



Energy4Life Podcast

Episode #48

Reprogramming Our Reality with Bruce Lipton

Harry Massey 0:00

Welcome to the Energy4Life podcast where we explore the future of health and wellness to help you enhance your energy, health and purpose. I'm your host, Harry Massey, a pioneer in bioenergetics who's dedicated to looking beyond biochemistry to explore the innate healing power of the human body. So enjoy the show.

Harry Massey 0:22

Well, on today's podcast, we have a really special guest. It's with Dr. Bruce Lipton. Now, everyone or not everyone, but a lot of you will have heard of him he's an- he was originally an eminent cell biologist, who, I guess probably went a bit a bit rogue if you like and left, left the normal University system and became a private researcher and just a major educator in what you could call, I guess, in what you call a space of cell biology, epigenetics. You know, quantum physics, applications of quantum physics to Biology and also Mind-Body medicine. We've actually we've interviewed him three times. So twice, twice, four, met a few times, etc, etc. And without further ado, we'll just get straight into the interview

Harry Massey 1:12

Yeah, well, I just I just want to start with a really basic question. So, how are viruses created? Because, you know, a lot of people think this, I don't know why they think a virus is created. I don't I don't think they realize it comes from a cell in the first place. Like it's not necessarily this huge, scary thing. So could you just describe what uh, you know what a virus is and how they're created?

Bruce Lipton 1:37

It's really interesting because a lot of people say that we can kill a virus and the problem is that is a virus was never alive. So that's already a problem. The virus is the exact equivalent of a thumb drive or memory stick for a computer. So think of your computer A processing mechanism, but you can take a memory stick, plug it into the computer and then take information and shove it into the computer. Okay? A virus is the equivalent of a memory stick that plugs into the surface of a cell and deposits into memory that the cell will use. So a virus is changing the program of a cell. Is it alive? I say no, it's no more alive than a memory stick. It's it's a capsule with Nucleic or some kind of information. It comes up to the surface of the cell and then plugs into the cell

and puts it down. It's a download device, it downloads information that controls the cell.

So basically, where do they come from? Cells create viruses as a form of communication. And what people have not recognized and this is like new to the relative, you know, world of what's going on. There are three ways that a system can communicate towards the cell. So like a human being is 50 trillion cells. And you have to coordinate the functions so that they all work together in harmony. I said, Well, how do you coordinate? Well, the nervous system sends out information for coordination, but then I go, but the nervous system only connects to a small percentage of 50 trillion cells. So I said, Well, how else does the system control itself? I say, oh, it releases hormones and growth factors and emotional chemicals in the blood. And then those are sent to all the cells. I say, yeah, that's, that's how you can coordinate this community. But then I say, there were very specific instructions that you can't fool with. And these are two different instructions. One is, divide more create more of your cells. The other one is die, kill some of your cells because that we can regulate the population or different kinds of cells.

I said, Well, how would you deliver a message as important as live or die, multiply or die? I say you can't release it to a hormone that would go everywhere. In the system, the nervous system couldn't send that information because it's not connected to a very large population of cells in the first place. It turns out, viruses were created in the earliest stages of evolution. Bacteria could talk to each other by physically touching each other, like nerve cells and sending information from one to the other. Bacteria could also release like hormones or information in you know, like chemicals into the fluid around them and the other bacteria will pick up the information. But it had to become very specific. A virus is like a zip coded information stick. And it only goes to the cells that are coded for on the surface of the virus. So there are what are called receptors on the virus that plug into the receptors on the cell. And the receptors are specific which type of sound if this is a muscle cell and this is a virus going to a skin cell. They don't work. But if this is a skin cell sending this as a virus for skin cell, then they plug in.

So the point about a virus is it's not alive. It's a device to carry information to download into another cell. And the cell that is going to download the information to is determined by the surface plugs or receptors on that virus. So the point is, it's the highest form of communication. Now, what's significant is we never talked about that. We always say viruses are very negative things. No viruses are lethal and bad. Like, it turns out 3% of the DNA in the human body codes for a human body, but five to 8% of our DNA codes for viruses. We create our own viruses. Why? Because it's a way of communicating between 50 trillion cells and as I said, since it's zip code, I can send a message from let's say, I'm a liver cell, I can send up a message message to a breast cell or a muscle cell or anywhere by writing a virus, putting the right zip code on it and sending it out into the community. Virus is the highest form of specificity and communication. Okay?

Now if the wrong organism picks up the virus from another organism, and that then that virus dumps information into that wrong cell, it could mislead that cell and destroy it. Okay, so that's when viruses become pathological. They get picked up by the wrong cell. And the information in that virus throws that normal sell out of balance, and then we have a viral problem at that point. Okay. So the issue is this. Viruses created in our own body, they're the new term is called exosome. exosome is the biological word many echo outside some body. These are body Release by cells, like virus Bach particles being released by the cells go into the blood, and then are distributed to go to their source. We need these viruses. Evolution required them, we didn't even know they existed until recently, in humans when the nature of exosomes was discovered, which by actual definition mean viruses, we create our own viruses, other organisms create viruses and when the viruses start getting mixed in community, that's when if it's the wrong virus that's in your system, and your system picks it up, it will distort your function. Okay?

Harry Massey 7:33

Perfect. So if you, so, say for instance, let's say we went into a very smoggy, smoggy smoky area and we were inhaling hailing a load of toxins-

Bruce Lipton 7:44

Yeah.

Harry Massey 7:44

Would our chest cells, then go "Oy, oy! There's a- there's a problem here!" They start treating exomes that can then be caught by someone else. The next person knows there's an environmental problem and they're automatically getting a signal to sort of upgrade their, upgrade their lungs.

Bruce Lipton 8:03

That is the standard conception that if a virus infects myself, one of the information packages in that virus, one of the information packages is to have that infected cell create more of the viruses. Okay? So, and let's understand why did they call it a cold? And this is a really important fact is the body temperature is 98.6 centigrade, thirty- I mean Fahrenheit ,and 37 centigrade, okay? The viruses that are called cold viruses don't grow at that temperature, it's too warm. So I say, well, then where can they infect you and I say, the respiratory system is bringing in cold air from the outside. So the beginning of the respiratory tract down to the lungs, the air isn't the temperature The body it's being warm to the temperature of the body. So the air in the respiratory tract is colder than the air and the temperature of the rest of the body.

