



Subjective Science Module 2.0 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 and the Consciously Creating Glossary.

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Welcome back for another deep dive. Yeah. Today, we're going to be looking at something called subjective science. Interesting. We're going to be taking a look at this idea through a couple different sources. The first is an essay called A Subjective Science. And also a glossary of terms from the Science of Consciously Creating program. It's pretty fascinating. Yeah. I'm excited to dive in and see what this is all about. Well, to get started, why don't you give us a little bit of an overview. What exactly is subjective science? Subjective science is essentially the idea of applying the scientific method to our inner world, to our thoughts, feelings, beliefs. Not just the external world, but the internal. Yeah. So instead of just observing the world around us, we're turning that observation inward. And we're starting to examine our own subjective experiences through that lens. Oh, I see. Okay. So like thinking about it as like an experiment almost. Exactly. Like what happens when I think this or when I feel this? Exactly. And you know, in a way, we already do this all the time subconsciously. Think about a time when you said, "That doesn't work for me." Oh, yeah. Like a certain approach or a method. Right. Yeah. You know, I've definitely said that. We've all been there. Yeah. And that statement actually reflects a kind of subconscious subjective science. Really? Yeah. Because we're drawing on our past experiences. Okay. We're looking at the data we've gathered and we're coming to a conclusion. Oh, that's so interesting. Yeah. So it's like our brains are constantly running these mini experiments in the background. Without us even knowing it. Exactly. But the problem is that these experiments are often based on beliefs that we formed way back in childhood. Interesting. Yeah. And we might not even be aware of these underlying beliefs anymore, but they're still driving our reactions. Wow. So it's like we're kind of stuck in these patterns reacting to the world. Exactly. Based on outdated data. Yeah. It's like running your computer on an old operating system. Right. Yeah. It might still work, but it's not going to be as efficient. It's going to be buggy. Exactly. And it might even crash. That's a great analogy. Yeah. So with subjective science, it's about bringing that unconscious process into the light of conscious awareness. So we can update the program. Precisely. Okay. By applying the scientific method deliberately, we gain the power of choice. Okay. We can actually choose our beliefs. Instead of being ruled by them. Instead of just being a product of our past. Right. We become the architects of our present. I like that. Yeah. That's a great way to put it. So instead of just feeling stuck, we can use subjective science to understand the root of the problem and actually do something about it. And it's all based on this idea that we can choose our beliefs. Exactly. And that those beliefs shape our reality. Okay. Yeah. That makes sense. Yeah. So we're not just victims of our circumstances. Yeah. Exactly. But we have some agency in. Yeah.



We have the power to create the life we want by choosing the beliefs that support that. Wow. Okay. Yeah. So this is starting to get really interesting. Yeah. Now, I'm curious. Okay. You mentioned this idea of the true self. Yes. What exactly is that? Okay. Like how does that fit into all of this? Well, the true self is this part of us. Okay. That operates at a much higher level of awareness. Okay. A level that's connected to what the essay calls universal truth consciousness. Universal truth consciousness. Okay. Yeah. That sounds pretty. It's a big concept. Yeah. A little out there. But it's essentially this idea that there's this fundamental level of consciousness. Okay. This pure creative energy that exists beyond our everyday awareness. Wow. Okay. And from this source, everything emerges. So you're saying we're all connected to this source. We are all connected to this ultimate reality. Wow. And our true selves are constantly in tune with this higher consciousness. Okay. With this deep well of wisdom and potential. I see. But somewhere along the line, we start to forget. Okay. We get caught up in the illusions of the material world in our limiting beliefs and fears. Right. Right. And we lose touch with that deeper truth. So it's like we've gotten lost in the noise of our own mind. Exactly. Wow. Yeah. And the essay suggests that remembering our true selves- Okay. -isn't about going back in time or reaching some far off