



OWN
YOUR
Power

Dr. Bruce Lipton
Dr. Darren Weissman



www.DarrenWeissman.com

Holistic Physician, Developer of The LifeLine Technique™, Author, and Educator

Dr. Darren R. Weissman, a Chicagoland native, is an internationally renowned physician, speaker, educator, developer of The LifeLine Technique®, and best-selling author of *The Power of Infinite Love & Gratitude*, *An Evolutionary Journey to Awakening Your Spirit*. Dr. Weissman is a contributing author in the latest best-selling book by Dr. Masaru Emoto, *The Healing Power of Water*. He can also be seen in the films *Beyond Belief* and *The Truth*.

Darren has practiced holistic medicine for 17 years and opened The Way to Optimal Health medical center in Northbrook, Illinois in 1999. As a speaker, Dr. Weissman participates in conferences worldwide. He is a regular presenter at the Hay House, "I Can Do It!" conference and "Celebrate Your Life" conference by Mishka Productions.

Dr. Weissman earned his Bachelor of Science Degree in Human Biology at the University of Kansas and his Doctor of Chiropractic Medicine at the National College of Chiropractic. His post-graduate studies have included Applied Kinesiology (AK), Total Body Modification (TBM), Neuro-Emotional Technique (NET), Neuro-Linguistic Programming (NLP), Neuro-Modulation Technique (NMT), Chinese Energetic Medicine, Natural Healing, and additional intensive holistic training in acupuncture and The Five Element Theory, Ayurveda and the chakras, shamanism, homeopathy, magnet therapy, along with other forms of energy medicine at the Kalubowila hospital in Colombo, Sri Lanka.

The LifeLine Technique® developed by Dr. Weissman is a comprehensive philosophy, science, and technology that transform symptoms and stress into positive intentions of infinite possibilities. Every symptom in the body and every stressful experience in life represent emotional patterns of reaction stemming from the subconscious mind. The challenge with the subconscious mind is that like a submarine, unless it surfaces you're not aware that it's there. The subconscious mind has a soul purpose of protection and speaks with symptoms as a means to inform you that you now have the ability to think, feel, and act with love. The current paradigm of symptoms and stress is to ignore them or destroy them as if they're a nuisance or terrorists attempting to sabotage your dreams and desires. If your body is currently speaking with any level of discomfort and pain or the relationships in your life are leaving you feeling anxious, depressed, and empty then it's time for you to awaken your infinite potential for healing and wholeness. The development of The LifeLine Technique® has created a new paradigm of symptoms, stress, and disease by reconnecting to your power, balancing subconscious emotional patterns of reaction so that you can live a thriving, purposeful, and intentional life.

Bruce H. Lipton, PhD is an internationally recognized leader in bridging science and spirit. Stem cell biologist, bestselling author of *The Biology of Belief* and recipient of the 2009 Goi Peace Award, he has been a guest speaker on hundreds of TV and radio shows, as well as keynote presenter for national and international conferences.

Dr. Lipton began his scientific career as a cell biologist. He received his Ph.D. Degree from the University of Virginia at Charlottesville before joining the Department of Anatomy at the University of Wisconsin's School of Medicine in 1973. Dr. Lipton's research on muscular dystrophy, studies employing cloned human stem cells, focused upon the molecular mechanisms controlling cell behavior. An experimental tissue transplantation technique developed by Dr. Lipton and colleague Dr. Ed Schultz and published in the journal *Science* was subsequently employed as a novel form of human genetic engineering.

In 1982, Dr. Lipton began examining the principles of quantum physics and how they might be integrated into his understanding of the cell's information processing systems. He produced breakthrough studies on the cell membrane, which revealed that this outer layer of the cell was an organic homologue of a computer chip, the cell's equivalent of a brain. His research at Stanford University's School of Medicine, between 1987 and 1992, revealed that the environment, operating through the membrane, controlled the behavior and physiology of the cell, turning genes on and off. His discoveries, which ran counter to the established scientific view that life is controlled by the genes, presaged one of today's most important fields of study, the science of epigenetics. Two major scientific publications derived from these studies defined the molecular pathways connecting the mind and body. Many subsequent papers by other researchers have since validated his concepts and ideas.

Dr. Lipton's novel scientific approach transformed his personal life as well. His deepened understanding of cell biology highlighted the mechanisms by which the mind controls bodily functions, and implied the existence of an immortal spirit. He applied this science to his personal biology, and discovered that his physical well-being improved, and the quality and character of his daily life was greatly enhanced.

Dr. Lipton has taken his award-winning medical school lectures to the public and is currently a sought after keynote speaker and workshop presenter. He lectures to conventional and complementary medical professionals and lay audiences about leading-edge science and how it dovetails with mind-body medicine and spiritual principles. He is regarded as one of the leading voices of the new biology.



www.BruceLipton.com



OWN YOUR POWER

All matters regarding your health require medical supervision. The ideas, procedures and suggestions contained in this reference manual are not intended as a substitute for consulting with your physician. The authors and the publisher are not engaged in rendering professional advice or services to the individual reader; nor are they responsible for your specific health needs that may require medical attention and/or supervision. Neither the author nor the publisher shall be liable or responsible for any loss or damage allegedly arising from any information or suggestion in this seminar, manual or workbook. Infinite Love & Gratitude

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INTRODUCTION

Own Your Power

CRISIS IGNITES EVOLUTION

The challenges and crises the world faces today are actually signs that change is imminent.

WE ARE ABOUT TO FACE OUR EVOLUTION

A paradigm-shattering synthesis of science and society reveals that the planet is in the midst of an incredible evolutionary event ... the emergence of a new species, Humanity. This evolution is driven by a change in human awareness. We are, each and all, active participants in what will amount to be the greatest adventure in human history — our conscious evolution!

OWN YOUR POWER: The Art and Science of Shifting Consciousness

An 8 week on-line course with Dr. Bruce Lipton and Dr. Darren Weissman

This 8 week on-line teleseminar will empower you with tools, strategies, and a comprehensive understanding of the power of your mind and how to harness its fullest potential to create a life of intention. Everyone can appreciate the common sense reasoning behind having a license to drive a car. Simply put, a car is very dangerous if you aren't trained in it's usage and upkeep. The same holds true towards the mind. Both the symptoms of the body and the stressors of your life relationships are a direct reflection of the beliefs held within the mind. Get ready to create a whole new view of symptoms, stress, and disease with this life-affirming course. Dr. Bruce Lipton and Dr. Darren Weissman are collaborating for the very first time to teach you simple yet profound and practical ways to understand, connect, activate, and transform your mind's attractor field.

Schedule of OnLine Seminars

Dates: May 30, June 6, June 13, June 20, June 27, July 11, July 18, July 25 Time: 5:30 PT, 6:30 MT, 7:30 CT, 8:30 ET

Session Descriptions

Session 1: Conscious Awakening

What is reality? In this first session Bruce and Darren will set the stage of understanding consciousness and the role it plays in creating your perception. Bruce will share insights and a leading edge scientific understanding of why you think and behave the way you do. Darren will then guide you in awakening, shifting, and manifesting with conscious intention.

Session 2: You Perceive What You Believe

What are beliefs and how do they impact the way you're living your life? Bruce and Darren will help you to un-

derstand and appreciate how and why the mind is programmed. This session will guide you in transcending and transforming limiting beliefs into confidence and pure potential.

Session 3: It's Your Nature!

Every cell of your divine body and every relationship of life are intelligently designed to heal, completely regenerate, and be whole. In session 3 Bruce and Darren will explain the science of regeneration and the myths that the medical community has bought into which limit many people from recognizing their inherent potential to heal and be whole. You will be guided through a process of reclamation and inspiration to shine and thrive.

Session 4: Transforming Trauma & Drama

Your spirit is an electromagnetic field that attracts and repels depending upon subconscious polarity in any given moment. Get ready for a fantastic dialogue in understanding the true nature of trauma and drama. You will participate in a process to shift what you're attracting and repelling with clarity and love.

Session 5: Dialogue...Changing the Way We Communicate

Conscious dialogue is imperative for peace to occur. In session 5 Bruce and Darren will show you how cells, organs, and glands communication is a mirror to how families, friends, and communities communicate. You will be lead through a process of acceptance, forgiveness, and compassion to awaken meaningful and empowering relationships.

Session 6: Learn, Grow, and Heal

There are primary and primitive pathways that each and every one of us process information and thus learn, grow, and heal. In session 6 Bruce and Darren unveil the way...a magical journey to discover the genius and genie within. You will participate in a process that activates and unleashes your body and mind's fullest potential to see, feel, and hear as a spiritual being having a human being experience.

Session 7: Change is the Essence of Life

The one thing you can count on in life is change. In session 7 Bruce and Darren will help you to appreciate the necessity for stress on both a biological and behavioral level so growth and transformation to occur. You will learn how to transform the perception of a breaking point of the body or a relationship into an inspirational moment of spontaneous evolution. This session will empower you to embrace change and thus discover an essence of your soul that you'd otherwise would have never known.

Session 8: A New Horizon

Heart based presence, observation, discernment, intention, imagination, and action hold the power to heal the body, a relationship, family, community, and the world we are all a part of. Bruce and Darren will share their vision of a new humanity and the journey of creating world peace through inner peace.



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OWN YOUR POWER

Dr. Darren Weissman & Dr. Bruce Lipton

Session 1: Conscious Awakening

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Conscious Awakening

THE EVOLUTION OF "NEW" BIOLOGY

We are living in exciting times, for modern science is in the process of shattering old myths and rewriting the story that has shaped the fate of human civilization. It is a simple fact, our world changes when our perceptions of life as we know it changes. The old ways of seeing, believing, and reasoning will not help us transform the current conditions, simply because they are the primary reasons for the crises that threaten us today.

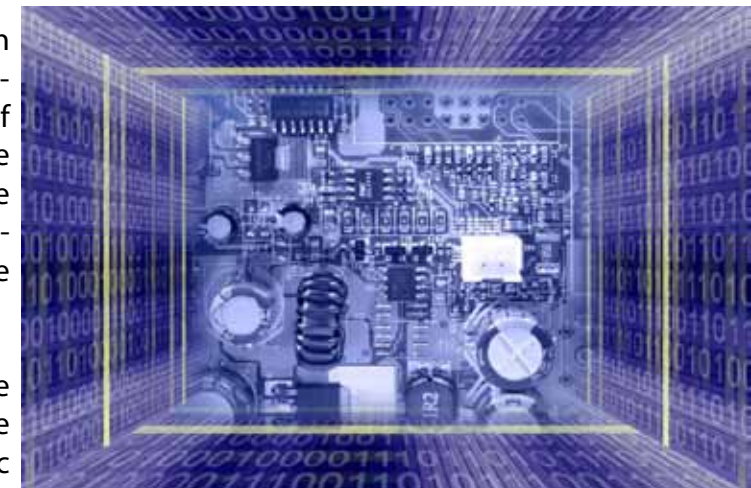
Contributing to our crises are outdated and dysfunctional scientific beliefs that have been challenged by leading edge research. The new science changes our understanding of biology and human history, and more importantly, it offers information and inspiration that will help us navigate these turbulent times.

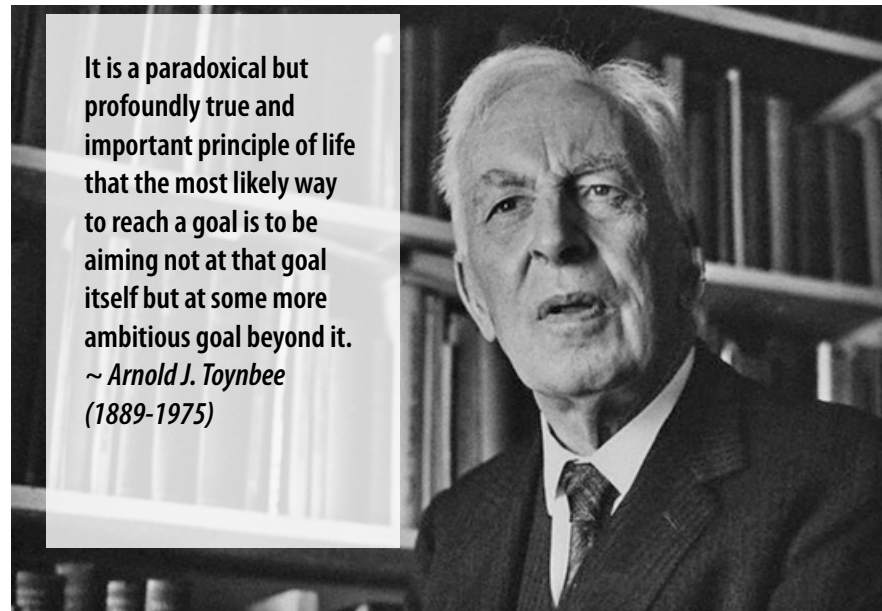
In order for us to more effectively deal with threatening global challenges and contribute to the evolution of our planet, we must first shed our acquired image of being helpless victims and learn the truth as to who we really are. A good starting place is to first acquire a more accurate account of how life works. A revolution in current research is providing new knowledge that is toppling the foundational wisdom upon which conventional science is built.

For over four hundred years, Western civilization has chosen science as its source of truths and wisdom about the mysteries of life. Allegorically, we may picture the wisdom of the universe as resembling a large mountain. We scale the mountain as we acquire knowledge. Our drive to reach the top of that mountain is fueled by the notion that with knowledge we may become "masters" of our universe. Conjure the image of the all-knowing guru seated atop the mountain.

Scientists are professional seekers, forging the path up the "mountain of knowledge." Their search takes them into the uncharted unknowns of the universe. With each scientific discovery, humanity gains a better foothold in scaling the mountain. Ascension is paved one scientific discovery at a time. Along its path, science occasionally encounters a fork in the road. Do they take the left turn or the right? When confronted with this dilemma, the direction chosen by science is determined by the consensus of scientists interpreting the acquired facts, as they are understood at the time.

Occasionally, scientists embark in a direction that ultimately leads to an apparent dead end. When that happens, we are faced with two choices: Continue to plod forward with the hope that science will eventually discover a way around the impediment, or return to the fork and reconsider the alternate path. Unfortunately, the more science invests in a particular path, the more difficult it is for science to let go of beliefs that keep it on that path.