So cold viruses infect the respiratory system because the temperature in the wintertime is colder. And as we bring in the cold air, the infected cells in the respiratory tract, the infection will cause them to make lots of viruses. But if it's too warm, then those viruses can't reproduce. And that's why flus cold show up in the winter, because the air going in the respiratory tract is colder than the body temperature, and the cooler temperature of the cells in the respiratory tract allows these cold viruses to

reproduce. And that's why it's a seasonal thing. When the air gets colder, the cells are more likely to be infected by the viruses and be influenced but in the warm summertime, the temperature of the air and the temperature inside is pretty close to same viruses of that kind don't grow. So what is the cold virus? It's a virus that affects the respiratory system because the air in the respiratory system is cooler than the body temperature which allows that virus to replicate.

Harry Massey 10:11

Got you, would you, would you say literally a virus is an exosome? Like there's no, there's really no difference at all?

Bruce Lipton 10:19

An exosome, they're- cells release little blebs of surface. They take like a little blister of a cell will pinch off. And I say well, that's called an exosome. They came a body came out, okay, now there are different versions of this, your original exosomes were identified to be like waste products from a cell. So a cell has got some extra waste product, pinches it off in a vesicle, releases it, and then macrophages come along and eat that and destroy it. So it's like cleaning up the trash. But when they look at the number of these exosomes, they found that there were these various small ones, and they didn't contain trash. They contain nucleic acids like DNA and RNA and, and hormones that control the immune system called cytokines. They said, Wait, these aren't trash! These are information packets! And then when you define what that exosome is as an information package, the definition says it's a virus. Okay, so exosomes is there a term applied to are the what came out of ourselves, but then we find that a large population of those exosomes are by definition viruses, we are indeed making viruses to coordinate 50 trillion cells in our community.

Harry Massey 11:36

Perfect, and what's the relationship between a virus and the terrain of the cell?

Bruce Lipton 11:42

Well, a virus infects a cell as I said, just as a memory stick can plug into a computer and download a memory of virus can plug into a cell download a new memory. Okay, now in a normal situation, if the virus infects the cell, the cell has characteristics of an infection that the immune system identifies. So the immune system goes through the body. And if there's a defect of cell, the function the immune system is to remove it. Okay? So when a virus infected cell enters in your body, in a healthy immune system, the immune cells will identify that infected cell and eliminate or can a pre cancer cell is like an effective cell as well immune system eliminates it. And I say, well, what's the problem? I say, if you have a healthy immune system, no problem, the infected cells will be eliminated, okay. But if your immune system is compromised, you don't have enough surveillance of immune cells to identify these infected cells. So the more your immune system is compromised, the less effective you are of a living emanating cells that are virally influenced and going the wrong way, and this becomes important, that's why when we look at like, a flu season, they say, okay, people are going to die and I go, every

year people die of flu. It's not i'm not saying, oh, too bad. I'm saying I'm sorry, but they die. And I say, who are the ones that die from a regular flu every year?

Every year we have a flu, and every year people die. Who are the ones that die in a flu? And the answer is, those people who are unlike life support end of life period, because their body's functions are not fully working, or people who are health compromised. People that have cancer, cardiovascular problems, people that have diabetes, their immune system is already compromised. So if I'm a healthy person and a virus comes in, my immune system will clean it up and I'll be okay. But if I'm compromised, my immune system is Working up to the fullest level, then all of a sudden, now I have a struggle to eliminate those infected cells because my system isn't working. So the most compromised of the people in the population are the most susceptible to getting sick and dying from a flu. Well, a normally healthy person would have sniffles or something, their immune system would handle it and they'll be okay. But the compromised individual is the one who was threatened. So in any flu every year, there's a compromised population and the morale, the strength of that virus, the effectiveness of virus determines how much of that compromised population is going to be affected. Okay. So a population that is not healthy and collective will have more devastating effect over the same virus than a population that is healthy.

Now in the US, we just hit over 100 million deaths they `attribute to the virus? And I say, well, that's a big number. I say why? And then here comes a simple answer. 60% of Americans have at least one chronic disease 60% and 40% of Americans have two or more chronic diseases, that represents a population that is really ripe for infection, because their, their, their immune systems are already compromised. So we have a greater population of weakened people in the US than other countries have. So when the virus hits the US, there'll be more mortality than in Arabia and another country, or Britain, you know, where Western Western countries that have lousy food, and you know, and stress levels that are up, and I say, and this is the last point, Harry that I need to emphasize and that stress is a mentation that I've got to run, I got a fight or flight, my life is threat`ened. That's what stress is about stress fight or flight, I say so what I say the blood in the human body contains the energy. If you want to run, you've got to put blood into the legs because that's where the energy is coming from. If you want to maintain the body then this is what the viscera the lungs, heart, pancreas, all the organs. The function of the gut is maintenance and health of the body. Okay?

But if you're running away from that proverbial saber toothed tiger, where do you want the energy and answers arms and legs? So I say what happens when you're stressed? stress hormones redirect the blood flow, so that it goes to the arms and legs like an escape the tiger. I said, Well, how does it do that and I go, stress hormones cause the blood vessels in the gut to constrict why If I constrict the blood vessels, then the flow of blood is pushed to the outside. So I say, the first issue of stress in the body as it causes the blood vessels in the gut, which is maintenance and growth of your body, it causes the blood vessels to shut down, no energy going to the gut. So growth and maintenance of the body is on hold, while the blood is going to the arms and legs. Now, and this is the part that I was hoping to get to real fast, and that was, the immune system uses a lot of

energy. Go Yeah? And I go, yeah, if you've ever been sick, you may have not had the energy even get out of bed.

So I say, Well, if you're being chased by a saber toothed tiger, and you have a bacterial infection, how would you like to distribute the energy and I go to hell with a bacterial infection of the Tiger eats you. The bacterial infection is not your problem anymore. So this is the most important point now. stress hormones not only shut off the blood vessels in the gut to push the blood to the periphery, stress hormones, shut down the immune system, so that I don't use the energy to take care of the inside, I use the energy to run away from the tiger. So stress hormones inhibit the immune system, the more you're stressed, the less effective your immune system is, the more you're stressed, the more you're open to infection and problems. And I go, and the relevance about that is when you scare people, which is what the all the media has been, oh, we're all gonna die. Millions of people are gonna die and everybody's going, ah, they're stressed. I go then what happened? I said, the stress hormones onto the body, then what is it that well, it shuts off the growth and maintenance? Yeah. And I said, what else Oh shuts off the immune system.