place. Okay. It's about shifting our awareness- Okay. -tuning back into that higher frequency- Okay. -that's always been there. So how do we do that? Well, that's a great question. Yeah. And that's what we're going to explore in the rest of this deep dive. Okay. Great. I'm really intrigued by all of this. Yeah. That's powerful stuff. Yeah. And that's where forgiveness comes in. Forgiveness. Okay. Yeah. How does that fit into all of this? It seems like we kind of jumped from- Yeah. -scientific experiments to something. It might seem like a leap. Yeah. But forgiveness is actually a key part of this whole process. Interesting. When we hold on to anger, resentment, or guilt, we're essentially holding on to low frequency energy. Okay. So it's not about- Yeah. -condoning bad behavior or letting someone off the hook. It's not about that. But it's more about- Yeah. It's about releasing ourselves- Okay. -from those negative emotions that are weighing us down. So it's like a way of clearing out the clutter- Exactly. -in our mental and emotional space. Think of it as creating space- Right. -for love, joy, and peace to flow in. So it's almost like forgiveness is a form of self-care. I love that perspective. Yeah. Yeah. It's about prioritizing our own well-being- Mm-hmm. -and freeing ourselves from the burden of the past. Okay. So this glossary we have actually provides a really helpful visual, I think- Okay. -for understanding this. Okay. It talks about a ladder of forgiveness- A ladder of forgiveness. -with seven different rungs. Oh. Yeah. Okay. I'm picturing this ladder. Oh. Tell me more. So each rung- Yeah. -represents a different level of forgiveness. Okay. At the bottom, you have forgiveness- Okay. -that's more conditional. Okay. Maybe even a bit grudging. Right. Right. But as you climb higher- Yeah. -the forgiveness becomes more complete, more unconditional. So it's a journey- It is. -of gradually letting go. Exactly. Right. And moving towards a deeper level- Yeah. -of understanding and compassion. Okay. I like that. Yeah. So at the very top- At the very top- Yeah. -you reach what the glossary calls- Okay. -true forgiveness. True forgiveness. And it defines this as- Right. -simply letting go of a belief- Okay. -that is untrue. That's interesting. Yeah. So it's not about- It's not about forcing yourself- Okay. -to feel a certain way- Right. Yeah. -or pretending- Yeah. -that what happened didn't hurt. Okay. It's about recognizing that the pain- Yeah. -might be based on an untrue belief. Oh, that's a good point. Yeah. So it's like a story we're telling ourselves- Exactly. -about the situation. Yeah. It's like we're holding onto a narrative- Yeah. -that might not even be

true. It might be keeping us stuck. Exactly. Yeah. And those stories- Yeah. -are deeply ingrained. Right. It can take time and effort- Mm-hmm. -to unravel them- Okay. -and to choose a new, more empowering narrative. Yeah. It makes you realize- Yeah. -how powerful our beliefs really are. Absolutely. Like they can literally shape- They shape our entire experience of reality. Wow. But if we can learn to identify- Mm-hmm. -and release those untrue beliefs- Yeah. -it seems like anything is possible. Yeah. It's like taking off the blinders or something. Exactly. Yeah. It's like removing the filters- Cool. -that are distorting our perception- Yeah. -and seeing the world- Yeah. -as it truly is. Yeah. And here's another fascinating concept- Okay. -from the glossary. Okay. It talks about the importance- Yeah. -of recognizing the difference between events and experiences. Events and experiences- Yeah. -I'm not sure I follow. Okay. So- Aren't they kind of the same thing? Not quite. Okay. An event is something that happens in the external world. Okay. Like let's say you lose your job- Mm-hmm. -or get into a car accident. Right. Those are events. Okay. Those are events. But your experience- Okay. -of those events- Okay. -your thoughts and feelings about them- Mm-hmm. -that's what shapes your reality. Okay. So we might not always have control- Right. -over the events that happen to us- Exactly. -but we do have control over- Yeah. We have control- -how we experience them. -over how we choose- Right. -to experience those events. Okay. So that's where the subjective science comes in. Exactly. Right. By applying the scientific method- Mm-hmm. -to our internal world- Yeah. -we can start to understand- Okay. -why we react the way we do- Okay. -and start making conscious choices- Yeah. -about how we want to experience life. So instead of just being swept away- Right. -by our emotions- Yeah. -we can kind of step back, observe those emotions- Exactly. -and say, "Okay. What's the belief- Yeah. What's the