It is a paradoxical but profoundly true and important principle of life that the most likely way to reach a goal is to be aiming not at that goal itself but at some more ambitious goal beyond it.
 ~ Arnold J. Toynbee (1889-1975)

As historian Arnold Toynbee suggested, the cultural — which includes the scientific — mainstream inevitably clings to fixed ideas and rigid patterns in the face of imposing challenges. And yet from among their ranks arise creative minorities that resolve the threatening challenges with more viable responses. Creative minorities are active agents that transform old, outdated philosophical “truths” into new, life-sustaining cultural beliefs.

From Reductionism to Holism

The path that science is currently navigating has inadvertently brought us to our current moment of global crisis. Since the modern scientific revolution, starting with the publication of Copernicus’s observation of a heliocentric solar system in 1543, science has perceived the universe as a physical machine operating on the mechanical principles later defined by Newton. In the Newtonian worldview, the universe is defined by its material reality and its operation understood through reductionism — the process of taking matter apart and studying its bits and pieces. Knowledge of the universe’s parts and their interaction would allow science to predict and control nature. This notion of control is contained within determinism — the belief that with knowledge of something’s parts, we can predict its behavior.

The reductionist approach to understanding the nature of the universe has provided valuable knowledge, enabling us to fly to the moon, transplant artificial hearts, and read the genetic code. However, applying this science to world problems has hastened our apparent demise. It’s a simple fact that society cannot sustain itself by continuing to adhere to its current worldview. So leading-edge research is questioning fundamental assumptions long held as dogma by conventional science.

In contrast to conventional reductionism, the “new biology” is based upon holism, the belief that an understanding of nature and the human experience requires that we transcend the parts to see the whole. Materialism and reductionism engender the idea that humans are disconnected from, and above, nature. The new vision emphasizes that life is derived from an integration and coordination of both the physical and the immaterial parts of the universe. The resolution of our global crisis requires the integration of reductionist and holistic perspectives. This revisioning of conventional science is seeding creative minorities who will rescue us from extinction.

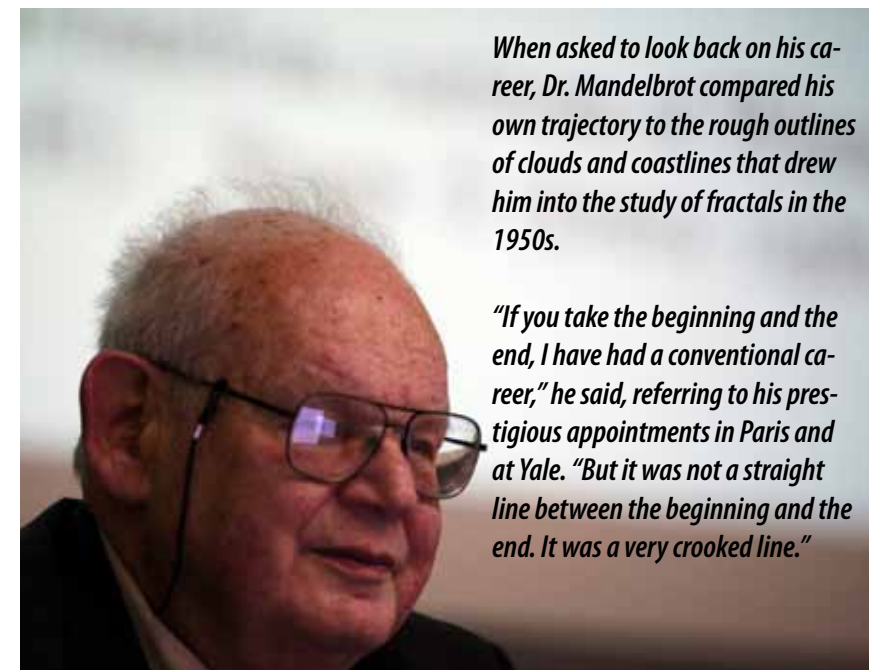
Over the centuries, the accumulated knowledge of scientists has been assembled into a hierarchical construction resembling a multi-tiered building. Each level of the building is built upon the scientific foundation



provided by the supporting lower levels. Each floor of the building is distinguished as a scientific subspecialty. The foundation for the “Science” building is mathematics. Upon math is assembled the building’s second level, physics. Built upon physics is chemistry, the building’s third level. Chemistry serves as the platform for the fourth tier, biology. Built upon biology is the building’s fifth and current top floor, psychology.

Each level of science is based upon previously established levels of science.

First Floor: A Foundation of Fractals and Chaos



When asked to look back on his career, Dr. Mandelbrot compared his own trajectory to the rough outlines of clouds and coastlines that drew him into the study of fractals in the 1950s.

“If you take the beginning and the end, I have had a conventional career,” he said, referring to his prestigious appointments in Paris and at Yale. “But it was not a straight line between the beginning and the end. It was a very crooked line.”

Fundamental to understanding the newly emerging science is the foundation offered by modern math. Mathematical laws are absolute, certain, and indisputable. For centuries those laws have been used to isolate and divide the universe into separate measurable components. Future science will be built upon an emerging new math that emphasizes the disciplines of fractal geometry and chaos theory.

Fractals are a modern version of geometry, officially defined in 1983 by IBM scientist Benoit Mandelbrot. They are actually a simple mathematics based upon an equation involving addition and multiplication, in which the result is entered back into the original equation and solved again.

Repetition of the equation inherently provides for a geometry expressing self-similar objects that appear at higher or lower levels of the equation’s magnitude. Organization at any level of nature, like nested Russian dolls, reflects a self-similar pattern to organization found at higher or lower levels of reality.

For example, the structure and behavior of a human cell is self-similar to the structure and behavior of a human, which in turn is self-similar to the structure and behavior of humanity. In short, “As above, so below.” Fractal geometry emphasizes that the observable physical universe is derived from the integration and interconnectivity of all of its parts. Rather than endorsing a Darwinian evolution based upon random mutations and a struggle for survival, fractal geometry reveals that the biosphere is a structured cooperative venture comprised of all living organisms. Instead of invoking competition as a means of survival, the new view of nature is one driven by cooperation among species living in harmony with their physical environment. We must also own that every human being “counts,” for each is a member of a single super-organism, humanity. When we war, we are warring against ourselves.

Through mathematical equations, fractal geometry derives structures resembling those of the natural world, such as mountains, clouds, plants, and animals. The dynamics of those fractal structures are directly influenced by chaos theory, a math that is concerned with the nature by which small changes may cause unexpected final effects. Chaos theory defines the processes by which the flap of a butterfly's wing in Asia may influence the formation of a tornado in Oklahoma. When chaos theory is combined with fractal geometry, the math further predicts the behavioral dynamics observed in our physical reality, from weather patterns to human physiology, from social patterns to market prices on the stock exchange.

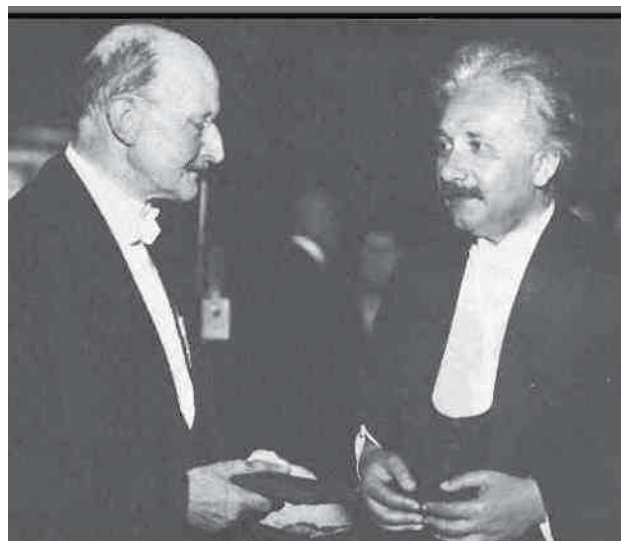
Second Floor: Energy Physics

A century ago, a group of creative minorities launched a radical new view of how the universe works. Albert Einstein, Max Planck, and Werner Heisenberg, among others, formulated new theories concerning the underlying mechanics of the universe. Their work on quantum mechanics revealed that the universe is not an assembly of physical parts as suggested by Newtonian physics but is derived from a holistic entanglement of immaterial energy waves.

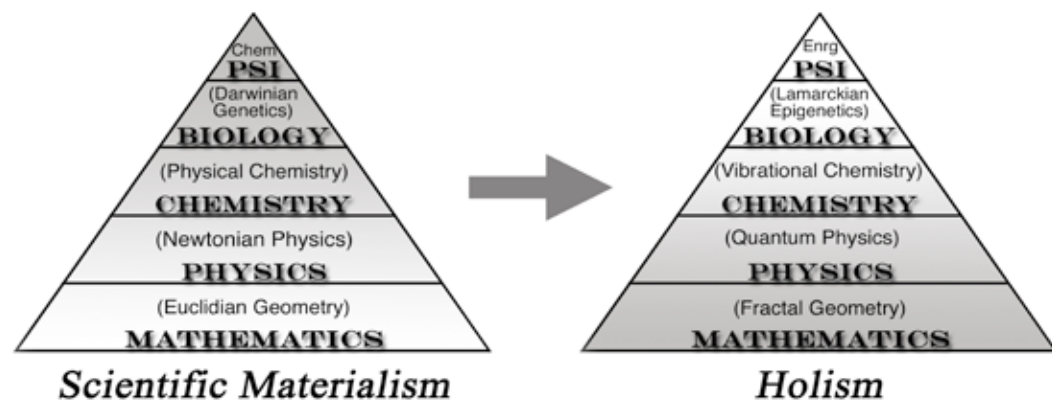
Quantum mechanics shockingly reveals that there is no true "physicality" in the universe; atoms are made of focused vortices of energy — miniature energy tornados that are constantly popping into and out of existence. Atoms as energy fields interact with the full spectrum of invisible energy fields that comprise the universe, intimately entangled with one another and the field in which they are immersed.

A fundamental conclusion of the new physics also acknowledges that the "observer creates the reality." Science acknowledges that as observers, we are personally involved with the creation of our own reality! Physicists are being forced to recognize that the universe is a "mental" construction. Pioneering physicist Sir James Jeans wrote: "The stream of knowledge is heading toward a non-mechanical reality; the universe begins to look more like a great thought than like a great machine. Mind no longer appears to be an accidental intruder into the realm of matter . . . we ought rather hail it as the creator and governor of the realm of matter"¹

Although quantum mechanics was acknowledged eighty years ago as the best scientific description of the mechanisms creating our universe, most scientists rigidly cling to the prevailing matter-oriented worldview simply because it "seems" to make better sense out of our existence. To grapple with the contradictions, the



"Anybody who has been seriously engaged in scientific work of any kind realizes that over the entrance to the gates of the temple of science are written the words: 'Ye must have faith.' It is a quality which the scientist cannot dispense with."
~ Max Planck



$$\psi_1(x) = \frac{1}{\sqrt{k_1}} \left(A_{\rightarrow} e^{ik_1x} + A_{\leftarrow} e^{-ik_1x} \right) \quad x < 0$$

$$\psi_2(x) = \frac{1}{\sqrt{k_2}} \left(B_{\rightarrow} e^{ik_2x} + B_{\leftarrow} e^{-ik_2x} \right) \quad x > 0$$

majority of physicists have chosen an easy way out: They restrict quantum theory's validity to the subatomic world. Renowned theoretical physicist David Deutsch wrote: "Despite the unrivalled empirical success of quantum theory, the very suggestion that it may be literally true as a description of nature is still greeted with cynicism, incomprehension, and even anger"²

However, quantum laws must hold at every level of reality. We can no longer afford to ignore that fact. We must learn that our beliefs, perceptions, and attitudes about the world create the world. Recently, Johns Hopkins physicist professor R. C. Henry suggested that we "get over it" and accept the inarguable conclusion: "The universe is immaterial — mental and spiritual."¹

Third Floor: Vibrational Chemistry

While conventional chemistry has focused on the atomic elements as miniature Newtonian solar systems composed of solid electrons, protons, and neutrons, vibrational chemistry, based upon quantum mechanics, emphasizes that atoms are made of spinning immaterial energy vortices, such as quarks. The new chemistry is concerned with the role of vibration in creating molecular bonds and driving molecular interactions. Energy fields, such as those derived from cell phones or from thoughts, interact with and influence chemical reactions.

Vibrational chemistry defines the mechanisms that mediate the mind-body connection. The body is structurally derived from over a hundred thousand different protein molecules. Proteins change shape in response to signals — harmonic vibrations in the field. The collective movement of proteins generates the behaviors we observe as "life." Life-controlling signals originate from both physical chemicals and immaterial energy waves. The energy-protein interface is the junction of the mind-body connection. Protein behaviors can be influenced by neural vibrational fields derived from conscious processes via a process called electro-conformational coupling³

Fourth Floor: The New Biology

Traditional biology, like traditional chemistry, has also been pursued using a reductionist philosophy — organisms are dissected into cells, and cells into molecular parts — to gain understanding of how they work. The new curriculum perceives of cells and organisms as integrated communities that are physically and energetically entangled within their environment.

The new biological holism endorses James Lovelock's hypothesis that the Earth and the biosphere represent a single living and breathing entity known as Gaia. The study of Gaian physiology, emphasizing the participation and integration of all the Earth's organisms, would reacquaint us with our connection to the planet and to our ancient role as the Garden's caretakers.

The new biology also embraces the power of epigenetics. Epigenetics, more fully described below, literally translates as "control above the genes." It is a newly recognized second genetic code that controls the activity and programming of an organism's DNA. This new hereditary mechanism reveals how behavior and gene activity are controlled by an organism's perception of its environment.

The fundamental difference between the old DNA genetic code and the new epigenetics is that the former notion endorses genetic determinism — the belief that genes predetermine and control our physiological and behavioral traits — while epigenetics recognizes that our perceptions of the environment, including our consciousness, actively control our genes. Through epigenetic mechanisms, applied consciousness can be used to shape our biology and make us “masters” of our own lives.