Yet, let me just- a fact. How effective is stress hormones at shutting off the immune system? Medical Doctors give patients who are going to receive a transplant a heart, lung, whatever, before they put the foreign tissue into To that body, they give the recipient stress hormones, so that the immune system of the recipient will not immediately reject the foreign organ. So all of a sudden say, oh, wow, it's so effective of shutting off the immune system stress hormones that doctors give it to people to shut off the immune system. So I say, so what does that mean to the population that's watching the news and the media being scared every day with numbers like millions of people are going to die and all of a sudden it's like... I could be those millions. Now all of a sudden, I'm stressed because I don't want to die. And I go, so what I say Well, now that I got stress, guess what, now I'm weak. Now I'm more susceptible to the disease, the more stress I'm under, and I go, Well, that sounds like a stupid idea that nature would do that.

I go listen, when the system was designed. What were humans stressed by? Like a saber tooth tiger. What else? Not much more saber tooth tiger. It's just a while. irrelevant, because when the system was designed, it was only used to run away from a saber toothed tiger. And once you got out of the vicinity of that tiger, the stress response was over. So we only use a stress report for a response just a short period of time. Okay? But in today's world with a stress as economic and health and every other damn thing that's going on, humans, stress systems are running overtime 24/7/365 that means we are continuously shutting down our growth and our immune system because of chronic stress is what causes illness. And an important fact is this. Less than 1% of disease is connected to genetics, over 90% of disease is stress related. And all a sudden it's like "God, if we could remove the stress we'd all be healthy people!" I go and now the stress is worse with all the media, "we're all gonna die". Everyone's stress levels are climbing through through the, you know, heights that we never had. I say why is irrelevant

because everyone is stressed like that is now open to infection because their immune system has been inhibited.

Harry Massey 21:15

You know this idea of - so you had Pasteur with the virus and the terrain idea. Yeah, I'd love I'd love to explain that idea of the importance of a healthy cellular terrain, and how that actually produces, you know, is responsible for the epigenetic expression, creating exomes, etc.

Bruce Lipton 21:38

I think one of the most important things that people have to know. And it's more than just knowing you have to, you have to know it, but you actually have to make it an understanding of your life. I can give me the information, you'll know it, but then the next level is you really have to take this information. it's valid. Put it in your life. I said, what information is that? I say, medicine is based on Newtonian physics. I go, what's that mean? Well, physics is the mechanisms of how the universe work. That's what it stands for mechanisms. I say, Oh, and I said, What's the premise of Newtonian physics? I said, oh, there's a world made out of matter, and a realm that was all energy, physical matter and visible energy. And so Newtonian physics divided the universe into two realms matter and energy. Then they added the little caveat that whatever is made out of matter can be affected by matter, but not be affected by energy. So that's separate energy, threw out of the picture. You understand how human work there's matter. It's a physical machine, we'll understand the physical matter, and then we'll understand how the machine works. Conventional pursuit.

I go, Well, that was great for Newtonian physics. But in 1925, the world of physics was turned upside down because the new physics called quantum physics came in. And I think Need to emphasize this little caveat right here. Quantum Physics is the most valid, tested, affirmed science on this planet. There is no science proven to be more truthful than quantum physics. So if you want to question the science, the last one we're going to question is, is quantum physics. Okay? And I say yeah, but what's relevant? quantum physics is the science that reveals that matter is an illusion. You know, what are you talking about? Matt? I can see you. You can see me we can touch each other. I'm sitting in a chair. There's books behind me. It's all physical. I go, that's an illusion. And I love it because Einstein's quote is, reality is an illusion, albeit a persistent one.

When it Why is matter, an illusion, I say, because what the quantum physics revealed they looked inside an atom and that's when we get that little picture of the solar system. The nucleus with protons and neutrons then surrounding it are electrons like satellites, and we got a picture of a small physical Solar System particles, protons, neutrons and electrons were quantum physics came into reality is when they said, Well, so what are those particles made out of? Oh, protons, neutrons, electrons are made out of a smaller particles called quarks. Okay, yeah. And then they said, and what's that Quark made out of? And that's when the universe of science changed. Because when they looked inside a Quark, guess what, there was nothing physical in it. A Quark is like

a nano tornado, a vortex of high energy. And as I say, You mean, protons and neutrons are not made out of physical things like oh, no, they're made out of energy. But those are the things that make up the atoms. I go, yeah, the atoms are made out of energy. And I say, Yeah, but you're made out of atoms, I go you're made out of energy. And then all of a sudden, that's the confusing part because energy is invisible. So how the heck can I see you? And the answer is, the lights are on. If you turn off the lights, you know Bo, you can't see me anymore.

Okay, now I say what what does that mean? The body is energy. photons of light are like light particles that hit the energy of the body and are bounced back. So you don't see me. You see a reflection of photons underneath that layer photons. I'm invisible. And it's only when the lights are on that you can see the energy fields, okay? And the significance of that also is, well, then how come I can feel you touch you? I go. Consider a tornado. A tornado is a force field. Can you walk through that force field? Absolutely not you you hit the edge of that force field, throw you up and you get lost, like, oh, wait a minute, what's the tornado? An energy force. And I say, why is it relevant? And the answer is simply this. It has. You could feel a tornado. It's got pressure touch, you can feel it. Okay. I say so why is that relevant? And the answer is that It's relevant because a tornado has, you can feel it. You can't even push through a tornado. I go. So what I say all the atoms in your body are nano tornadoes. And if you try to push through your body, you're hitting all those tornadoes.

So the illusion of physicality is based on two things. One, light is reflected off to what you feel as physical is you're pushing on billions and trillions of nano tornadoes, you can't push through a tornado. And so we have the illusion of matter. But as physicists said, so what is it made out of? It isn't made out of anything physical, it's energy. So now I'm going to give you remember quantum physics the most valid science on the planet. Let me give you an Einstein quote, the field which means the invisible energy surrounding us, the field is the sole governing age. Sea of matter, invisible fields of energy shape matter. And I say why is it relevant? Because we think matter is, you know, making matter and I go, No, it's invisible energy. A field is shaping matter. That's, that's physics. And I said, Well, what kind of fields are there? I'll go Well, look, I'm sitting in a room right now guess what? cell phone broadcast, television broadcasts, radio broadcasts, solar energy, all of these things constitute a field.

But all of those invisible energies shape, what we experience as matter. And so all of a sudden, that says, You can't ignore the field, and understanding life because life is the expression of the field. And all of a sudden, what we have thrown out since Newtonian physics we throw out that energy we don't need to understand it's like no, you have to understand it more than you even thought because it's an invisible energy you haven't paid attention to. That is the sole goal. agency have this expression of matter. And so the fields we are in are what shape who we are. And people can feel these fields, they it's fields or vibrations. You can say, yeah, there are different kinds of vibrations in our human system we can distinguish what are called good vibes from bad vibes. I go what does that mean? Energy that enhances who we are, good vibes, or energy that

suppresses who we are, bad vibes. And that's how we understand how our life is going. Are you in good vibes are you and bad vibes? And why is it relevant?