belief? -that's creating this feeling?" That's creating this feeling. "Is it serving me?" "Is it serving me?" "And if not- What's a more empowering belief I could choose?" Exactly. Okay. I like that. Yeah. That's a good way to put it. And here's where we circle back- Okay. -to the idea of frequencies. Okay. Remember how the essay- Yeah. -talked about our true selves- Mm-hmm. -being connected to this higher frequency? Yeah. This universal truth consciousness? Yeah. That was really interesting. Yeah. I'm still trying to- It's a mind-bending concept. Yeah. I'm wrapping my head around it all. Yeah. It feels very mystical, but also- It is mystical, but it also has this logical element to it. Yeah. Yeah. It does. Yeah. Okay. And the glossary we have actually dives a bit deeper into this- Okay. -and it offers some more concrete definitions. Yeah. I think that will be helpful. Okay. It defines universal truth consciousness- I agree. -as the realm of the highest frequency, unconditional love, the source energy- Okay. -the creative archetype. Mm-hmm. Utilizing free will- Okay. -as the means of creating- -an eternal, limitless, changeless reality. Wow. Okay. Yeah. It sounds almost divine or spiritual. It does. Yeah. Like some kind of ultimate source of creation. Yeah. But if we break it down- Okay. -it's essentially saying that there's this fundamental level of consciously- Okay. -that's pure creative energy. Mm-hmm. And that energy is where everything originates. Okay. It's the source of all that. I see. Yeah. So where do we fit into all of this? Yeah. Where does our- Where does our individual consciousness- Right. -come in? Well, the glossary defines individual consciousness- Okay. -as a specifically unique extension- Okay. -of universal truth consciousness. Okay. A co-creator utilizing free choice- Yeah. -as the means of creating- Mm-hmm. -a reality capable of reflecting- Okay. -demonstrate high and low frequency beliefs. Okay. So we're all- Yeah. -we're all- -exactly. -that universal consciousness- Power of- -each with the power to create- Unique expressions-

Yeah. -of that universal- Our own reality. -each with the power to create our own reality. Wow. But here's where it gets really interesting. Okay. The quality of our reality- Okay. -the kinds of experiences we attract- Yeah. -is directly related to the frequency. Wave frequency. Yeah. Frequency. Like radio waves. Like radio waves. You're going to have to explain that one. Okay. So- -every thought- Mm-hmm. -feeling and belief- Okay. -carries a certain vibration- Okay. -a frequency- Mm-hmm. -and those frequencies influence what we experience. I think I'm starting to get it. Okay. So you're saying that if we're vibrating- Yeah. -at a low frequency- Yeah. -like if we're consumed by- Exactly. -fear or self-doubt- If we're feeling those low frequency emotions- Mm-hmm. -we're going to attract experiences- Okay. -that match that vibration. So like attracts like- Like attracts like- Okay. The glossary refers to these- Exactly. -as low frequency beliefs. Okay. And they're often associated with feelings of negativity- Okay. -limitation- I'm sorry. -and lack. Okay. It's like those beliefs- Mm-hmm. -create a kind of energetic barrier- Yeah. -preventing us from accessing the abundance and joy- Right. -that are available at higher frequencies. And I'm guessing that- Yeah. -high frequency beliefs- High frequency beliefs. -would be things like- Yeah. -love- Okay. -gratitude- Mm-hmm. -compassion- Yeah. -those kinds of emotions- Yeah. -that make us feel- Yeah. -expansive and connected. Right. Yes. Those are the vibrations- Okay. -that are more in alignment with our true selves- Mm-hmm. -with that universal truth consciousness. Okay. And when we cultivate those higher frequency beliefs- Okay. -we start to attract experiences- Okay. -that resonate with those frequencies. Yeah. We create a more fulfilling- Yeah. -and joyful reality. So it's not just about- It's not just about- Positive thinking. Positive thinking. I'll think about that. It's about aligning our energy- Okay. -with what we want to experience. Yeah. It's about shifting our internal state- Okay. -to create a shift- Very. -in our external world. I like that. Yeah. That's a great way to put it. And the glossary actually offers- Okay. -some specific techniques- Okay. -for measuring and shifting our frequencies. Okay. Okay. One of them is called- Okay. -the Subjective Science of the Mind. Okay. And it's called the Subjective Science Frequency Scale. Okay. A frequency scale. A frequency scale. Tell me more about- Yeah. -how that works. It's actually pretty simple. Okay. It's a scale from one to ten- Okay. -that you can use to rate the frequency- Wow. -of