Fifth Floor: Energy Psychology

Holistic revisions in the supporting sciences of physics, chemistry, and biology provide for a radically remodeled fifth tier, psychology. For centuries, our materialistic perspective dismissed the immaterial mind and consciousness as an epiphenomenon of the mechanical body. We perceived that the action of genes and neurochemicals — the hardware of the central nervous system — were responsible for our behaviors and our dysfunctions.

The foundation of quantum mechanics, vibrational chemistry, and epigenetic control mechanisms, however, provide for a profound new understanding of psychology: The environment along with the perceptions of the mind controls behavior and the genetics of biology. Rather than being “programmed” by our genes, our lives are controlled by our perceptions of life experiences!

The switch from Newtonian to quantum mechanics changes the focus of psychology from physiochemical mechanisms to the role of energy fields. Energy psychology would focus on the software of programming consciousness rather than the physiochemical hardware that mechanistically expresses behavior. Energy psychology directly impacts subconscious programming rather than trying to manipulate genetics, physiology, and behavior. This new understanding will also help parents to recognize the power that fundamental perceptions have on programming the subconscious mind. This recognition can then lead to developmental experiences that will enhance the health, intelligence, and happiness of our children.

Penthouse: Noetic Science, A View from the Top

Such renovations to each floor of traditional science not only strengthen the building but also support a new tier, an all-encompassing field known as noetic science. Noetic science emphasizes that the structure of the universe is made in the image of its underlying field. The physical character of atoms, proteins, cells, and people are controlled by immaterial energies that collectively form that field.

The cellular community comprising each human responds to a unique spectrum of the universe’s energy field. This unique energy spectrum, referred to by many as soul or spirit, represents an invisible moving force that is in harmonic resonance with our physical bodies. This is the creative force behind the consciousness that shapes our physical reality.

Noetic consciousness reveals that collectively we are the “field” incarnate. Each of us is “information” manifesting and experiencing a physical reality. Integrating and balancing the awareness of our noetic consciousness into our physical consciousness will empower us to become true creators of our life experiences. When such an understanding reigns, we and the Earth will once again have the opportunity to create the Garden of Eden.

1. R. C. Henry, “The Mental Universe,” *Nature* 436 (2005): 29,
2. T. Folger, “Quantum Shmantum,” *Discover* 22 (2001): 37–43
3. T. Y. Tsong, “Deciphering the Language of Cells,” *Trends in Biochemical Sciences* 14 (1989): 89-95

Wisdom of...

Max Planck (1858-1947)

A scientific truth does not triumph by convincing its opponents and making them see the light, but rather because its opponents eventually die and a new generation grows up that is familiar with it.

All matter originates and exists only by virtue of a force... We must assume behind this force the existence of a conscious and intelligent Mind. This Mind is the matrix of all matter.

Ego is the immediate dictate of human consciousness.

It is not the possession of truth, but the success which attends the seeking after it, that enriches the seeker and brings happiness to him.

No burden is so heavy for a man to bear as a succession of happy days.

Science cannot solve the ultimate mystery of nature. And that is because, in the last analysis, we ourselves are a part of the mystery that we are trying to solve.

Scientific discovery and scientific knowledge have been achieved only by those who have gone in pursuit of it without any practical purpose whatsoever in view.

We have no right to assume that any physical laws exist, or if they have existed up until now, that they will continue to exist in a similar manner in the future.

Whence come I and whither go I? That is the great unfathomable question, the same for every one of us. Science has no answer to it.

Albert Einstein (1879-1955)

Imagination is more important than knowledge.

The intuitive mind is a sacred gift and the rational mind is a faithful servant. We have created a society that honors the servant and has forgotten the gift.

The secret to creativity is knowing how to hide your sources.

The most beautiful thing we can experience is the mysterious. It is the source of all true art and all science.

The only reason for time is so that everything doesn't happen at once.

When forced to summarize the general theory of relativity in one sentence: Time and space and gravitation have no separate existence from matter.

For every one billion particles of antimatter there were one billion and one particles of matter. And when the mutual annihilation was complete, one billionth remained - and that's our present universe.

The most incomprehensible thing about the world is that it is comprehensible.

I maintain that the cosmic religious feeling is the strongest and noblest motive for scientific research.

Everything should be made as simple as possible, but not simpler.

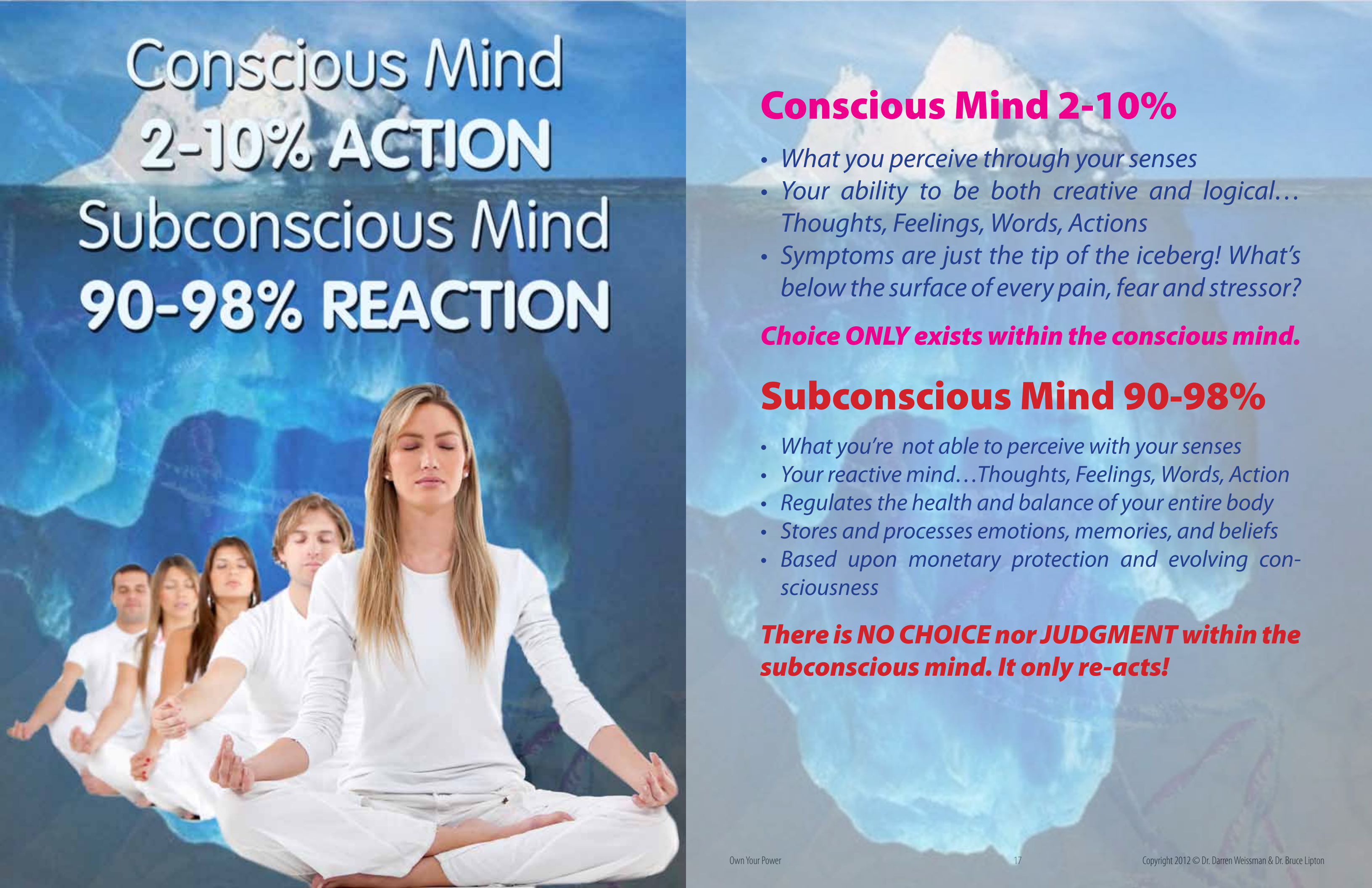
Anyone who has never made a mistake has never tried anything new.

Reality is merely an illusion, albeit a very persistent one.

Great spirits have always found violent opposition from mediocrities. The latter cannot understand it when a man does not thoughtlessly submit to hereditary prejudices but honestly and courageously uses his intelligence.

We have to do the best we can. This is our sacred human responsibility.

Where there is love there is no question.

An iceberg floating in the ocean. The tip of the iceberg is above the water, representing the conscious mind. The vast, submerged part of the iceberg is below the water, representing the subconscious mind. In the foreground, a group of people are meditating in a line, with the woman in the front being the most prominent.

Conscious Mind
2-10% ACTION
Subconscious Mind
90-98% REACTION

Conscious Mind 2-10%

- *What you perceive through your senses*
- *Your ability to be both creative and logical... Thoughts, Feelings, Words, Actions*
- *Symptoms are just the tip of the iceberg! What's below the surface of every pain, fear and stressor?*

Choice ONLY exists within the conscious mind.

Subconscious Mind 90-98%

- *What you're not able to perceive with your senses*
- *Your reactive mind... Thoughts, Feelings, Words, Action*
- *Regulates the health and balance of your entire body*
- *Stores and processes emotions, memories, and beliefs*
- *Based upon monetary protection and evolving consciousness*

There is NO CHOICE nor JUDGMENT within the subconscious mind. It only re-acts!

Humanity

The Collective Superconscious Mind

The attractor fields of both conscious and subconscious minds here on earth

The Consciousness of humanity is directly related to the critical mass of people whose conscious and subconscious minds are in harmony or disharmony

Our perception (senses) as a collective being becomes universally conscious once a critical mass has been reached...the 100th monkey effect.

The Divine Mind of Oneness

The Collective Superconscious Mind

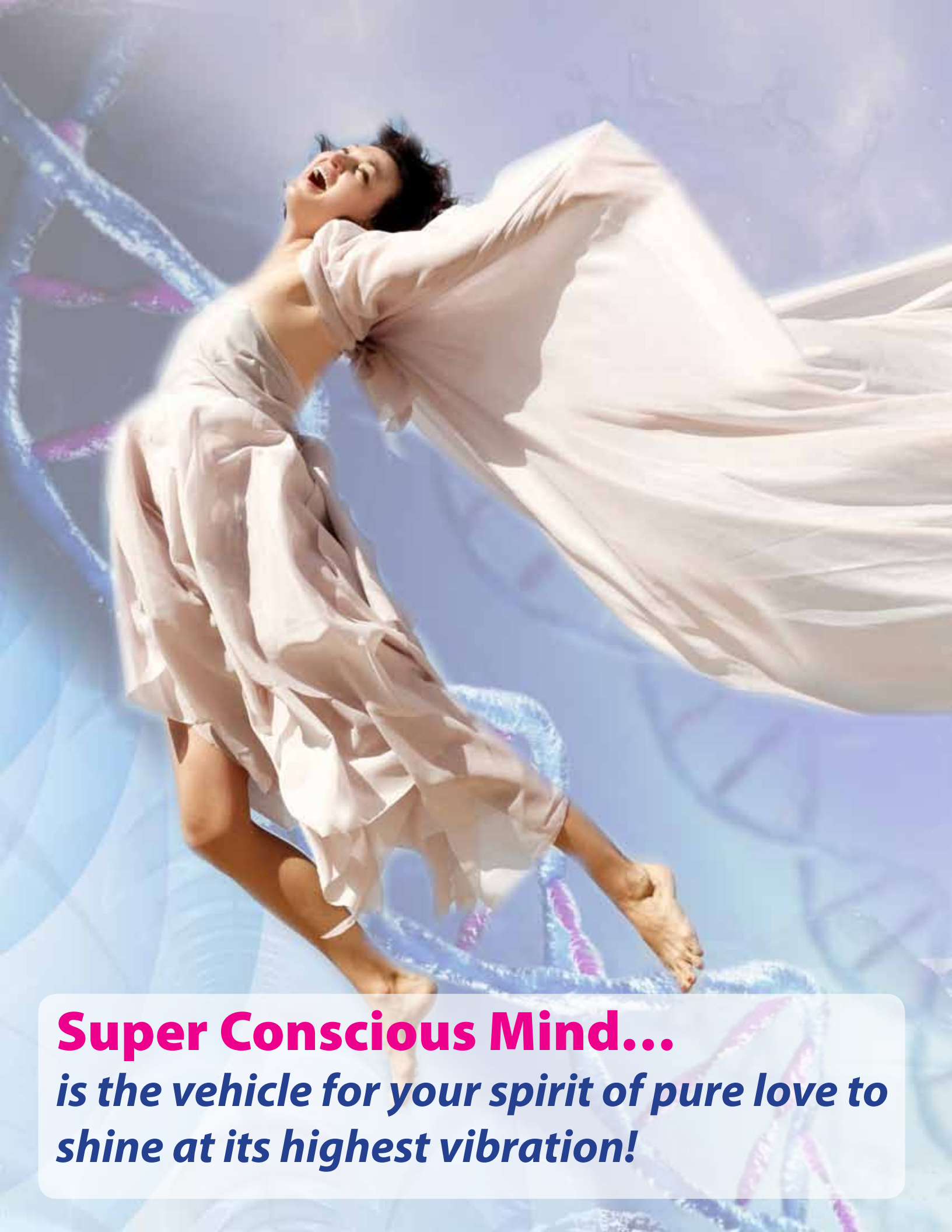
- *Infinite Love & Gratitude*
- *The Mind of God*
- *Our perception (senses) is unable to connect to what we don't know that we don't know*
- *We must have FAITH to create the highways for a new destination we have never traveled*
- *The veil between science and spirit*

Dr. Lipton shows that human beings can control gene activity and even rewrite their genes by focusing on their beliefs.

These beliefs—true or false, positive or negative, creative or destructive—exist not simply in our minds; they are directed downward to the level of the cells of our bodies.

Even our most firmly held beliefs can be changed, which means that we have the power to reshape our lives.