I don't care about the physical structure you have. It's only the end result of the influence of the energy around us. And then consciousness turns out to be one of the primary energy fields. Our thoughts are shaping us and what we experienced, or shade. Our thoughts are creating. This and you go. What do you mean? It's because because quantum physics most valid science Principle number one, and that is that the field is governing who and what we are consciousness is creating our life experiences. That is the principle of quantum physics. I say why? If you change consciousness, you're changing the field and therefore you are generating your own field. And I go, yeah, you know, if I put wires on your head is called electroencephalograph. I could read your brain consciousness, but there's a new device and this is important. It's not electroencephalograph. It's called Magnetoencephalograph MEG not EEG. I say why is it relevant? Magnetoencephalograph reads your brain function. I go Yeah, but what's unique? The probe is out here, doesn't even touch your head. I go What does that mean? Stop for a second. Your thoughts are not contained in your head. Your brain is a tuning fork, it's sending out vibration!

Now you could send out positive vibrations that enhance your life good vibes. Or you could send out negative vibration that will cancel your life. Positive vibrations enhance your energy. Negative vibrations cancel your energy. That's the difference between good vibes and bad vibes. So, what field are you in? And what field are you generating? This becomes the source of how's your life going? We look at the physical body and we want- it's not working down here. Oh, I got cancer. Oh, this is this is bad physicality, right? So we're going to cut out the cancer cells and throw them away. And then I know I'm better I got rid of the cancer cells and then when they do they get the cancer again and why the cancer is not the problem. The cancer is a symptom of a problem, a consciousness that is not working in harmony with the body. I said why is irrelevant I can remove all the cancer cells. But if I don't change the consciousness, the cancer comes back again. Because we've looked at the cancer cells as a problem. I say, no, they're just responding to the field. We are generating that field. And all of a sudden it says, oh my goodness and my consciousness is precipitating my illness. And this is why I say only less than 1% of illness is even connected to your genetics. The rest is consciousness and stress that is what's shaping who we are.

Harry Massey 31:26

Perfect. Do you see water as something special that's more sort of responsive to fields?

Bruce Lipton 31:35

What is water- What's unique about water? And the answer is this. Water molecules have a positive negative sides, and positive and negative attract each other. Okay. At room temperature. The water molecules are floating around but they form loose assemblies there's actually crystal in water but you can't see it. And I said, What do you mean? I said, Well, the molecules are positive and negatives are all lining up. And when you freeze water, then they're really the positive negative lineup. And it's a solid at that

point the water molecule solid, I say so what I said, well, between the water molecules when they come together, it's called hydrogen bonds. The energy of one, the negative area of one molecule is attracted to the positive area of the other water molecule. Water has positive and negative, and they start to assemble. Okay, I go, so what are they physically connected? I see another energetically connected. So why is that?

I say if you put something in water, that carries information, the water can pick up the energy of that molecule, let's say a drug. Because a drug isn't physical either. You know, you go back Oh, here's the chemical drawing. I go. It's not the chemical. It's the energy in that chemistry, quantum physics. And I go what so molecule is an energy field. And water molecules when they come together with hydrogen bonds, energy from one is connected to the energy of the other. So one water molecule could pick up an energy field, and then through hydrogen bonded connected to the other water molecule. This is the basis of homeopathy. I put a chemical into the water, the energy of the chemistry is into the water molecules. I keep diluting it out so that the physical particles are gone. But guess what? The energy in the water being connected from one molecule to another is sending energy all around of what the molecule that doesn't even exist there anymore. It's holding on to the energy of the molecule. So homeopathy is using the energy of a drug, not the drug, but the energy of a drug. Because when you dissolve the drug and water the water picks up the information is energy, and then the water circulates Energy for All the other water molecules as they come together in that positive negative hydrogen bonding effect. So water carries information, even if the drugs are gone, the energy is still in the water.

So now when you get back to your understanding, well, what's the influence of water? I say, what kind of energy field are you in? because the water is going to pick up that energy and if it's a negative energy feel, then that's not going I really support your lifeline. Energy is life. We are energy beings. When we have energy in our beingness, we have life. If we lose energy in our beingness, we lose life. And that's why organisms are designed to always look for higher energy. Because when you get into a higher energy, you're feeding yourself energy, you got more power, but if you're in a negative place, you're losing energy and then you're losing your power. So water contains information that it picks up from the future. And is there the water is surrounding every molecule in your body. Every water proteins are surrounded by water DNA is surrounded by water. because water is like a sleeve around everything that we think is physical, there's water. So the water is also the carrier of information. And when we ignore that that's where the problems come in. This is why homeopathy got a bad rap because drug companies sell drugs. They don't sell energy because they can't. And so if anybody can heal with an energy, what do you think that drug company is going to do? Get rid of them Why? The drug company is a corporation that makes money they sell drugs. If you can heal yourself with energy, pharmaceutical company got no money because they can't put energy in a tablet. Okay? They can't sell it to you. And so, as a medical scientist and researcher and professor in a medical school I can tell you, there is pressure always from the pharmaceutical industry to eliminate any idea of energy healing, in spite of what quantum physics said. And it's simply because if you can heal with energy, why would you buy the drugs?

Harry Massey 36:14

Obviously you're an incredibly independent, independent thinker-

Bruce Lipton 36:18

Well, I don't I don't have a government grant that they can take away from me. I'm not at a university that they can say, oh, okay, you know, you know, eliminate him from the University. I'm I did my university stamp. People say, Oh, well, after you left University are not a scientist anymore. I go, Oh, that's a bunch of BS of belief system. For the simple reason is this. A scientist does research all the time when they read research papers and puts all the information together when I left University and then I got stupid. No, no, I'm free. I get wide. I don't care what the hell they say they can they can call me and anyone I don't care. Why? Because the science is there's a new science here. And it's replacing that limited science of Newtonian physics. By introducing energy as the primary shaper of our existence, more energy, we have more life, less energy, we have less life, not the molecules.

Harry Massey 37:20

Um, a thing I want to get across for people is this basically just this idea of why independence of thought is so important? Because, you know, unfought unfortunately, you know, millions of people are now being controlled through fear and because they believe the media and, and all of that and all of the rest. Ultimately, everything is well, you know, it's a battle of our- it's a battle in our consciousness of like, whether, whether we're in control and we have our own independence of thought or whether other people have got control of our thoughts and You're a great example of it. But could you explain why independent thought is so important? And you know, why people shouldn't just like, believe everything they read, etc. etc.?