your beliefs- Wow. -and emotions. One would be- One would be the lowest frequency. The lowest. Yeah. Like intense fear or despair. And ten would be the highest. Like pure love and bliss. Okay. Got it. So throughout your day- Okay. -you can rate your emotions- Mm-hmm. -and rate them on this scale. So if I'm feeling stressed about a deadline- Yeah. -at work- Exactly. -I might rate my stress level- You might rate that- -as like a six or a seven. That's a six or a seven. (this should be a 5 or a 4) Yeah. On the frequency scale. On the frequency scale. Exactly. Yeah. By consciously rating your emotions- Mm-hmm. -you're bringing awareness- Oh, yeah. -to those dominant frequencies- Right. -that are shaping your reality. Okay. And once you're aware of them- Yeah. -you have a choice. You can either stay stuck- Right. -in that lower frequency- Oh, yeah. -or start taking steps- Yeah. -to shift to a higher one. It's almost like we're becoming -energy alchemists- Yeah. -like transforming- Transforming lower vibrational energy- Yeah. -into higher vibrational energy. Yeah, exactly. Yeah. So how do we actually make that shift? That's the big question. Yeah. What are some practical tips? Well, here's where those insights- Okay. -about forgiveness and choosing- Okay. -empowering beliefs come into play. Yeah. Okay. So let's say you identify a belief- Mm-hmm. -that's causing you a lot of stress. Okay. Like, "I'm not good enough." Right. The first step is to simply acknowledge- Okay. -that belief-

Mm-hmm. -to bring it into conscious awareness. Okay. Then you can start to question it. Okay. Is it really true? Right. What evidence do I have- Yeah. -to support this belief? Yeah, that questioning process. Yeah, that questioning is so important. It's so important. Because it allows us to challenge- Yeah. -those old limiting stories- Wow. -we've been telling ourselves for years. Yeah. Maybe even decades. Wow, yeah. Yeah. As you start to question those beliefs- Okay. -you can start to replace them- Okay. -with more empowering ones. Okay. Instead of, "I'm not good enough." Yeah. You might choose to believe. "I am capable and worthy." Okay. As you start to embody- Yeah. -that new belief- Yeah. -you'll notice a shift- Yeah. -in your energy- Mm-hmm. -in your inward condition. Yeah, I love that. Yeah. It's like we're actively- Yeah. -changing our world. It's like we're actively- It is. -rewiring our brains. Yeah. We're rewiring our neural pathways. Replacing those- Yeah, replacing those old- The old negative thought patterns. Negative thought patterns. With new positive ones. With new positive ones. Yeah, but I imagine it takes a lot of conscious effort. It takes conscious effort- And practice. And practice. To make those changes stick. You're absolutely right. Yeah. It's not a quick fix. Right. But the more we practice- Yeah. -subjective science- Yeah. -the more we practice. Yeah. -the more we practice. Yeah. -the more we practice. Yeah. -subjective science. Okay. The more we flex that muscle- Okay. -of conscious choice- Mm-hmm. -the easier it becomes- Yeah. -to shift our frequencies- Okay. -and create the reality we desire. Okay. And remember- Yeah. -it's not about achieving- Right. -some perfect state of constant bliss. Yeah. Right? It's about recognizing- Yeah. -that we have the power to choose- Okay. -how we respond to life's challenges. Okay. -and to cultivate more joy, peace- Yeah. -and fulfillment along the way. Okay. That's a good point. Yeah. Okay. So we're back. Yeah. And now I'm really curious- Right. -to hear about how we actually apply all of this. Okay. Yeah. That's the big question. Yeah. How do we take all this theory- Right. -and make it practical? Right. How do we put it into practice? Yeah. In our everyday lives. Exactly. So one of the most important things- Okay. -is becoming aware of what the glossary calls- Okay. -our inward condition. Inward condition. Yeah. Okay. Remind me what that is again. Sure. So your inward condition- Okay. -is basically a snapshot- Okay. -of your internal state- Okay. -at any given moment. So like- Yeah. What thoughts are running through your mind? Okay. What emotions are you feeling? Oh. It's like taking your emotional temperature. Okay. So if I'm feeling stressed- Yeah. -or anxious- Exactly. That's telling you something. That's giving you information- Okay. -about how to change. That's the key. Yeah. Those negative emotions- Yeah. -aren't something to just push away or ignore. Okay. They're actually valuable signals- Okay. -from your inner guide. Oh, interesting. Pointing you towards beliefs. Okay. That might need some attention. Okay. So it's like my inner guide is saying- Yeah. -hey, pay attention to