Human Emotion
Shapes **DNA**



Super Conscious Mind...
is the vehicle for your spirit of pure love to shine at its highest vibration!

OWN YOUR POWER

Dr. Darren Weissman & Dr. Bruce Lipton

Session 2: You Perceive What You Believe

What are beliefs and how do they impact the way you're living your life? Bruce and Darren will help you to understand and appreciate how and why the mind is programmed.

This session will guide you in transcending and transforming limiting beliefs into confidence and pure potential.



How Cells Work

What does science say about this mind over matter stuff? The answer depends upon which science you ask. The science of conventional medicine tries to reassure us that none of the mind-body phenomena actually exists. That's because today's biology textbooks and mass media describe the body and its component cells as machines made of biochemical building blocks.

This perception has programmed the general public to accept the belief in genetic determinism, which is the notion that genes control physical and behavioral traits. This sad interpretation supports the notion that our fate is inextricably linked to ancestral characteristics determined by genetic blueprints derived from our parents, and their parents, and their parent's parents, ad infinitum. This causes people to believe that they are "victims" of heredity.

Fortunately, the Human Genome Project (HGP) has pulled the rug out from under conventional science's beliefs concerning genetic control. This is ironic because it set out to prove the opposite. According to conventional belief, the complexity of a human being would require a genome containing over 100,000 genes. Surprisingly, the HGP discovered that humans have around 23,000 genes, nearly the same number of genes as found in some of the most primitive animals.¹ The missing genes emphasize the flawed nature of a fundamental "myth-perception" underlying genetic determinism ... there are simply not enough genes for that model to work!

So, if genes do not control life ... what does? The answer is: we do! Evolving new-edge science reveals that our power to control our lives originates from our minds and is not preprogrammed in our genes.²

This is great news. The power for change is within us! However, to activate the amazing power of mind over genes we must reconsider our fundamental beliefs — our perceptions and misperceptions—of life.

Our first serious misperception occurs when we gaze into the mirror and see ourselves as singular, individual entities. In reality, each of us is a community of 50 trillion cells. The cells are the living "units," we are not "single" entities but represent cell communities. While 50 trillion is easy to say, it is almost unfathomable to conceive. The total number of cells in a human body is greater than the total number of humans found on 7,000 Earths! Nearly every cell in your body has all of the functions present in the entire human body, which means that every cell has its own nervous, digestive, respiratory, musculoskeletal, reproductive, and even immune systems. Because these cells represent the equivalent of a miniature human being, conversely, every human is the equivalent of a colossal cell!

As we will come to see, our mind represents a government that coordinates and integrates the functions of the body's massive cellular civilization. In the same manner that decisions by a human government regulate its citizens, our mind shapes the character of our cellular community.

Insights into the nature of the mind, how it influences us, and where it lives, offer an opportunity for us to fully

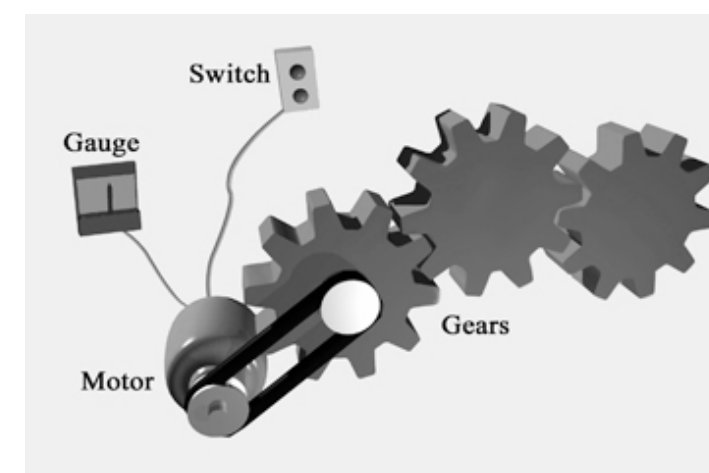
realize our true powers. An awareness of this knowledge allows us to actively participate in the unfolding of our individual lives as well as contribute to the evolution of our collective world.

And Now . . . The Real Secret of Life

Both conventional science and new-edge science agree that, at its basic level, life derives from molecular movements within a biochemical mechanism. To uncover the real secret of life that lies beyond mere mechanics, we are obliged to first examine the mechanical nature of our cells. This information is relevant to our survival, which is more of a question now than ever before.

To make it easier to understand life according to new-edge science, I'll use an illustration of a cell with metaphorical parts: a set of gears, driven by a motor, controlled by a switch, and monitored by a gauge.

A switch controls the function by turning the mechanism on and off. The gauge is a feedback device that reports on how the mechanism is functioning. Turn the switch on, the gears move, and the function can be observed by monitoring the gauge.



A signal from the cell's environment puts the gears, motor, switch, and gauge into motion.

The Gears: The gears are the moving parts. In a cell, these moving parts are molecules called proteins. Proteins are physical building blocks that assemble themselves and interact to generate the cell's behaviors and functions. Each protein has a unique structure and size; in fact, there are over 150,000 different protein parts. While man-made machines can be quite complex, human mechanical technologies pale in comparison to the sophisticated technology within our cells.

Assemblies of protein gears that provide specific biological functions are collectively called pathways. A respiratory pathway represents an assembly of protein gears responsible for breathing. Similarly, a digestive pathway is a group of protein molecules that interact to digest food. A muscle contraction pathway consists

of proteins whose interactions produce the body's movements.

Proteins provide the structure and function of biological organisms.

The Motor: The motor represents the force that puts the protein gears in motion. The motor is necessary because the primary characteristic of life is movement. In fact, if the proteins in your body stop moving, you're well on the way to becoming a cadaver. Therefore, life derives from the forces that put protein molecules into motion and, thus, generate behavior.

The Switch: The switch is the mechanism that tells the motor to put the protein gears into motion. The switch is necessary because life requires precise integration and coordination of cellular behaviors. Think of the cell's functions—respiration, digestion, excretion, and so on—as instruments in an orchestra. Without a conductor, orchestras would produce a cacophony. In living organisms, the switches that reside in the cell's membrane represent a conductor that harmoniously controls and regulates the cell's various functional systems.

The Gauge: The gauge represents the body's method for accurately monitoring the system's physiological functions. Biological gauges are essential to maintain life. Think of the gauges in your body as being like the

gauges in your automobile. Even though gauges reside on the dashboard, which is your driving command center, the gauges monitor functions in the engine as well as throughout the vehicle.

Just as your automobile's gauges report oil and fuel levels, battery amperage, and speed, so the body also gives you feedback to regulate behavior and sustain your life. But unlike mechanical gauges with pointing needles or LED readouts, biological gauges convey information via sensation.

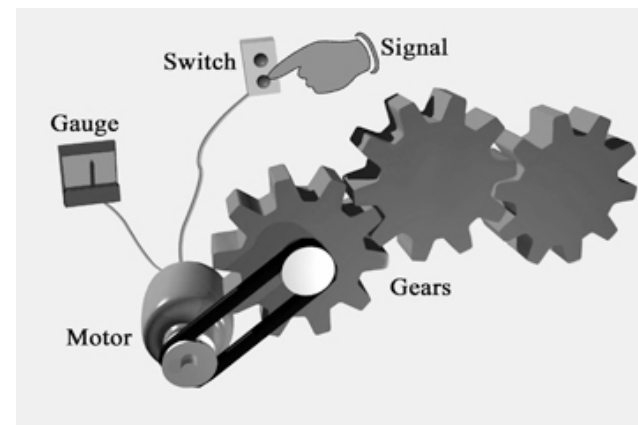
These sensations originate from by-product chemicals that cells create in the process of carrying out normal functions. These chemicals are released into the environment within our bodies. Specialized cells in the nervous system use membrane switches, equipped to recognize these chemical markers, to monitor the concentration of specific by-products. When these nerve cells are activated, they translate the by-product's signal into sensations that our consciousness experiences as feelings, emotions, or symptoms.

To fight an infection, for example, activated immune cells release chemical messengers, such as interleukin 1, into the blood. When interleukin 1 molecules are recognized by specific membrane receptors on blood vessel cells in the brain, these cells forward the signal molecule prostaglandin E2 into the brain. Prostaglandin E2 activates the fever pathway and simultaneously producing symptoms we sense as elevated temperature and shivering.

One of the basic problems with our health care system today is that the medical industry gauges success by how well it relieves symptoms. Doctors prescribe pills to eliminate pain, reduce swelling, or lower fever. However, drugging our symptoms can be as destructive as putting masking tape over our car's gauges. It does not solve the problem; it helps us ignore it — until the vehicle breaks down.

Likewise, drugging the cells and masking symptoms ignores signals bombarding our bodies from the external environment.

The Finger on the Switch



Molecular switches activate protein gears, which, in turn, move, and generate behavior. Now the big question concerning the secret of life is, "Who or what turns on the switch? To turn the switch, I introduce . . . the signal.

The Signal: Signals represent environmental forces that switch on the motor within a cell and cause protein gears to move.

Signals are provided by both physical and energetic information that comprise the world in which we live. The air we breathe, the food we eat, the people we touch, even the news we hear — all represent environmental signals that activate protein movement and generate behavior. As used, the term environment means everything from the edge of our own

A signal from the cell's environment puts the gears, motor, switch, and gauge into motion.

skin to the edge of the Universe. This is environment in the truly large sense.

Each protein responds to a specific environmental signal with the intimacy and accuracy of a key fitting into its matching lock. The coupling of a protein molecule with a complementary environmental signal causes the protein molecule to change its shape, which, by its nature, is expressed as movement. The cell harnesses these molecular movements to drive its life-providing protein pathways, such as respiration, digestion, muscle contractions, and others.

Interestingly, the latest research reveals that energy signals are as effective, or more effective in initiating protein conformation (shape) changes than are physical chemical signals. Both matter and energy fields engage the protein movements that animate cells, bringing them to life.

Environmental signals cause proteins to change shape; the resulting movements create the functions of life.

Brain Versus Gonads

It must be emphasized that even though the vast variety of protein pathways in the cell provides for the *functions of life*, merely having those pathways does not *generate life*. Life is dependent upon the precise coordination and regulation of the cell's protein movements and pathways. The brain and supporting nervous system represent the regulatory mechanism that coordinate all of these many pathways that provide for life.

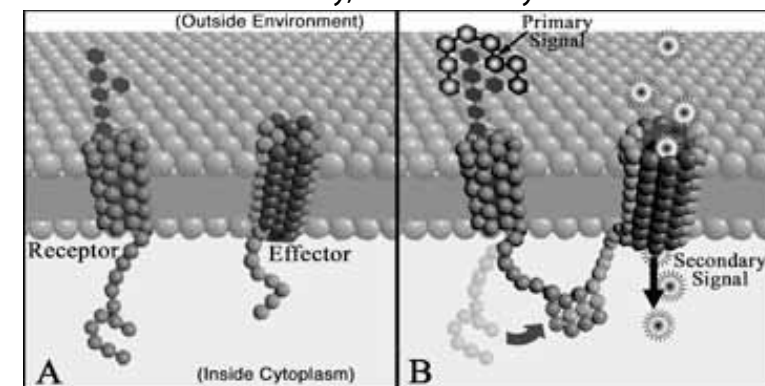
So . . . where is the cell's brain? Well, contrary to what you probably know, it's not in the genes. If you think back to high school or college biology, you probably remember that the cell's largest organelle, the nucleus, is described as the control center or "brain" of the cell. Because it was presumed that genes control life and that the genes are housed within the *nucleus*, it was a no-brainer to assume that this organelle represented the cell's brain. However, in light of the infamous nature of assumptions, the accuracy of this belief must be questioned. Observations from experiments published 80 years ago challenge the assumption that the genes are the brains of the operation. When one removes the brain from a living individual — that individual dies. But if a nucleus is removed from a cell, a process called *enucleation*, the cell survives, and many enucleated cells can live for two or more months without their genes!³ In fact, enucleated cells will continue to function normally until they need to replace protein parts vital to their survival.

Genes are simply blueprints used to make protein parts. Enucleated cells eventually die, not due to an immediate absence of genes, but because they cannot replace their worn-out protein parts and, as a result, they inevitably begin to decay. While traditional thinking has taught us to believe that the nucleus is the cell's brain, in truth, the nucleus is the functional equivalent of the cell's gonads, its reproductive system.

This misrepresentation is understandable. Throughout history, science has predominantly been an "old boy's club." Because males reputedly think with their gonads, confusing the cell's nucleus with its brain is, in the light of that bias, an understandable error.

So, if the genes are not the brain, what is? My research revealed that the cell's brain is actually the *cell membrane*, the equivalent of its skin. Built into the membrane are protein switches that respond to the environmental signals by relaying their information to internal protein pathways. A different membrane switch exists for almost every environmental signal recognized by a cell. Some switches respond to estrogen, some to adrenaline, some to calcium, some to light waves, and so on.

Although there may be one hundred thousand switches in a cell's membrane, we don't have to study each one of them individually, because they all share the same basic structure and function.



Following is a conceptual illustration of a genetic membrane switch.

Figure A: Each cell has receptor proteins (with antenna) and effector proteins that extend through the cell's membrane, connecting its cytoplasm with the surrounding environment. Metaphorically, these proteins serve as switches that put the cell's motor and gears into motion.

Figure B: When the receptor protein receives a signal from the environment, it modifies its shape and connects with the effector protein, in this case a channel protein.

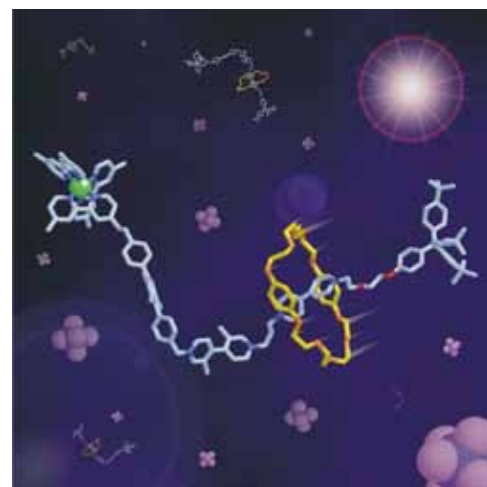
Each membrane switch is a unit of perception, comprised of two fundamental parts, a *receptor protein* and an *effector protein*. The receptor protein, as its name implies, receives, or senses, signals from the environment. Upon receiving its primary complementary signal (Primary Signal in Figure B), the now activated receptor changes shape, and in its new configuration is able to bind to the switch's effector protein.