Bruce Lipton 38:07

I think the most important thing people understand is that we've always talked about the nervous system, the brain is being a computer. It's a computer beyond anything that humans have ever created. Okay? There are when you get a new computer, you can go to the store right now and buy a computer, bring it home, you push start and the thing boots up. Now I say do something, you go like what draw, write a spreadsheet, write a composition. You go, Oh, I don't have any programs. Ah, so you buy a new computer A, B, you put programs in to get started so that now that you got the programs then you can engage with the computer, okay? A child's brain is a computer, the operating system and the child Brain is completed in the last trimester of pregnancy, even before the child is born, the brains can boot itself up. And then I say what then programs are put in? I say, What do you mean programs are put in I say, for a child, for the first seven years of its life, the vibration of the brain measured by electrical wires consciousness is a certain frequency and there's levels of consciousness.

But below the next level below consciousness is called theta. Theta is a lower vibration than consciousness. And I say what is theta I say, well, it's characterized as imagination

when you're in theta. I go like when I say, children under seven are in theta as a predominant thing I say what they can mix the real world and the imaginary world seamlessly. A child is having a tea party, they pour nothing into the cup, they drink the nothing and they talk about how wonderful the tea was or the riding a broom, but to the child is not a broom. Now. It's a horse. Theta, imagination, but they do Hypnosis. I said why do you have hypnosis? And the answer is this. The child's operating system is booted up. No programs, how do I respond? How do I become a functional member of a family? How do I become a functional member of a community I say, Oh my god, there are rules, thousands and thousands of rules of behavior. I say, how's an infant going to learn thousands of rules of behavior and go because nature put the brain in theta for seven years, theta is hypnosis. So, in hypnosis, a child learns behavior by observing other people, mother, father, siblings, community, downloads their behavior operating programs, these are the programs and the first seven years you get programmed with the rules. This is how you behave. This is how you talk, this is what you do. This is what you can't do programs. After age seven, a child's brain reaches a higher vibration now their predominant In a conscious creative state, I go Okay, so the programs that help us get off the ground and then consciousness can work with the programs and I go, yes.

Now comes I'm gonna come to this is so important it's coming to the point is this- is that a child can have these programs downloaded, and they can then become conscious at age seven and consider the body as a vehicle and you got your hands on the wheel, the conscious mind, creative mind will drive you toward wishes and desires. Okay? And I go, what about the subconscious mind? That's just programs, I go and these programs don't even come from you. They came from other people. And I go so what and here is the most important fact. If I could give it to you, Harry, the most important fact is this. When Consciousness is present, then we are moving our life toward wishes and desires. Creative. That's what consciousness is. What do you want from your life? Answer comes from creative, conscious mind. But biggest but world change. But consciousness can think of it does that mean I say, thinking is an inside job? You know, I say, Harry, tell me what you're doing next Sunday. And if it's not written in front of you right now, I bet you could sit there and go, Oh, on Sunday I'm doing this. I said, where'd you get the answer? It wasn't out here. It was in there. You ready? Thinking, redirects consciousness instead of looking out? Thinking redirects consciousness to look in a thought is on the inside. So when you are having a thought, you're not looking out the window of your eyes. You're looking back in to your brain. Where's that thought coming from? I go. And I said, so what? I say, well, let's say you're driving the car. And all of a sudden you have a thought. And I guess then what? consciousness is not looking out the window. anymore. Consciousness is inside. I suppose that means you're going to have an accident. I don't know Guess what? subconscious is autopilot. When you are thinking subconscious grabs the wheel. subconscious knows how to drive because you practice you learn, driving as a program. So subconscious can grab the wheel and drive while you're thinking. And I go so what does that mean?

When you're thinking consciousness is creating your life, your wishes and desires are not part of your creation. When you're thinking your programs run your life. I say yeah, but the programs came from other people say, oh, then those people are going to

determine the character of your life because when you're thinking you're just going to play their programs. And I say what's the relevance and this is so cool. The idea that the first seven years of programming will run your life is the fact that 95% of the day a human is Thinking, stop for a minute. 95% of the day consciousness is thinking, I go well, and then 95% of the day, what about your life who's controlling I go, program. That's the autopilot. So you're only running your wishes and desires 5%. 95% is coming from the program. I go, why is it relevant? And then I go for 400 years, the Jesuits have told their followers. Give me a child until it is seven. And I will show you the man that's a famous quote from the Jesuits. I go for 400 years I've been saying, I said, What does it mean? Give me a child to seven means if I can program the first seven years, I will show you the man I said, What does that mean? I say, because after age 7, 95% of your life is coming from the program.

So whatever I program I installed in the first seven years 95% of your life is going to be that program, not your wishes and desires, but the programs that you God. And since the vast majority of programs that we downloaded from parents and siblings and community are dysfunctional, disempowering, limiting beliefs, these are the programs that we got. And they operate 95% of the time, guess what? We are not living our creative character reliving our programmed character. And and I say, most of our programs are negative. So I say if you're going to run all these negative programs, what is the fate of your life? Look, I said, I'm looking real good. And so every day we're playing these programs limited by what whatever the program said, you can do this, who can't do that. That's a program. You can't do this. You cannot good at that. Who do you think you are? He's programs, and they disempower us. I said, Oh my God. So life is a struggle. Yeah. 95% of the time, we're trying to survive through the programs.

Now here comes the beautiful element. What if you stopped playing the programs What you mean? I said, What if you kept your conscious mind present? And didn't think I said, if we kept your conscious mind present, then your consciousness is driving toward what wishes and desires. The Matrix is not science fiction. The Matrix is a documentary. Every human has been programmed that's required. That is the nature of human development. We're all programmed, I say, but in the matrix, you could take the red pill and get out of the program and say, science has recognized a time that the red pill is taken. I said, when when people fall in love, that's an example. They go What do you mean I say they're live every day could be blah, blah, blah, why 94% of the 95% of their life is bad programming. Bla bla bla bla, they meet somebody. And 24 hours later, they're going wow, life is beautiful. I'm so in love. The food's great. The music's great. The world is beautiful. Even a lousy job is okay. I go Wait a minute, your life was blah, blah, blah every day and then in 24 hours we have heaven on earth. What happened?

Science has recognized important fact. When people fall in love like that they stopped thinking, they stay present. They stay what is called mindful. I said, What does that mean? Well, if you're not thinking then you're not playing the program. If you stay mindful, then your creative wishes and desires are going to be running the program. That's how people can come from a blah blah, blah world and then 24 hours stop playing the program, start creating with conscious wishes and desires and what they

create heaven on earth. So what's the issue? I said, Well, heaven on earth was here all the time was the damn program sec kept us from doing it. Stop playing the program, and health and happiness and joy and everything come into your life. We've been programmed.

Harry Massey 47:49

How do you stop playing the program?

Bruce Lipton 47:51

Well, you stay mindful. That's what happened. When you fall in love. You stopped Stop mindful means, look you've been looking for, let's say falling love. You've been looking for a partner your whole life, they show up. Is this the time to think I got no, no, this is time to be there and enjoy that presence. I say so what does that mean? You stop thinking in a Buddhist term and staying mindful. I say, Well, if you're not thinking, then consciousness is still holding the wheel. And it's driving you toward what wishes and desires. Okay? And this is called the honeymoon. What is the honeymoon? that most beautiful piece of life. I say how did you get that? After a life that sucks every day. You've got honeymoon, I say, it is the first time in your life. You've stopped playing programs and start creating fully from your conscious wishes and desires and manifesting them. It's always been there. It's only the programs that have gotten in the way and everybody's been programmed. So now the idea is, well, here's the hard part for most people. What are programs? I say Why? Well, I was being programmed just in the last trimester. Okay, I was program when I was zero.

Harry, you remember the program you got when you were zero? Nah. You remember the program you got when you were one? Nah. Two? Nah. And all of a sudden you realize, guess what? You've been programmed, you haven't even no idea what the programs are. I go that how do I know what the programs are? And the answer is, look at your life. I said, What do you mean? And the answer is simply this. The things that you like, that come into your life are there because you have programs to acknowledge those things, but and there's the big but those things that you want to create, wishes, desires, aspirations, if you have struggled in trying to obtain your goal, health, relationships, job with money, whatever these things are, if you're having trouble and you have to work hard stress over it, put a lot of effort into it sweat over making that wish come true. Why working so hard? And the answer is the cool part. Because the program you've got inevitably doesn't support that solution. So you're trying to override a kind of subconscious program that's working 95% of the day by working harder, and it's like, no, that's not the way to do it. The way to do it is to go rewrite the program, and then everything will come to you. And this is what we have to learn at this time. We all have been programmed. Most of these programs are disempowering self sabotaging and limiting believes that these operate 95% of the day in our life is a printout of our programs. And I say if you stop playing the programs, the consequence was heaven on earth, the wishes and desires manifest. And all of a sudden, like, Oh my god, just what quantum physics said. Consciousness is creating our life experiences. If you have negative programs as negative consciousness, then you will manifest that as well.

And let me close this discussion with a story. I've been telling him lectures for 33 years, the same story, still looking for another one that might be good as or better. But here's the story. Most of us at some time had a friend and we were very close to our friend. We knew our friends behavior very well. And we also know where our friends parent, and one day we see our friend has the same behavior as their parent. So you want to tell your friend you can't wait. You go. Hey, Bill, you're just like your dad. Back away from Bill. The moment you say that bill is gonna go ballistic. Oh, could you compare me to my Dad, I'm nothing like my dad. And people laugh because they've experienced it. Like, that is the most profound story. I can tell you what this meant for this reason. Everybody else can see that bill behaves like his dad. The only one who can't see it as Bill. I said, well explain that. I go, yeah, easy. He downloaded the behaviors dad in the first seven years of his life by observing his father, and through theta. Downloading that behavior into the subconscious program. I go, yeah, so what I say, but excuse me when Bill is thinking, he's not creating with his wishes and desires. He's now creating his life with this program. Because his consciousness is not looking out. his consciousness is looking in for thoughts. I say. So what does that mean?

When Bill is thinking, his conscious mind is redirected to thought. And his life is now controlled by subconscious programs. So I go, yeah, so when I say he's not looking out when the program is playing, he's thinking, like, so why is that relevant? I said, bill doesn't see his own behavior. But everybody else does. I go, but it's not his behavior, what they're seeing is the program that he got from his father. Now, if his progress, his father's program is disempowering, then what does it mean? Then Bill is going down the street, having thoughts, playing disempowering programs, and what does Bill, when it comes to conscious recognition, see? His life isn't working the way he wanted it to work. And I go, why is that relevant? And I said, What thought would be in Bill's head? Now, the answer is this. I want it to be successful. I'm not, it must be out there is the problem. I am a victim, because I wanted to be successful and look, I'm not. So other things are inhibiting me. It's like, no, Bill. When you were thinking that 95% of the day, the programs that you got from your parents sabotage you, you didn't see it, and therefore you feel you had no involvement in the creation. that result in the back was no. You created this with the programs that were planning when you didn't see it, let it go. So why is it relevant? And here it is.

We are all bill, every one of us is doing that every day 95% of our life is not coming from wishes and desires. It's coming from the programs. And it's the limiting programs that have disempowered us. And I said, and how do you know that? And I say, because the moment you stop playing the programs, you will manifest heaven on earth, your wishes and desires. We have to stop blaming the world and start recognizing We are the creators. But unfortunately 95% of the creations going on without us even seeing what what the programs are. Because when we're thinking we don't observe our own programs like Bill, how can you compare me to my other of nothing Like I said, Only if you could see yourself, you see that you're like your father. And I say, so where are we now? And the idea is that you want heaven on earth? Then start recognizing, we're not victims of outside forces, we're victims of programming. And if we take that red pill, we

get out of the program, and the result of getting out of the program is a honeymoon, heaven on earth.

So I've got- I've got a subtlety. Um, well, it's just a curiosity. So. So you know, so like, obviously, you know, make films, invent stuff, you know, you write books, read, research, put things together. Um, you know, say I'm doing that and you're doing that inside, inside your, you know, I mean, it's not, you know, it's not like we meet- a lot of that's just inside our brain and just thoughts. Is that just a different, I guess just a different thing? Or I was just curious how you view that, because that that obviously feels like quite an internal thing, putting all these things together in one's head. I, you know, when you said about stop thinking, but there's still a place for thinking, I assume.

Oh, well thinking is totally necessary! But if you use it 95% of the day, you have to recognize that while you're in thought, at that time, you are not controlling the behavior. That's the main thing you have to know. Yeah. And so, I mean, there are times I don't need to control my behavior. I'm here in my office, I have a good time to think I don't care about my behavior in here, you know, but if I'm out on the street, and I'm thinking, then everyone is seeing my program, but they're not seeing me.

Harry Massey 56:33

Now. I was just, I was just thinking that there might be this other, well, you know, because, I say off often in life, just the unfolding, like obviously, you can also get answers to everything just by being super present. And obviously those people tell- you know, the people you're interacting with, tell you all the answers and all that sort of stuff.