this. Exactly. There's something here. There's something here. That needs to be looked at. That needs to be examined. Okay. Let's take a closer look at this belief- Yeah. -and see if it's really serving you. So it's not about denying those emotions? No. It's not about denying them. But it's about using them as information. Exactly. Using them as a springboard- Okay. -for deeper self-awareness. Okay. I like that. And growth. And the glossary offers some techniques. It does- Okay. -for working with those emotions- Okay. -and shifting our inward condition. Well, one of them- Okay. -is the subjective science frequency scale. Okay. Right. The frequency scale. Yeah. Okay. I'm ready to hear more about that. All right. So remember, it's a scale of one to 10- Mm-hmm. -with one being the lowest frequency- Right. -like despair, intense fear- Right. -and 10 being the highest. Okay. Like pure joy or

unconditional love. Got it. Okay. So throughout your day- Yeah -take a moment to tune in- Okay. -to your emotions- Okay. -and rate them on this scale. Okay. So if I'm feeling stressed- Yeah. -I might rate that as a six or a seven (should be a 5 or a 4). Exactly. By consciously rating your emotions- Mm-hmm. -you're bringing awareness to the fact that you're not alone. - Just by rating your emotions you're bringing awareness to those dominant frequencies that are shaping your reality. - Okay, so then once I'm aware of it-- - Once you're aware of it, you have a choice. You can either stay stuck in that lower frequency or start taking steps to shift to a higher one. - Okay, so how do we actually shift to that higher frequency? - So that's where those insight-- - About forgiveness and choosing empowering beliefs come into play. - Okay, yeah. - Let's say you identify a belief. - Okay. - That's causing you stress. - Okay. - Like I'm not good enough. - Right, classic. - Right. - Yeah. - So the first step is to acknowledge that belief. - Okay. - Bring it into conscious awareness. - Okay. - And then you can start to question it. - Okay. - Is it really true? What evidence do you have to support this belief? - Yeah, because often-- - Often we're holding onto these beliefs that we haven't really examined. - Yeah, it's just kind of inherited them. - Yeah, inherited them from our past. - From childhood. - From our childhood, from our outbreak. - From all sorts of places. - And we haven't really looked at them critically. - Exactly. - Okay. - So once you start to question those beliefs, you can start to replace them with more empowering ones. - Okay, so-- - So instead of I'm not good enough, you might choose to believe I am capable and worthy. - And as you start to embody that new belief, you'll notice a shift in your energy. - Okay. - In your inward condition. - Okay, so it's like we're retraining our minds. - It is, it's like we're rewiring-- - It's going differently. - Those neural pathways. - Yeah. - Yeah. - But that sounds like-- - It takes effort. - Yeah. - It takes practice. - Yeah. - But the more we do it, the easier it becomes. - So like a muscle. - Exactly like a muscle. - Okay. - The more you exercise it, the stronger it gets. - I like that, okay, cool. - So it's not about being perfect. - Right. - It's not about never having negative thoughts or emotions. - Yeah. - It's about recognizing that we have the power to choose how we respond to those thoughts and emotions. - And ultimately to create-- - And ultimately to create-- - The reality that we want. - The reality we desire. - Wow, this has been such a fascinating deep dive. - I agree. - We've learned so much. - We've covered a lot of ground. - About how our minds work and how we can use this idea of subjective science-- - It's a powerful stuff. - To transform our lives. - It is. - Yeah. - Yeah. - So before we wrap up, I wanna leave our listeners with one final thought. - Right. - If you could choose just one belief-- - Okay. - To start questioning or shifting today, what would it be? - Yeah, what belief is holding you back-- - Yeah. - From experiencing your true self? - Yeah. - And creating the life you truly desire? - That's a great question for everyone to think about. - Yeah, take some time to reflect on that. - Yeah. - And remember the journey of subjective science-- - Yeah. - Is ongoing. - Yeah, it's a process. - Yeah. - Of continuous self-discovery, growth, and transformation. - Well, thank you so much for-- - Yeah. - Guiding us through this deep dive. - It's been my pleasure. - And thank you to all of our listeners. - Yes, thank you for joining us. - For joining us on this journey. - Yeah, we'll see you next time. - Into the world of subjective science. - For another deep dive. - Until next time. - Bye.