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## Intro



No Man is an island. The world around me helped me to where I am today. All my teachers, family, and friends taught me about the web of life. We are all interconnected in ways we can't even imagine. This book will help detail the web of people who helped me on this journey.

The definition of Innovators is as follows.

# innovator

*noun* [C]

<sup>1</sup> **someone who introduces changes and new ideas:**

*She has won a reputation as a leading innovator in the industry.*

*He was an innovator. He wasn't afraid to try something new.*

---

<sup>1</sup> <https://dictionary.cambridge.org/us/dictionary/english/innovator>

## Childhood (House Of The Future)



My brother and I were born on December 24, 1952, in Pasadena Calif. We had an incredible childhood. My Dad and Grandfather owned an aerospace company.

The first house I remembered was near an orange grove. My brother and I would sneak through the fence and walk in the orange grove.

There was a tree house and we would climb up in it. We were probably three years old. Our house was years ahead of its time. My father and grandfather were both inventors.

They developed a house where you could walk in the house clap your hands and the lights would come on.

The outlets weren't on the wall but hidden in the carpets. We had sensors that when it rained the windows would close.



*Move the lamp a where and it would light up. 1*



*Windows would close when it rained. 1*



*Move to watch us on TV 1*

My mom would watch us in the backyard by video cameras while she was cooking dinner. This house was featured in the Los Angeles Times Home section. This was back in the early fifties..



*Steering wheels for kids 1*





*Floating frying pan 1*

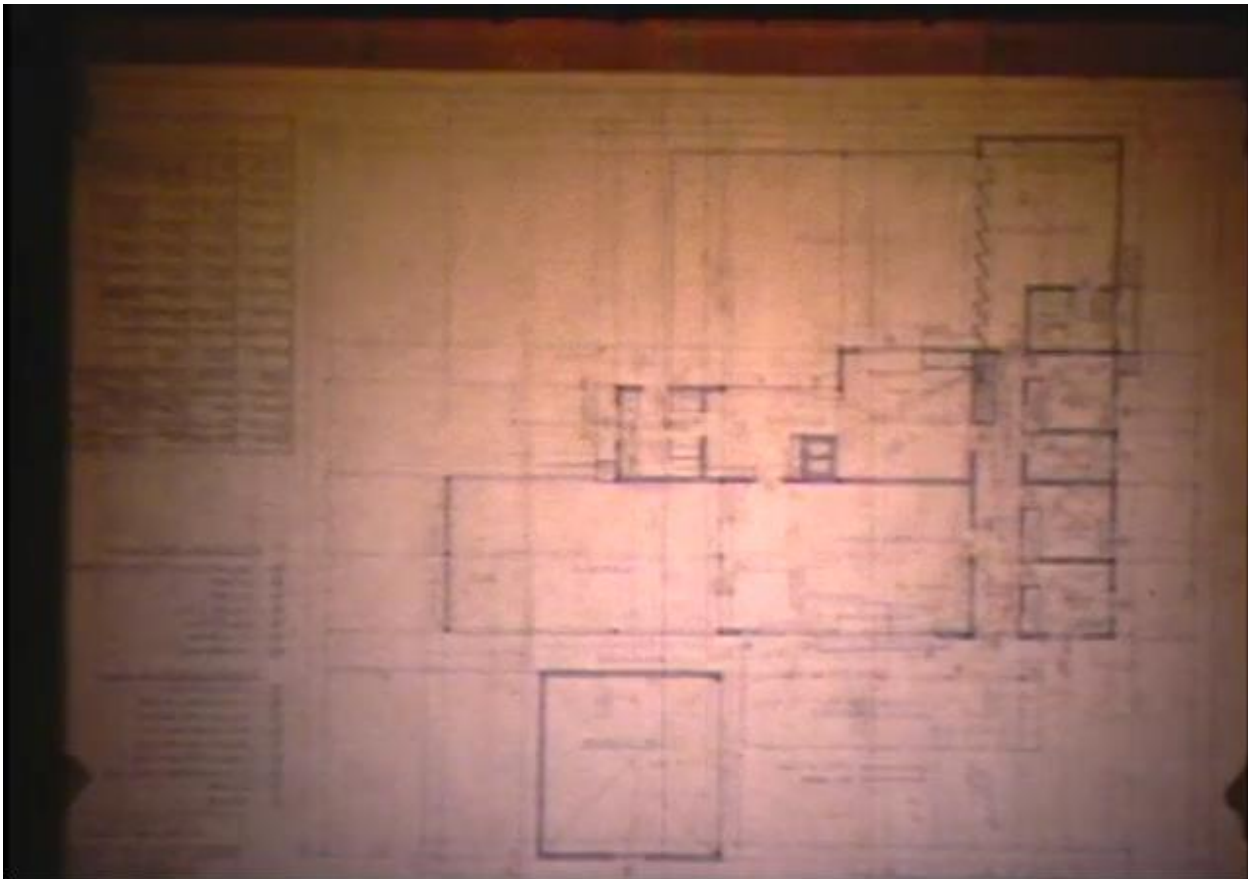
In the early 2000's I saw a Burger King commercial where my Mom was making hamburgers. The frying pan was floating in the air. The stove used induction coils. [Check it out.](#)