Bruce Lipton 56:55

Harry, we're powerful creators that don't know that 95% of our creations not coming from us. It's coming from a program. And if we understood that, what if you reprogram, right go? You can reprogram your subconscious when you know what the program is that you want to change. I go Why is irrelevant, I say and here's the, the ultimate conclusion is, what if you took the wishes and desires of the conscious mind and program them as programs in the subconscious mind? I go then guess what, 95% of the day while you're thinking and you're running from your subconscious, you'll be manifesting wishes and desires. And so all of a sudden it says you can have a honeymoon, not for the short period that most people have honeymoons. But for your entire life every day, if you rewrite the limiting programs, I said, Well, how do I know the limiting programs I go back I say your life is a printout wherever you're struggling to get to When you have trouble getting to it, that's the limiting program. And if you change that program, the struggle of life disappears. The honeymoon does not have to be a short period. It can be an entire existence on this planet. You could live heaven on earth every day of your life. Okay?

But But you have to reprogram the limiting beliefs that occur when you start thinking. And the honeymoon effect, as I said, was a process at time where you become so engaged in the person that you're with, that you stop thinking just to be there with

them. And I said, that's what the honeymoon is all about. And I said, Why is the honeymoon go away? Because it doesn't last for most people. I say, Yeah, but I could stay present for the longest period of time. But there's a point where I still I have a job. I have chores. I have responsibilities. I go, what happens then? I say, well, I've been on a honeymoon. I stayed present and I've been living from wishes and desires. And all of a sudden I start thinking about, Oh, I got a job to do, and I gotta fix this. And I have to do that. And I go, what happens when I start thinking, the behavior that comes out of me? It's not the honeymoon behavior. It was all those behaviors that were in the subconscious that weren't any good that didn't play for the honeymoon.

My partner never saw my bad programs, why I didn't play the programs. Because I stayed conscious. I stayed mindful. But once I started thinking, then my behavior is not coming from wishes and desires. It's coming from my program. So my partner and I are in a honeymoon, I'm thinking, she comes up and asked me a simple question, but I'm thinking so guess what? My response is not coming from me Bruce wishes and desires. My response is coming from the program. How do I respond? I remember my father, my father's program, I respond like my father to my partner. And that was not a good behavior. I wouldn't want to model my life after my father's behavior like that. But I am. And what does that mean? I'm thinking she asked me a question. The answer is not coming from my creative wishes and desires. It's now coming from subconscious. She sees my father's behavior, which is negative. And then the typical phrase that results from that interaction is, she looks at you and goes, who are you? Where did that come from? And the simple reality is the first time in your honeymoon period that you start to bring up the negative programs that haven't played. And now your partner's exposed to these negative programs. That's not the person I fell in love with. That's somebody different. And they have to compromise. And when the compromises come into a honeymoon, the joy is juiciness of that heaven on earth honeymoon, flattens out now becomes more like everyday life and you're playing your stupid programs, and the honeymoon doesn't exist anymore because you're not creating now from your way you're expressing the program's

Harry Massey 1:00:59

Perfect. All right. I'll just ask you one more, one more question. Um, yeah - well, maybe two - but what are some of the postage you've experienced personally and to the planet to during this period or during this year?

Bruce Lipton 1:01:14

I'll tell you one of the positives right now. And we didn't talk about it. And I want to bring it up right now. And that is look, I wrote a book called spontaneous evolution, which is about the evolution of human civilization. I wrote this book, it's now 12 years ago. And when I wrote that book, it was already a scientific fact that human behavior was precipitating what is called a mass extinction. We've undermined the web of life and nature is collapsing around us. And the point is simply this we cannot survive if nature is in here, because we are nature. We're facing a mass extinction. That is due to human behavior. All the events that are happening around the world are symptoms. Whether it's religious war, you know, racial strife, health issues unfolding and creating

the COVID story and all that these are symptoms of a civilization is not in harmony with life. And interesting enough, how can harmony return to life, and I say when when humans get the heck out of the way, guess what? Life comes back and full health again.

So just during the pandemic crisis when people were isolated in their homes, guess what? The air is cleaner. The animals are coming out, the plants are growing better once you pulled them out of the garden, the garden has been regrowing itself. So what does it mean? Humans are creating the problem and when humans got out of the way, life comes right back again, the garden returns. It's a lesson we have to learn. We're the ones that are destroying the civilization. And if we change the behavior and stop destroying mother nature, nature will rebuild the garden that we got when we first got here. But ever since then our human behavior is undermining the garden destroying the web of life. We're polluting the water, we're polluting the air. We're throwing chemistry in the ground. And it basically says humans are creating their own extinction. But the lock down all of a sudden, gave nature what a month or so no humans. Look, we always had chemtrails in the sky. There haven't been chemtrails in the sky around here for two months, why? They stopped all the planes that we're creating all that stuff, the air is cleared up by friends who live in Sacramento for 30 years that they've never seen. The sky is blue and as clear as it's been, because we have stopped polluting for a moment. So all of a sudden says What does it mean? It says, before you go back out out of this pandemic, you know, lockdown, realize this, if we go back out there and step on it like we've done extinct is not thousand years away, it's decades. I go, why is it relevant? To avoid extinction? It's not the planet that is the problem. It's us.

And so since the lockdown, what did we learn? The planet will do very well without us. In fact of all humans disappeared, the garden will return almost immediately. It's humans that are destroying this. And so the message is very clear. We want to thrive on this planet. You can have heaven on earth every day of your life on this planet by rewriting the limiting self sabotaging programs, and most of these programs are through the education system. And unfortunately, most of them are programmed by corporate needs and desires. We're not running our lives, corporations are creating the rules, the laws and the things for their benefit for our benefit. You know, and basically, you know, people think all the pharmaceutical companies that They're to protect me, I go, Hell no, they're out there to make money. And if you interfere with they're making money, they get rid of you. It's simply what it's all about. And so the lockdown has been very important. People started to learn about community, their family. They haven't talked with them for years because they sit at the dinner table, each with their little iPhone looking at their thing while they're eating dinner. And there's no community.

Community is where people have power. When people are separated, and there's no community, people have lost their power. And in the pandemic, guess what? The whole idea was, separate the people, each in their own space, lock them down. And during this period, we've had no power and controlling our life, the forces to be the pharmaceutical company and the government that is supported by the pharmaceutical companies carrying out their wishes. Are they carrying out our wishes? Absolutely not. And the idea is, this was a moment of stop, reflect, think. Learn that your family is your basic

community, and that when the families of others come together, people start to have power and creating the world that we want. We have been shut down. And during this process nature without us has been doing really well. And we are also beginning to see the value of our relationships. It's a learning moment. And this is what we need because this is the learning moment says, Look at that world. You see how healthiest become without us. When we go back out there. Let's be like the indigenous people of this planet that said they were gardeners in the garden, because we have been in that garden destroying it ever since. And this is the wake up call. We are nature if we undermine nature, you've undermined human civilization. We are not separate from nature. We are an expression of nature. If we destroy nature, we destroy ourselves. And that's what the extinction that's looming out there is saying. So here's a timeout. Everybody timeout, look around, get your head together, before we go back out there, let's go back out there and change who we are, and who we were to become the caretakers of our planet and of each other. And the result is simple. Heaven on Earth. It's always been there. It's just our programs that have taken us out of a story.

Harry Massey 1:07:32

Do you see this period is like, I guess in like in a Gregg Braden type philosophy, you know, you have, you've got you've got a choice point, you've got a cycle and this dark, you know the darkness before the dawn. Like, do you see what we're entering now as this darkness between the dawn and you've just got this great polarity between, I guess those that are trying to control and destroy, and then – but because it's becoming so strong – you also get the the opposite. And many, many more people can see it. I mean, at some point it [inaudible] I was just curious where you are on the extinction.

Bruce Lipton 1:08:11

We're in the process of extinction, but our awareness is what is necessary to get us out of the extinction? This is a timeout for like, okay, go to your room. Child did something bad Go to your room while we're in our room? And now let's think about what did we do and why did we do it and what's the result of what we're doing? And then I tell you very simply, well, the result of what you're doing is you're manifesting the sixth mass extinction, which will wipe out human civilization before the end of the century. You want to change that, and we have to change behavior. I'm not asking mother nature to change the behavior. She's always been living in harmony. We are the ones that are not living harming. This is our choice. When I leave this house, am I going to be better as a citizen community Am I going to be better in my relationship with nature? Or am I going to go out there and throw roundup on everything and destroy the environment like Monsanto has done? The answer is a choice. It you It's you who are creating your life experiences. Stop thinking you're a victim because you didn't realize like Bill, the behavior playing is not manifesting wishes and desires manifesting the program and the programs are disempowering self sabotaging and limiting and this is how people can control us.

If I take away your power, you have no power. It's like Superman. Bad programming is kryptonite. You give grip that is the Superman is not Superman more vulnerable is anything you give a human bad programming and our creation is not in our support. It's

in support of a program. If the program is Designed for other people to profit, then you are working for other people without you even knowing it and sabotaging your own wishes and desires in the process. And this is what evolution is all about a change in consciousness. The Evolution we're facing is not the human body is going to change we already have there. Look, cockroaches have been here. How many 100 million years? Did they change? No. They're the best cockroaches that exist. Humans are here. Are we going to change? I say, No, we already got the intelligence that we need. We just have to use it appropriately. This is what we have to understand. And we have to take our power back and to take our power back is to realize first you don't have your power. Because your subconscious program running 95% of the day has been put in there by other people you didn't program your subconscious. You weren't even conscious when you were being programmed say why is irrelevant because you did filter the programs coming in saying this is a good program and it's a bad program, you just got all the programs good, bad, whatever consciousness wasn't there. And then we live our lives 95% of the time by the programs that other people gave us, and they took away our power. This is the whole idea. How do you become powerful in this world? Answer is take away everybody else's power. And now you're powerful. And we have been systematically disempowered at the expense of giving up our our creativity to corporate corporate entities that want to tell us what to do when to do and how to do it. And then we become slaves to a program. And this is a wake up moment. Let's wake up man. Do you want this life just like what?

Harry Massey 1:11:46

What do you think the- I don't know. It's so, you know, like if you study Gandhi. For that for that time in the British era, it was different for what, you know what I mean, Martin Luther King, sort of he actually inspired a bit of a little bit more rebellion. I think Gandhi knew that the British were much more peaceful. Like, I think he knew the message to the greater world, it had to be this peaceful resistance. I think Martin Luther King, he added a bit more fuel on the fire in America. And we're all so damn obedient as a society. Um, what do you think the answer is for the general population to sort of, you know, to just, I guess, just just to stand up? Is it like, peaceful resistance or is it a bit more? I mean, I was just curious what, like, [inaudible] point of view. What's the answer to this?

Bruce Lipton 1:12:43

A famous a famous saying that everybody's heard, and most important saying, is this: knowledge is power. We have been deprived systematically of that now. So let me say knowledge is power and another equal way. A lack of knowledge is a lack of power. And we have been programmed with misinformation that I'm a genetic automaton. My life is not under my control. It's under the control of my genes. And I go, that's bs belief system. Because the truth is, epigenetics reveals that we are controlling our genes. And yet I programmed I programmed doctors when I was teaching in a medical school to tell them and their patients that genes are controlling their life. But once I started to do my research, it started to reveal that the cells were controlled by the environment, not by the genes. Then I realized, well wait. If the environment is controlling the Jameson I am the one that's manifesting the environment. I'm the one that is controlling my genes

and all of a sudden said, Wait, I'm not a victim of my genes. I say no, you're a victim of your programming. And if you change your program, change your environment. Your power back.

So what was the point? When I believe genes control me I was the victim, somebody else heal me. But epigenetics says no, I control my genes. And if I understood how it was controlled, I could do a better job making health, but we are not being programmed without consciousness. Okay. And as a result, we are still acting as victims. Oh, my health isn't any good. I'm a victim, give me a doctor to fix me. I go. You are the one that's the healer. It's your consciousness that controls whether you're going to be healthy, or whether you're going to die. And the idea is that what does that mean? I said, people don't have that knowledge. They still have the knowledge I am a victim of everything around me. And if I'm a victim by definition victim means I'm powerless by being powerless. As a victim I will seek other people's opinions points of view belief systems. Over Me, I'm just the victim. And the fact is this is the complete false understanding. When you understand quantum physics and epigenetics, then you understand the truth that physics has always been saying, consciousness is creating our life experience. Consciousness is adjusting your genetics. And if you understood that, then you say, Yeah, but I control my consciousness. I go, that's the point. But if you believe you're a victim, you have I say, I have no control. That's what victim says, I have now program everybody to be a victim. And then I control them. Oh, I'm the medical people. I've taught you how that works as like, they got wrong knowledge, right. I was a professor in a medical school. What I was teaching, the medical doctors now is completely false. We program them incorrectly, we program ourselves incorrectly. You want power, understand knowledge. And Harry. This is why I'm so indebted to you for allowing us to see your knowledge that gives us our power back in our lives. And this is what the whole point of becoming aware is all about. As we become aware, we get the knowledge that will allow us to survive and thrive into the future.

Harry Massey 1:16:12

That's a brilliant ending. Thank you.

Harry Massey 1:16:14

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