In the illustration on the right, it appears as if the receptor protein and the effector protein are shaking hands (arrow in Figure B). When activated by a receptor, the effector protein changes its shape and creates a passage way across the membrane. Information (signals) from outside the cell is transmitted into the cell via the "open" channel protein. These "secondary" signals (Secondary Signal in figure B) enter the cell's cytoplasm and control specific protein functions and pathways. Signals passing through the membrane are used to engage cell behavior.

The coordinated activity of membrane switches enables the cell to sustain its life by orchestrating metabolism and physiology in response to an ever-changing environment.

Receptor proteins provide the cell with *an awareness of the elements of the environment*, while the switch's effector proteins generate signals, which are *physical sensations* that regulate specific cell functions. Collectively, the membrane switches, the majority of which are located in the cell membrane, provide "an awareness of the elements of the environment through a physical sensation."⁴

That very phrase offers the key to unlocking the secret of life. Are you ready?



Those very same words are the dictionary definition of perception, a word that's Latin roots mean "comprehension" or, literally, "a taking in." By definition, the protein switches in the cell membrane represent fundamental molecular units of perception. Because these switches control the cell's molecular pathways and specific biological functions, we can confidently conclude that *perceptions control behavior!*

The fact that perceptions control behavior at both the cellular and the human level—is the real secret to life!

Protein perception switches in the cell membrane respond to environmental signals by regulating cell functions and behavior.

The Nature of Dis-ease

Sometimes, the body's natural harmony breaks down, and we experience dis-ease, which is a reflection of the body's inability to maintain normal control of its function-providing systems. Because behavior is created through the interaction of proteins with their complementary signals, there are really only two sources for generating a dis-ease: either the proteins are defective or the signals are distorted.

About 5 percent of the world's population is born with birth defects, which means they have mutated genes that code for dysfunctional proteins.⁵ Structurally deformed or defective proteins can "jam the machine," dis-

turb normal pathway functions, and impair the character and quality of lives. However, 95 percent of the human population arrives on this planet with a perfectly functional set of gene blueprints.

Because the majority of us have a perfectly healthy genome and produce functional proteins, illness in this group can likely be attributed to the nature of the signal. There are three primary situations in which signals contribute to dysfunction and dis-ease.

The first is *trauma*. If you twist or misalign your spine and physically impede the transmission of the nervous system's signals, it may result in a distortion of the information being exchanged between the brain and the body's cells, tissues, and organs.

The second is *toxicity*. Toxins and poisons in our system represent inappropriate chemistry that can distort the signal's information on its path between the nervous system and the targeted cells and tissues. Altered signals, derived from either of these causes, can inhibit or modify normal behaviors and lead to the expression of dis-ease.

The third and most important influence of signals on the dis-ease process is *thought*, the action of the mind. Mind-related illnesses do not require that there be anything physically wrong with the body at the outset of the dis-ease. Health is predicated upon the nervous system's ability to accurately perceive environmental information and selectively engage appropriate, life-sustaining behaviors. If a mind misinterprets environmental signals and generates an inappropriate response, survival is threatened because the body's behaviors become out of synch with the environment. We may not think that a thought could be enough to undermine an entire system, but, in fact, misperceptions can be lethal.



Consider the situation of a person with anorexia. While relatives and friends clearly perceive that this skin-and-bones individual is near death, the anorexic looks in a mirror and sees a fat person. Using this distorted view, that resembles an image in a funhouse mirror, the anorexic's brain attempts to control a misperceived runaway weight gain, by inhibiting the system's metabolic functions.

The brain, like any governing entity, seeks harmony. *Neural harmony is expressed as a measure of congruency between the mind's perceptions and the life we experience.*

An interesting insight into how the mind creates harmony between its perceptions and the real world is frequently illustrated in stage hypnosis shows. A volunteer from the audience is invited onstage, hypnotized, and asked to pick up a glass of water, which the volunteer is told weighs one thousand pounds. With that misinformation, the volunteer struggles unsuccessfully with straining muscles, bulging veins, and perspiration. How can that be? Obviously the glass doesn't weigh one thousand pounds even though the mind of the subject firmly believes that it does.

To manifest the perceived reality of a thousand pound glass of water, something that cannot be lifted, the hypnotized subject's mind fires a signal to the muscles used to lift the glass at the same time it fires contradictory signals to the muscles used to set the glass down! This results in an isometric exercise wherein two groups of muscles work to oppose each other, which results in no net movement — but a lot of strain and sweat. Cells, tissues, and organs do not question information sent by the nervous system. Rather, they respond with equal fervor to accurate life-affirming perceptions and to self-destructive misperceptions. Consequently, the nature of our perceptions greatly influences the fate of our lives.

While most of us are aware of the healing influences of the placebo effect, few are aware of its evil twin, the *nocebo* effect. Just as surely as positive thoughts can heal, negative ones — including the belief we are susceptible to an illness or have been exposed to a toxic condition — can actually manifest the undesired realities of those thoughts.

Japanese children allergic to a poison ivy-like plant took part in an experiment where a leaf of the poisonous plant was rubbed onto one forearm⁶ As a control, a nonpoisonous leaf resembling the toxic plant was rubbed on the other forearm. As expected almost all of the children broke out in a rash on the arm rubbed with the toxic leaf and had no response to the imposter leaf.



What the children did not know was that the leaves were purposefully mislabeled. The negative thought of being touched by the poisonous plant led to the rash produced by the nontoxic leaf! In the majority of cases, no rash resulted from contact with the toxic leaf that was thought to be the harmless control. The conclusion is simple: positive perceptions enhance health, and negative perceptions precipitate dis-ease. This mind-bending example of the power of belief was one of the

founding experiments that led to the new science of psychoneuroimmunology, the science of how mind (psycho-) influences the brain (-neuro-) to release chemistry that controls the immune system (-immunology).

Considering that a minimum of one third of all medical healings are attributed to the placebo effect, what percentage of illness and disease might be the result of negative thought in the *nocebo* effect? Perhaps more than we think, especially since psychologists estimate that 70 percent of our thoughts are negative and redundant.⁷

Perceptions have a tremendous influence in shaping the character and experiences of our lives. Perceptions shape the placebo and *nocebo* effects. They are more influential than positive thinking because they are more than mere thoughts flitting through your mind. Perceptions are beliefs that permeate every cell. Simply, the expression of the body is a complement to the mind's perceptions!

Accurate perceptions encourage success; misperceptions threaten survival.

On the Origins of Perception

Almost all of us have unknowingly acquired limiting, self-sabotaging misperceptions that undermine our strength, health, and desires.

Our most influential perceptual programs have mainly been acquired from others and do not necessarily support our own personal goals and aspirations. In fact, many of our strengths and weaknesses, the parts of ourselves we own as who we are, are directly attributable to familial and cultural perceptions downloaded into our minds before we were six years old. Programmed perceptions acquired in these developmental years are primarily responsible for health and behavioral issues experienced in our adult lives. Consider how many

children never realize their full potential or dreams because of limiting programming⁸

Not surprisingly, these self-sabotaging programs also thwart us as we try to change conditions in the world. This insight tells us that before we go out to change the world, we must first look inward to change ourselves. Then, by changing our beliefs, we do change the world.

As with changing the world, changing ourselves sometimes requires more than good intentions. We must understand the nature of the mind and how the brain's divine dualities, the conscious and subconscious minds, control the expression of our perceptions.

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2 - B. H. Lipton, *The Biology of Belief: Unleashing the Power of Consciousness, Matter and Miracles*, (Santa Rosa, CA: Elite Books, 2005), 161.

3 - E. B. Harvey, "A comparison of the development of nucleate and non-nucleate eggs of *Arbacia punctulata*," *Biology Bulletin*, no. 79 (1940): 166–187; M.K. Kojima, "Effects of D2O on Parthenogenetic Activation and Cleavage in the Sea Urchin Egg," *Development, Growth and Differentiation* 1, no. 26 (1984): 61–71; B. H. Lipton, K. G. Bensch and M. A. Karasek, "Microvessel Endothelial Cell Transdifferentiation: Phenotypic Characterization," *Differentiation*, no. 46 (1991): 117–133.

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5 - W. C. Willett, "Balancing Life-Style and Genomics Research for Disease Prevention," *Science*, no. 296 (2002): 695–698.

6 - Y. Ikemi, S. Nakagawa, "A psychosomatic study of contagious dermatitis," *Kyoshu Journal of Medical Science* 13, (1962): 335–350.

7 - Daniel Goleman, Gregg Braden and others, *Measuring the Immeasurable: The Scientific Case for Spirituality*, (Boulder, CO: Sounds True, 2008), 196.

8 - P. D. Gluckman, M. A. Hanson, "Living with the Past: Evolution, Development, and Patterns of Disease," *Science*, no. 305 (2004): 1733–1736; Lipton, *The Biology of Belief: Unleashing the Power of Consciousness, Matter and Miracles*, 177.





Our ability to perceive is based on the state of the subconscious mind.



HOW THE MIND IS PROGRAMMED



The subconscious mind is primarily and progressively programmed with emotions—thoughts, feelings, beliefs—from conception to puberty

During this period, every sensory experience is downloaded and integrated into survival mechanism of the subconscious mind and body. This process is automatic, autonomic and reflexive.

Our ability to choose love, create efficient tools and develop strategies for thriving is directly related to the primary relationships in our lives.

Parents (especially mothers), siblings, extended family, teachers, religious leaders, doctors, media, etc. imprint patterns of love or fear.



HOW THE MIND IS PROGRAMMED



OWN YOUR POWER

Dr. Darren Weissman & Dr. Bruce Lipton

Session 3: It's Your Nature

Every cell of your divine body and every relationship of life are intelligently designed to heal, completely regenerate, and be whole.

In Session 3 Bruce and Darren will explain the science of regeneration and the myths that the medical community has bought into which limit many people from recognizing their inherent potential to heal and be whole.

You will be guided through a process of reclamation and inspiration to shine and thrive.



Epigenetics: Mind Over Genes

Over forty years ago, my research was involved with isolating individual stem cells and placing them into tissue culture dishes. Stem cells are the equivalent of undifferentiated embryonic cells that are scattered throughout your body. Their primary function is to replenish the billions of cells that are lost every-day due to normal attrition, as well as repairing damaged or dysfunctional tissues and organs.

The cultured stem cells divide approximately every ten hours. After two weeks, the stem cell culture dishes contain thousands of cells. The most important point is that all the cells in a dish are derived from the same parent cell. Consequently, all the cells in a dish are genetically identical. In my experiments, I would split a population of cells into three separate culture dishes, and feed each culture with a different nutrient media containing a unique chemical composition. For cells, the culture medium is the equivalent of their "environment," the same as the air, water, food and social networks that form our environment.

In one set of dishes the cells formed muscle, in a second set the cells formed bone and in the third set of cultures, the cells formed fat cells. The big question, "What controls the fate of the cells?" Since the all cells were genetically identical, the answer was a no-brainer: The environment controls the fate of the cells.

This was readily apparent when I would put cells in a less than optimal environment, the cells would get sick and the cultures would inevitably die off. To "heal" the cells, we did not use drugs, we simply returned the cells to a supportive environment and they immediately recovered and the cultures flourished. Simply, the cells adjust their biology to become structural and physiologic complements to their environment.

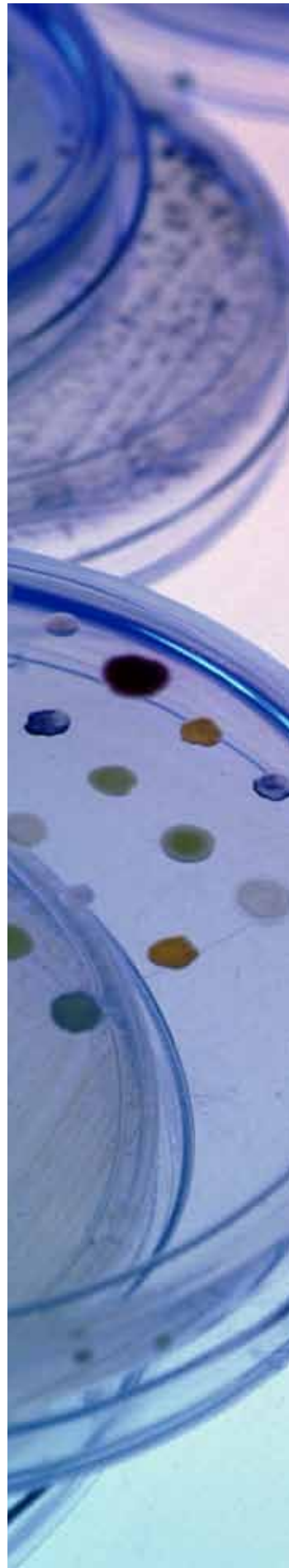
My stem cell cloning experiments in the late 1960's demonstrated that the environment controlled the fate of the cells. This research represented pioneering studies in one of today's most important fields of science, epigenetics.

Somewhere Beyond the Genes: The Road to Empowerment

Ever since molecular biologists James Watson and Francis Crick discovered the genetic code in 1953, the public has been programmed with the perception that deoxyribonucleic acid, or DNA, acquired from our parents at the moment of conception determines our traits and characteristics. While the new awareness provided by epigenetics is radically revising our understanding of heredity, the public, as well as much of the scientific community, still holds the conventional belief that our fate and behavior are preprogrammed in the genes.

In addition to perceiving that we are victims of our heredity, we are also led to believe that our inherited gene programs are fixed and as unchangeable as a computer's read-only program. The notion that our fate is indelibly inscribed in our genes was directly derived from the now outdated scientific concept known as genetic determinism, which would have us believe that we are victims of genetic forces outside of our control.