*Control room 1*



*Designing house 1*

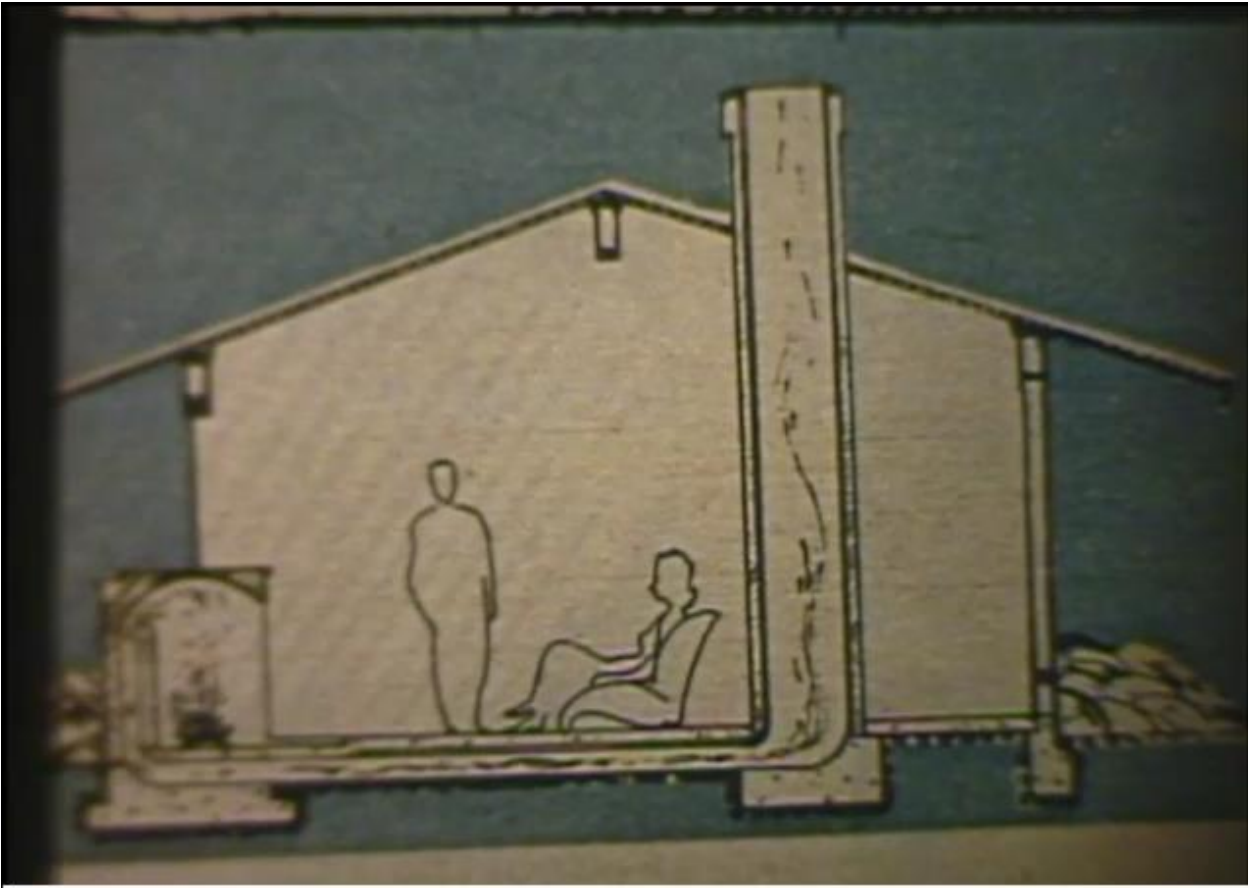


*Plans 1*



*LA Times House section 1*





*chimney underneath floor. 1*

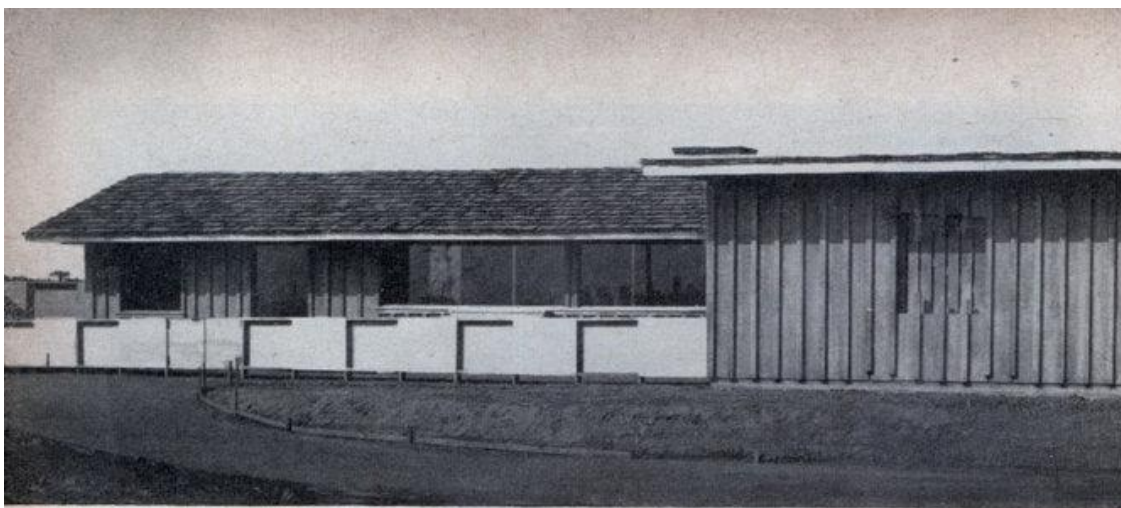




*Lights turn on and off by waving a hand. 1*



*Could see out but not in. 1*



"House of the 21st Century" has rustic shake roof and board-and-bat siding. Makeshift fence is only temporary

*Built for Modern Living*

# A HOUSE OF MAGIC

By Thomas E. Stimson, Jr.

IN JACK FLETCHER'S new home, the windows close themselves whenever the wind blows hard for more than 15 seconds. They close automatically, too, when a rainstorm starts or when the outside temperature drops too low for comfort.

Guests never trip over the wires to a floor lamp in Fletcher's living room. The floor lamps in this "House of the 21st Century" have no electric cords. Their fluorescent tubes, in fact, could be burned out and still operate perfectly when placed over certain spots on the living-room floor.

Mrs. Fletcher's stove has an attractive hardwood top and she does her cooking over the stove, not on it. A concealed electromagnetic cooking element not only heats the pans but keeps them suspended in the air while the meal is cooking. There's no need for an "old fashioned" metal stove top.

If the children start quarreling in their play yard, Mrs. Fletcher can admonish them at once from the house via a loud-speaker attached to the play-yard wall. She sees the youngsters by means of a television camera that scans the yard area and is linked to TV receivers in the kitchen, living room and master bedroom. These picture tubes also receive standard TV programs.

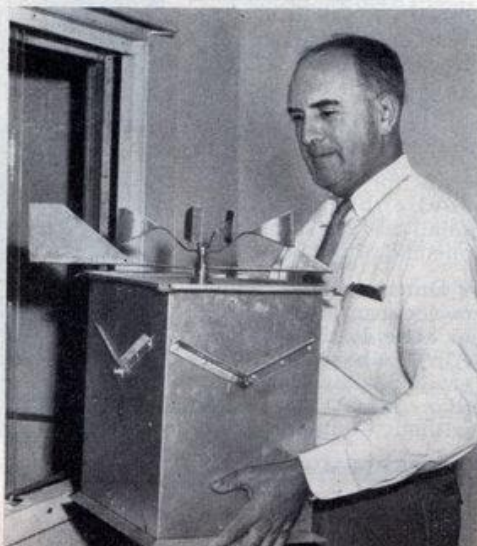
In the Fletcher house you don't need to press a wall switch to turn on the room lights; they turn on automatically as you

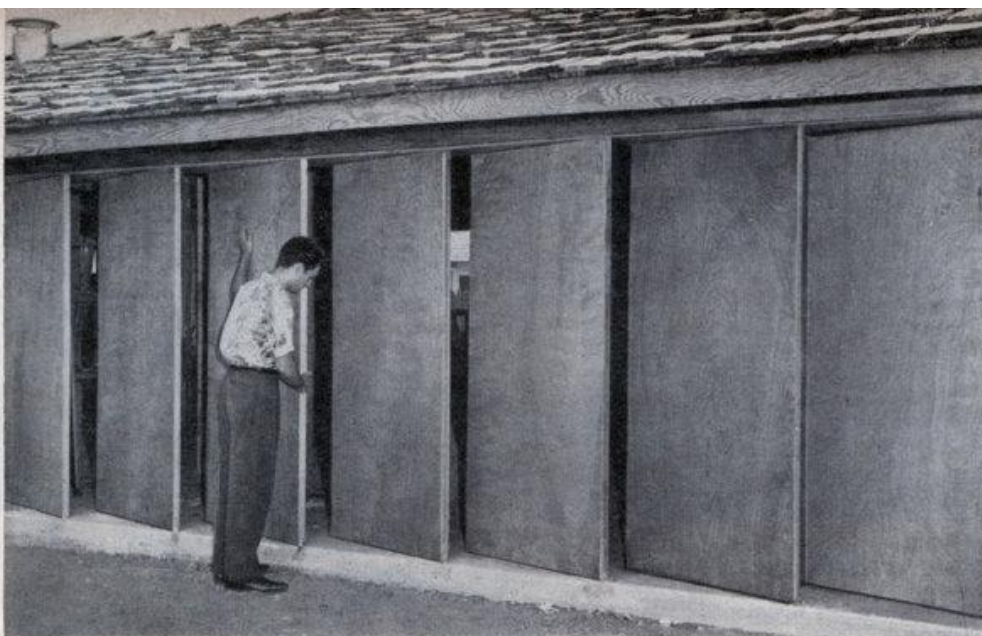
enter a room, then switch themselves off when the last person leaves. This "walk-a-light" switching system likewise rings the doorbell when a visitor approaches and serves as an alarm against prowlers.

To phone his office or various friends Fletcher presses a button opposite the name he desires, then lifts the receiver when a signal lamp shows the connection has been made. The actual dialing of the number is performed by a concealed rotary switch.

One of the fantastic features of Fletcher's

"Window brain" with rain troughs, weather vane and wind gauge, shuts windows exposed to bad weather





Bedroom wall consists of slab doors permanently set at a stagger. