wow. It's like we're taking back control of our lives. You are. Choosing our beliefs our thoughts our reality. That's the power of subjective science. This has been incredible. It has. I hope everyone listening feels inspired. Me too. To go out there and try this. It can really change your life. So pick one belief you want to change. OK. One area of your life you want to transform. Yes. And start applying these principles. Remember you're the scientist of your own life. I love that. Thank you so much for being here. It's been my pleasure. And thank you all for listening. Until next time. Keep experimenting. Keep evolving. Yes. And keep creating the reality you desire. [