Unfortunately, the assumption of powerlessness is a one-way street to personal irresponsibility. Too many



have said, “Hey, I can’t do anything about it anyway, so why should I care? Overweight? It has nothing to do with me, it runs in my family.”

The new insights offered by epigenetics necessitate that we revise our basic understanding of the mechanisms that control life. Toward that end, first consider the fact that virtually every body cell has all of the functions that are present in a human body. For example, almost every cell has its own nervous, digestive, respiratory, musculoskeletal, reproductive and even immune, systems among others. Each of these cells is, in a true sense, the equivalent of a miniature human being.

Every cell is innately intelligent and can survive on its own when removed from the body. However, when present within the body, each cell foregoes its individuality and behaves as a citizen of a multicellular community. The human body actually reflects the cooperative effort of a community of fifty trillion single cells. By definition, a “community” represents an organization of individuals committed to supporting a shared vision. Consequently, while every cell is a free-living entity, the body’s community accommodates the wishes and intents of its ‘central voice,’ a character we perceive as the mind and spirit.

In a community of cells, the “central voice” represents the equivalent of a government that helps manage the affairs of its citizens. The new science of epigenetics when combined with quantum physics reveals that our minds, replete with thoughts and intentions, profoundly shape our biology, behavior and genetic activity.

An awareness of how our mind influences our genes provides us with an unparalleled opportunity to experience sustainable health and happiness. However, to arrive at this destination, we must first relinquish old flawed assumptions we have held in regard to the relationship between mind and body.

In the 1970s (prior to the recognition of epigenetics), conventional science held the idea that genes controlled life. Within twenty years, they set out on an amazing adventure called the Human Genome Project, a mission to identify the complete each of the genes that define all of the heritable traits of the human organism. Their hope — in deciphering the code, they would find the key to finally preventing and curing human illness.

Mentioned earlier was the fact that the Genome Project brought to light a fundamental misperception in regard to biological complexity and the number of genes. Interestingly, it was on their way to that unsettling conclusion, when conventional scientists began to uncover a revolutionary new heredity mechanism that led to the field of epigenetics.¹ The significance of epigenetics is emphasized in its Greek prefix *epi-*, which means “over or above.” Epigenetics simply means “above the genes.”

Students in high school and basic college biology courses are still taught the notion that our lives are basically defined via genetic control, the notion that genes primarily control the traits of life. However, the new science of epigenetic control emphasizes that life is controlled by something above the genes. Exciting new insights concerning what that something above the genes is provides a gateway to understanding our proper role as co-creators of our reality.

As described earlier, environmental signals acting through membrane switches control cell functions. It turns out that environmental signals employ the same mechanism to regulate gene activity. In the case of epigenetics, environmentally derived signals activate membrane switches that send secondary signals into the cell’s nucleus. Within the nucleus, these second messengers (relay signals) select specific gene blueprints and control the nature of the specific proteins they synthesize.

This is far different than the conventional belief that genes turn themselves on and off. Genes are not emergent entities, meaning they do not control their own activity. Genes are simply molecular blueprints. And blueprints are design drawings; they are not the contractors that actually construct the building. Epigenetics functionally represents the mechanism by which the “contractor” selects appropriate gene blueprints and controls the construction and maintenance of the body. Genes do not control biology; they are used by biology.

The conventional belief that the genome represents read-only programs has now been proven to be one of those things we thought we knew, but we were, indeed, wrong. Epigenetic mechanisms actually modify the readout of the genetic code and their alterations can be passed on for generations.

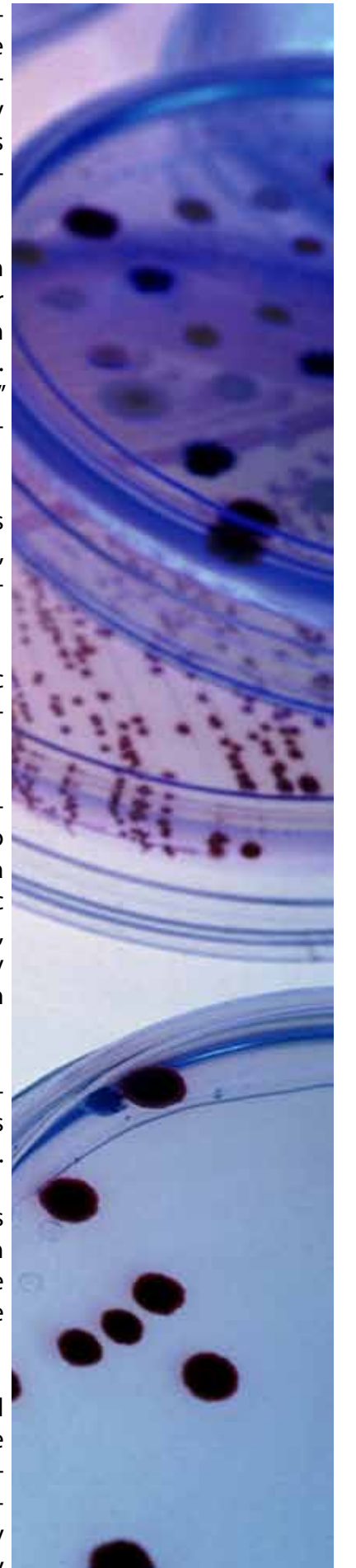
The hidden creative power of epigenetics is revealed in this fact: epigenetic mechanisms can edit the readout of a gene so as to create over 30,000 different variations of proteins from the same gene blueprint!²


Depending on the nature of the environmental signals, the body’s “contractor” shapes the epigenetic mechanism and modifies the gene’s blueprint to produce either healthy or dysfunctional protein products. In other words, a person can be born with healthy genes, but through a distortion in epigenetic signaling, can develop a mutant condition such as cancer. On the positive side, the same epigenetic mechanism can enable individuals born with potentially debilitating mutations to create normal, healthy proteins and functions from their inherited gene defects.³

Epigenetic mechanisms modify the readout of the genetic code, so that genetic code represents read-write programs, not read-only programs. This is profound for it means that life experiences can actively redefine genetic traits.

This is a truly radical discovery. Where we once were certain that our genes marked our destiny, new-edge science now tells us Nature is smarter than that. As organisms interact with the environment, their perceptions engage epigenetic mechanisms that fine-tune genetic expression in order to enhance the opportunities for survival.

This environmental influence is dramatically revealed in studies of identical twins. At birth and shortly thereafter, twin siblings express almost the same gene activity from their identical genomes. However, as they age, their personal individualized experiences and perceptions lead to activation of significantly different sets of genes.⁴ News media delight in stories about the amazingly similar parallel lives led by twins separated at birth, to the extent that they may





even end up with the same job or marry partners with the same name. Although these stories are perceived as generalizations, they are extremely rare exceptions, and, more importantly, those stories fail to consider the important period of prenatal behavioral programming that profoundly shapes the life and behavior of those twins when grown.⁵

Take a moment to fully comprehend what new biology is revealing.

Perceptions not only control behavior, they control gene activity as well. This revised version of science emphasizes the reality that we actively control our genetic expression moment by moment, throughout our lives. We are learning—organisms that can incorporate life experiences into our genomes and pass them on to our offspring, who will then incorporate their life experiences into the genome to further human evolution.

Therefore, rather than perceiving ourselves as helpless victims of our genes, we must now accept and own the empowering truth that our perceptions and responses to life dynamically shape our biology and behavior. With this knowledge, we are prepared to shed the notion of “victimhood” and realize “mastery” in the unfolding of our lives.

But first we must delve into the nature of the all-powerful perceptions that actually shape our lives.

Who’s in Charge?

How do the findings in my stem cell cultures described above relate to you? As mentioned, a human being is not a “single” living entity, we are actually a “community” of upwards of fifty trillion sentient cellular citizens. In truth, we are “skin-covered” Petri dishes containing trillions of cells. The culture medium in our skin-covered “tissue culture” bodies is the blood.

A simple reality, the fate of our body’s cells is influenced by the composition of its culture medium, the blood, in the same manner that the fate of cultured stem cells in plastic dishes are influenced by changing the chemistry of the culture medium. The big question then amounts to, “What controls the chemistry of our blood, which in turn ... influences the fate of our health and biology?”

As mentioned above, the trillions of cells comprising our bodies are organized into a massive community, within which cells take on specialized functions to support the life of the community. Some cells form specialized heart tissue; other cells form bones, muscles, skin, and blood. The differentiated cells comprising the nervous system are designed to acquire awareness about the world (environment) and use that information to direct the fate and activities of the entire cellular community.

Specialized nerve receptors, such as eyes, ears, nose, and taste receptors, read environmental information and send signals to the brain. Through the process of “perception,” the brain interprets these environmental signals and in

response, releases regulatory chemicals into the blood, the body’s culture medium. The chemistry derived from the brain circulates throughout the body and controls the behavior and genetic activity of our cells.

Consequently, the way we “perceive” our environment controls our health and fate. Most importantly, when we change the way we respond to the environment — we change our health and fate.

When the mind perceives that the environment is safe and supportive, the cells are preoccupied with the growth and maintenance of the body. In stressful situations, cells forego their normal growth functions and adopt a defensive ‘protection’ posture. At this time, the body’s energy resources normally used to sustain growth are diverted to systems that provide protection during periods of stress.

Simply, growth processes are restricted or suspended in a stressed system. While our systems can accommodate periods of acute (brief) stress, prolonged or chronic stress is debilitating for its energy demands interfere with the required maintenance of the body, and as a consequence, leads to dysfunction and disease.

Under the archaic belief of genetic control we essentially perceive of ourselves as “victims” of our heredity. If cancer or Alzheimer’s was in our family lineage, we were led to believe that we should anticipate that we might get stuck with the same fate. However, epigenetic science completely rewrites that limiting belief, for it reveals that through our “mind,” we can control the chemistry of our blood and in the process, become “masters” of our genetic fate.

1. E. Watters, “DNA is Not Destiny,” *Discover* (November 2006): 32.
2. D. Schmucker, J. C. Clemens, et al, “*Drosophila* DSCAM Is an Axon Guidance Receptor Exhibiting Extraordinary Molecular Diversity,” *Cell*, no. 101 (2000): 671–684.
3. R. A. Waterland, R. L. Jirtle, “Transposable Elements: Targets for Early Nutritional Effects on Epigenetic Gene Regulation,” *Molecular and Cell Biology* 15, no. 23 (2003): 5293–5300.
4. Mario F. Fraga, et al, “Epigenetic differences arise during the lifetime of monozygotic twins,” *Proceedings of the National Academy of Sciences* 102, no. 30 (July 26, 2005): 1064–1069.
5. Lipton, *The Biology of Belief: Unleashing the Power of Consciousness, Matter and Miracles*, 178.

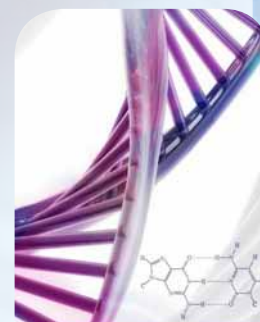
OWN YOUR POWER

Dr. Darren Weissman & Dr. Bruce Lipton

Session 4: Transforming Trauma and Drama

Your spirit is an electromagnetic field that attracts and repels depending upon subconscious polarity in any given moment.

Get ready for a fantastic dialogue in understanding the true nature of trauma and drama. You will participate in a process to shift what you're attracting and repelling with clarity and love.



The Promise of Evolution

In order for us to more effectively deal with threatening global challenges and contribute to the evolution of our planet, we must first shed our image of being helpless victims and learn the truth as to who we really are. The new science discussed above is a good starting place to acquire a more accurate and self-empowering account of how life works.

The Road to Empowerment

A fundamental disempowering misperception is evident when we look at ourselves in the mirror and perceive of our selves as single individual entities. In truth, our body is actually a "community" comprised of upwards of 50 trillion individual living cells. While this number is easy to say, it is almost unfathomable to comprehend. The total number of cells in a human body is equal to the total number of people on 8,000 Earths!

Virtually every body cell has all of the functions that are present in a human body. For example, almost every cell has its own nervous, digestive, respiratory, musculoskeletal, reproductive and even immune, systems among others. Each of these cells is, in a true sense, the equivalent of a miniature human being.

Every cell is innately intelligent and can survive on its own when removed from the body. However, when present within the body, each cell foregoes its individuality and behaves as a citizen of a multicellular community. The human body actually reflects the cooperative effort of a community of fifty trillion single cells. By definition, a community is an organization of individuals committed to supporting a shared vision. Consequently, while every cell is a free-living entity, the body's community accommodates the wishes and intents of its 'central voice,' a character we perceive as the mind and spirit.

In a community of cells, the "central voice" represents the equivalent of a government that helps manage the affairs of its citizens. The new science reveals that our minds, replete with thoughts and intentions, profoundly shape our biology, behavior and genetic activity. An awareness of how our mind influences our genes provides us with an unparalleled opportunity to experience sustainable health and happiness. However, to arrive at this destination, we must first relinquish our old flawed assumptions about the relationship between mind and body.

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The Value of Good Driver Education



The principle source of our stress are the misperceptions that have been "programmed" into the system's 'central voice,' the mind. The mind is like the driver of a vehicle. With good driving skills, a vehicle can be maintained and provide good performance throughout its life. Bad driving skills generate most of the wrecks that litter the roadside or are stacked in junkyards. If we employ good "driving skills" in managing our behaviors and dealing with our emotions, then we should anticipate a long, happy and productive life. In contrast, inappropriate behaviors and dysfunctional emotional management, like a bad driver, stresses the cellular 'vehicle,' interfering with its performance and provoking a breakdown.

Are you a good driver or a bad driver? Before you answer that question, realize that there are two separate minds that create the body's controlling 'central voice.' The (self-) conscious mind is the thinking 'you,' it is the creative mind that possesses your wishes, desires and aspirations. It is also the seat of "positive thinking."

Its supporting partner is the subconscious mind, the equivalent of a record-playback device that downloads our life experiences. The subconscious mind is a super computer loaded with a database of programmed behaviors. Some programs are derived from genetics, these are our instincts and they represent nature. How-



ever, the vast majority of the subconscious programs are acquired through our developmental learning experiences, they represent nurture.

The subconscious mind is not a seat of reasoning or creative consciousness; it is essentially a stimulus-response mechanism. When an environmental signal is perceived, the subconscious mind reflexively activates a previously stored behavioral response ... no thinking required. The subconscious mind is a programmable autopilot that can navigate our vehicular bodies without the observation or awareness of the pilot—the conscious mind. When the subconscious autopilot is controlling behavior, consciousness is free to dream into the future or review the past.

The dual-mind system's effectiveness is defined by the quality of the programs carried in the subconscious mind. Essentially, the person who taught you to drive molds your driving skills. For example, if you were taught to drive with one foot on the gas and the other on the brake, no matter how many vehicles you owned, each will inevitably express premature brake and engine failure.

Similarly, if our subconscious mind is programmed with inappropriate behavioral responses to life's experiences, then our sub-optimum 'driving skills' will contribute to a life of crash and burn experiences. For example, 90% of cardiovascular disease, the leading cause of death, is directly attributable to behavioral programs that mismanage the body's response to stress.

Are you a good driver or a bad driver? The answer is difficult, for in our conscious creative mind we may consider ourselves as good drivers, however self-sabotaging or limiting behavioral programs in our subconscious unobservably undermine our efforts. Generally, we are consciously unaware of our fundamental subconscious perceptions or beliefs about life.

The reason is that the prenatal and neonatal brain is predominately operating in delta and theta EEG frequencies through the first six years of our lives. This low level of brain activity is referred to as the hypnogogic state. While in this hypnotic trance, a child does not have to be actively coached by its parents for they obtain their behavioral programs simply by observing their parents, siblings, peers and teachers.

Did your early developmental experiences provide you with good models of behavior to use in the unfoldment of your own life?

During the first six years of life, a child unconsciously acquires the behavioral repertoire needed to become a functional member of society. In addition, a child's subconscious mind also downloads beliefs relating to self. When a parent tells a young child it is stupid, undeserving, sickly or any other negative trait, this too is downloaded as a 'fact' into the youngster's subconscious mind. These acquired beliefs constitute the 'central voice' that subsequently controls the fate of the body's cellular community. While the conscious mind may hold one's self in high regard, the more powerful unconscious mind may simultaneously engage in self-destructive behavior.

If I Am Creating My Own Life ... I Wouldn't Have Created This!

The insidious part of the autopilot mechanism is that subconscious behaviors are programmed to engage without the control of, or the observation by, the conscious self. Most importantly, neuroscience now reveals that the subconscious mind, which is an information processor one million times more powerful than the conscious mind, runs our behavior from 95 to 99% of the time.

The powerful meaning of this reality is that we only move toward our wishes and desires from 1 to 5% of the day. In the remaining time, our lives are controlled by the habit-programs downloaded into the subconscious mind. The most fundamental of these programs were downloaded by simply observing other people, such as our parents, siblings, teachers and community. The profound conclusion is that up to 95% or more of our lives is profoundly influenced by the behaviors provided by others!

Additionally, since most of our behaviors are under the control of the subconscious mind, we rarely observe them or much less know that they are even engaged. While your conscious mind perceives you are a good driver, the unconscious mind that has its hands on the wheel most of the time, may be driving you down the road to ruin.

As we become more conscious, we rely less on automated subconscious programs, and also have the ability to rewrite limiting, disempowering beliefs formerly downloaded into the subconscious mind. Through this process we become the masters of our fates rather than the 'victims' of our programs. Conscious awareness can actively transform the character of our lives into ones filled with love, health and prosperity by its ability to rewrite limiting perceptions (beliefs) and self-sabotaging behaviors.

Bruce H. Lipton, Ph.D., cell biologist, bestselling author of The Biology of Belief and recipient of the 2009 Goi Peace Award, is an internationally recognized leader in bridging science and spirit, a pioneer in the new biology. His website is <http://www.bruce-lipton.com>

Author retains first rights.

60,000 Thoughts a Day...

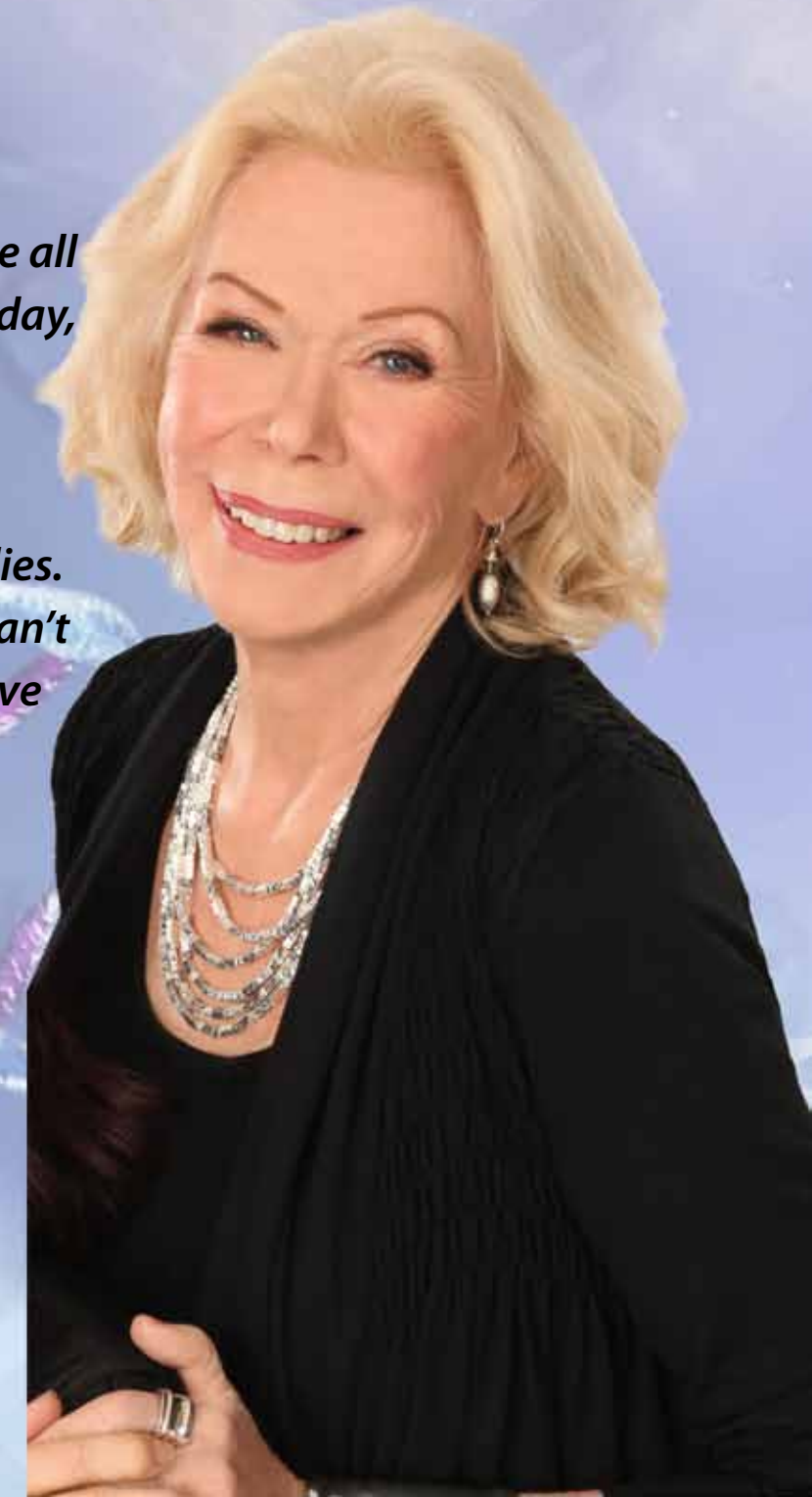
Moment by moment, we're consciously or unconsciously choosing healthy thoughts or unhealthy thoughts. These thoughts affect our bodies.

One thought by itself doesn't have much influence over us. However, we all think more than 60,000 thoughts a day, and the effect on our thoughts is cumulative.

Poisonous thoughts poison our bodies. Science is now confirming that we can't allow ourselves to indulge in negative thinking.

It's making us sick and it's killing us.

~ Louise Hay



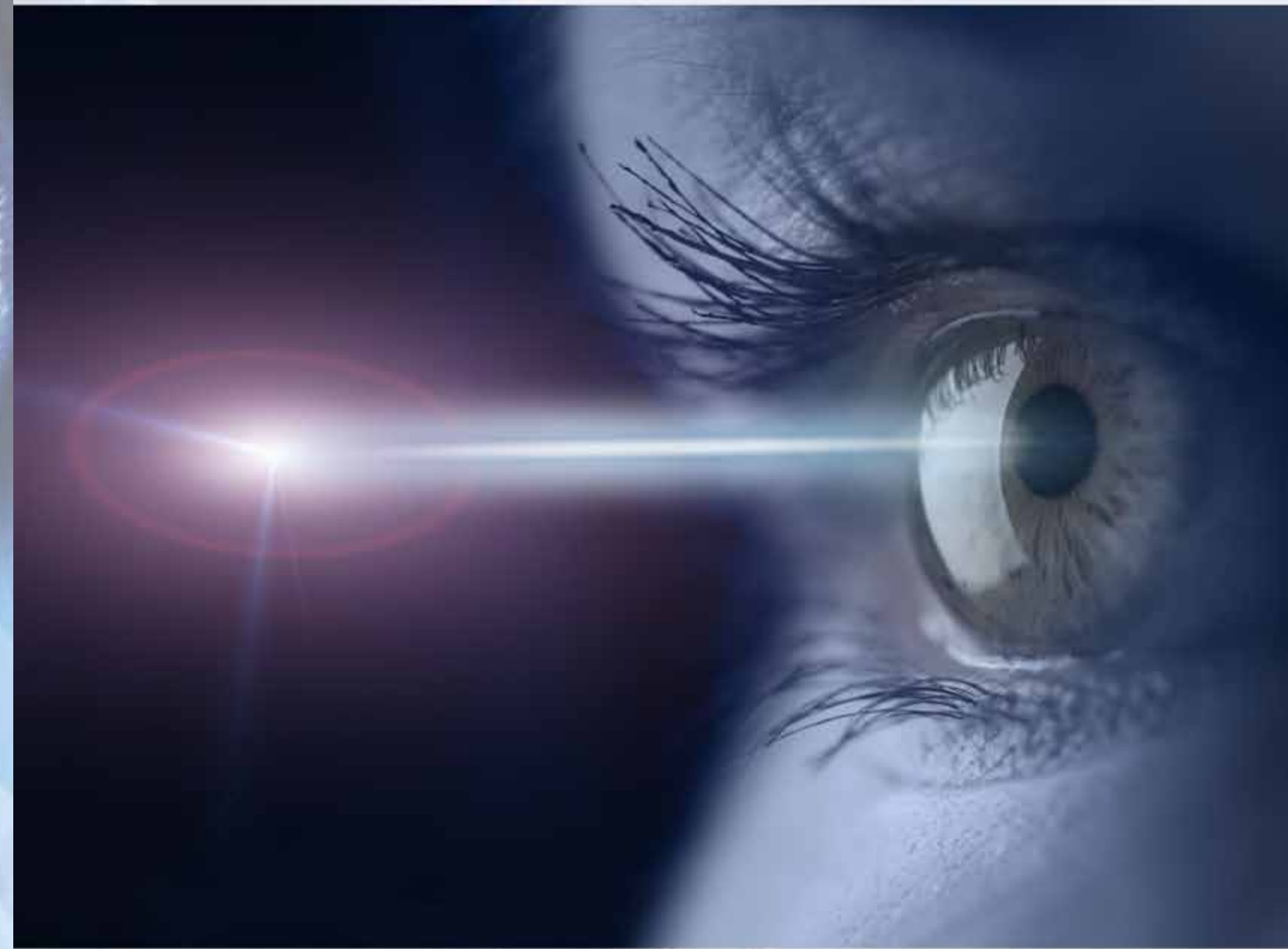
EMDR Eye Movement Desensitization and Reprocessing

(EMDR) is a method of reframing trauma (reprocessing) and releasing stored emotions associated with it (desensitization).

When a trauma occurs, strong emotions interfere with complete processing of the experience, “freezing” the memories, emotions, and beliefs associated with the event.

When triggered, the trauma returns and affects the person’s current life, beliefs, and relationships.

EMDR uses rapid eye movements to relieve anxiety and create detachment. Over time, the beliefs, emotions, and sensations are “digested” so the memory can be recalled without the distress. This “reframing” leads to empowerment.



OWN YOUR POWER

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Session 5: Dialogue . . . Changing the Way We Communicate

Conscious dialogue is imperative for peace to occur.

In session 5 Bruce and Darren will show you how cells, organs, and glands communication is a mirror to how families, friends, and communities communicate. You will be lead through a process of acceptance, forgiveness, and compassion to awaken meaningful and empowering relationships.



LIMITING BELIEF SYSTEMS

SEVENTH CHAKRA
Higher Power,
Higher Purpose

SIXTH CHAKRA
Intuition, Knowing

FIFTH CHAKRA
Owning Your Power,
Voice, Will

FOURTH CHAKRA
Unconditional Love

THIRD CHAKRA
Internal Power, Self
Value, Self Worth

SECOND CHAKRA
Nurturing, Intimacy,
Sexuality

FIRST CHAKRA
Family, Money,
Security, Rooted



First Chakra: Red or Root Family • Money • Security • Rooted

Physical Issues:

Lower Back
Sciatica
Tailbone
Rectum
Colon
Adrenals
Feet
Hands
Immune System

Emotional Issues:

Physical Security
Group Safety
Feeling at Home
Ability to Stand Up for Oneself
Family Stability
Relationship Stability
Work Stability
Financial Stability

Energy: All is One—ground the spirit with the body, accept yourself and work on the physical plane in a loving way.



First Chakra's Energy Will Leak:

- When you subscribe to family or social beliefs that no longer serve you
- When you consider your religion, political beliefs, social class, etc., to be better than others
- When you hold onto negative experiences within your family

First Chakra's Energy Will Be Reinforced:

- When you maintain a sense of pride in your ancestry and family traditions
- When you draw upon your family for love and support

Second Chakra: Orange or Sacral Nurturing • Creativity • Sexuality

Physical Issues:

Genitals
Reproductive Organs
Pelvic Cavity
Large Intestine
Lower Vertebrae
Appendix
Bladder
Hip Area
Wrists
Ankles

Emotional Issues:

Self vs Other
Moving away from tribe
Pleasure around sex, recreation, and eating
Physical and mental enjoyment
Power and control
Blame and guilt
Ethics and honor within relationships

Energy: Respect one another, use your creative forces, be devoted to self, show integrity and honor in all relationships



Second Chakra's Energy Will Leak:

- When you attempt to control others in relationships
- When you fuel fears about making or losing money
- when you harbor unresolved conflicts about your sexuality

Second Chakra's Energy Will Be Reinforced:

- When you go with the flow in relationships
- When you release the power of money as a motivating factor
- When you authentically express your sexuality

Third Chakra: Yellow or Solar Plexus

Internal Power • Self Value • Worth

Physical Issues:

Abdominal Cavity
Digestive Organs
Kidney
Pancreas
Liver
Gall Bladder
Spleen
Endocrine Glands
Calves
Forearms
Middle Back and Spine
Upper Intestines

Emotional Issues:

Individual Power
Self-esteem
Decision Making Responsibility
Self-mastery
Personal Honor
Sensitivity to Criticism
Intuitive Voice

Energy: Honor yourself, take responsibility for your choices and decisions, learn to maintain strong personal choices, learn to make strong tribal choices

Third Chakra's Energy Will Leak:

- When you break your commitments to yourself
- When you manipulate others to gain their approval
- When you fail to maintain clear personal boundaries

Third Chakra's Energy Will Be Reinforced:

- When you take pride in your work
- When you trust your intuition
- When you keep your word



Fourth Chakra: Green or Heart

Unconditional Love

Physical Issues:

Heart Center
Circulatory System
Chest
Breasts
Rib Cage
Lungs
Diaphragm
Thymus Gland
Knees
Elbows

Emotional Issues:

Love
Failure
Loneliness
Disorientation
Alienation
Hatred
Grief
Anger
Resentment
Bitterness
Forgiveness
Compassion
Hope
Trust

Energy: Love is Divine Power, cherish yourself first and then others, express caring actions, release emotionally suppressed trauma, be non-judgmental

Fourth Chakra's Energy Will Leak:

- When you allow past negative experiences to limit your choices
- When you hold onto resentments
- When you don't allow others to love you

Fourth Chakra's Energy Will Be Reinforced:

- When you forgive unconditionally
- When you love yourself
- When you care enough about others to let them experience the world in their own way



Fifth Chakra: Blue or Throat

Owning Your Power • Voice • Will

Physical Issues:

Throat
Vocal Cords
Thyroid
Parathyroid
Mouth

Emotional Issues:

Power of the Will
Judgment
Criticism
Outward Expression of
Acceptance
Self-Acceptance

Energy: Surrender personal will to the Divine Will, express your truth, the power of the spoken word, have the ability to speak



Fifth Chakra's Energy Will Leak:

- When you let others define your wants and needs
- When you tell lies
- When you experience shame

Fifth Chakra's Energy Will Be Reinforced:

- When you exercise self-control
- When you empower others
- When you speak honestly

Sixth Chakra: Indigo or Third Eye

Intuition • Knowing

Physical Issues:

Nervous System
Pituitary Gland
Higher Brain Center
Eyes
Ears
Nose

Emotional Issues:

Intuition
Emotional Intelligence
Intellectual Abilities
Openness to New Ideas

Energy: Seek only the truth, have a balanced state of mind, see the truth and Divine Perfection in all things, clear the subconscious in preparation for intuition to emerge



Sixth Chakra's Energy Will Leak:

- When you hold onto old grief
- When you close your mind to non-rational possibilities
- When you insist on logical explanations for your internal experience

Sixth Chakra's Energy Will Be Reinforced:

- When you take emotional risks
- When you open your mind to extravagant possibilities
- When you follow your hunches

Seventh Chakra: Violet or Crown Higher Power • Higher Purpose

Physical Issues:

Top of Head
Highest Brain Centers
Pineal Gland

Emotional Issues:

Faith
Trust
Wisdom
Spirituality
Selflessness
Sense of Oneness
Expanded Perspective

Energy: Live in the present moment, allow the spiritual doorway to remain open, experience a connection with the Divine

Seventh Chakra's Energy Will Leak:

- When you live a life without faith
- When you put conditions on your spiritual experience
- When you reject guidance unless it comes in a form of which you approve

Seventh Chakra's Energy Will Be Reinforced:

- When you pray consciously
- When you express gratitude
- When you live your life as a vehicle for spiritual development



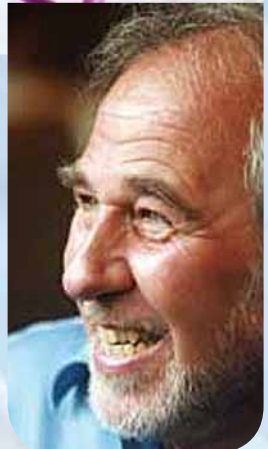
OWN YOUR POWER

Dr. Darren Weissman & Dr. Bruce Lipton

Session 6: Learn, Grow, Heal

There are primary and primitive pathways that each and every one of us process information and thus learn, grow, and heal.

In session 6 Bruce and Darren unveil the way . . . a magical journey to discover the genius and genie within. You will participate in a process that activates and unleashes your body and mind's fullest potential to see, feel, and hear as a spiritual being having a human being experience.



See, Feel, Hear Perceptions received by the five senses are communicated to the brain, which translates these experiences into beliefs.

The “representational systems” of **Neurolinguistic Programming (NLP)** – visual, auditory, and kinesthetic – frame the perceptions and affect the communication process.

Strong emotions can be *digested* through one of more of these systems:

- Visual – seeing images associated with the emotion on a screen in the movie theater of the mind
- Auditory – hearing the internal voice of self-talk and what it says about beliefs that affect health and relationships
- Kinesthetic – feeling the movement and impact of that emotion on the physical body

Using **Neurolinguistic Programming** in this way deepens the experience of an emotion and enables it to be fully processed.



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Session 7: Change is the Essence of Life

The one thing you can count on in life is change.

In session 7 Bruce and Darren will help you to appreciate the necessity for stress on both a biological and behavioral level so growth and transformation to occur. You will learn how to transform the perception of a breaking point of the body or a relationship into an inspirational moment of spontaneous evolution.

This session will empower you to embrace change and thus discover an essence of your soul that you otherwise would have never known.



Cycles of Degeneration and Regeneration

*Cycles of Degeneration;
Limiting Mind Programs
and Beliefs and
Traumatic Memories*

Stress/Perception
Lens & Filters

*Cycles of Regeneration;
Raise Consciousness by
Transforming
Limiting Mind Programs
and Beliefs and
Traumatic Memories*

Imbalanced

Subtle Energy

Balanced

Acid

PH

Alkaline

Pro

Inflammation

Anti

Increased

Adhesions

Decreased

Increased

Scar Tissue

Decreased

**Degeneration/
Death**

**Regeneration/
Growth**



A person is captured in mid-air, jumping joyfully on a sandy beach. The person is wearing dark clothing and has their arms raised. In the background, the ocean waves are breaking onto the shore under a clear blue sky. The overall scene conveys a sense of freedom and movement.

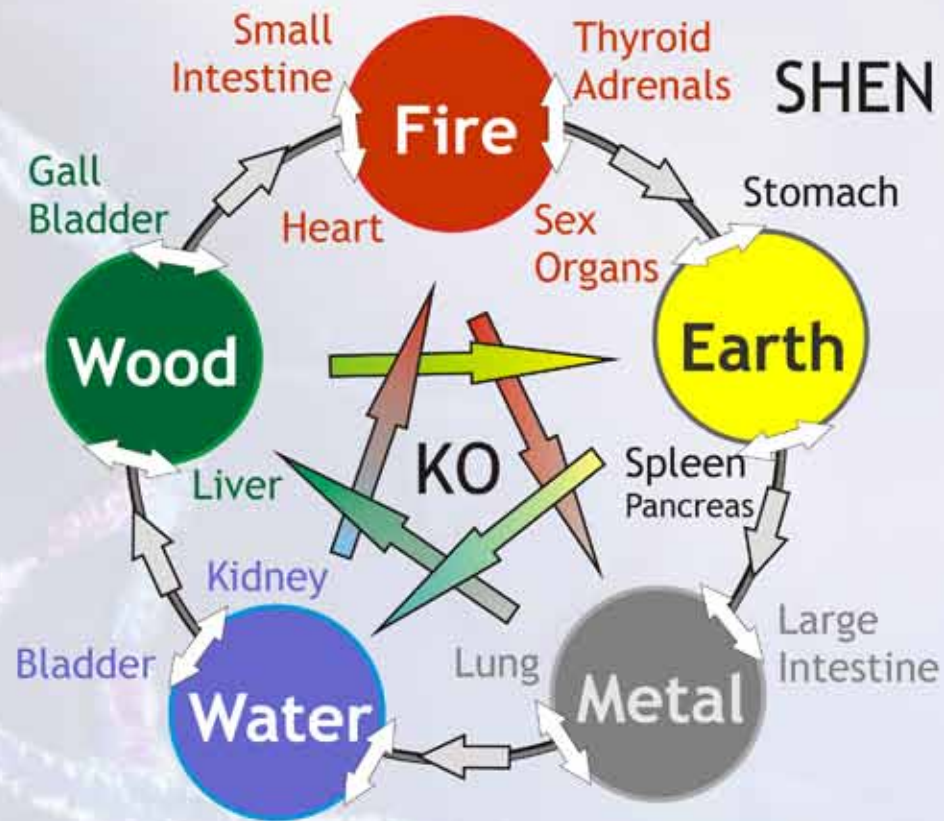
The LifeLine Law of Transformation and Creation

Emotions transform energy

Energy creates movement

*Movement is change and change is
the essence of my life!*

FIVE ELEMENTS



OWN YOUR POWER

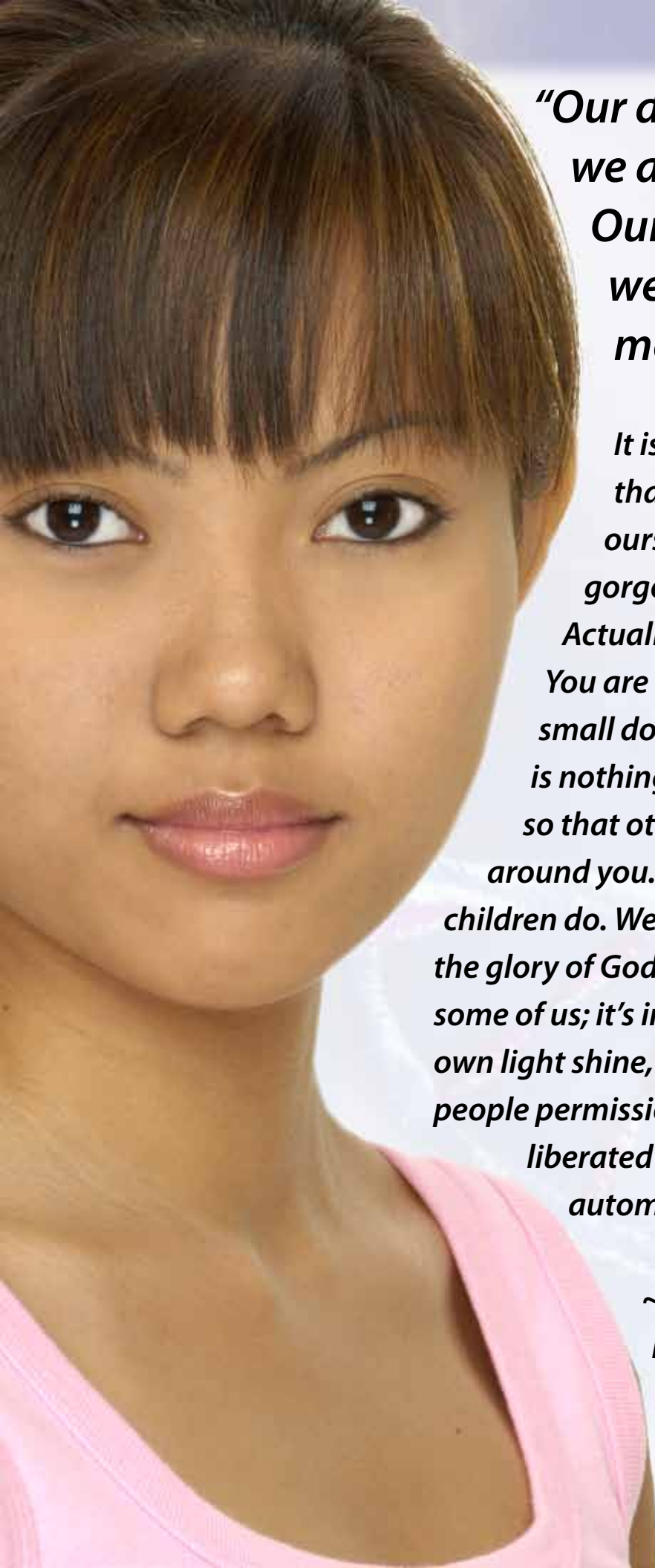
Dr. Darren Weissman & Dr. Bruce Lipton

Session 8: A New Horizon

Heart based presence, observation, discernment, intention, imagination, and action hold the power to heal the body, a relationship, family, community, and the world we are all a part of.

Bruce and Darren will share their vision of a new humanity and the journey of creating world peace through inner peace.





“Our deepest fear is not that we are inadequate.

Our deepest fear is that we are powerful beyond measure.

It is our light, not our darkness that most frightens us. We ask ourselves, Who am I to be brilliant, gorgeous, talented, fabulous? Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others.”

~ Marianne Williamson, A Return To Love: Reflections on the Principles of A Course in Miracles.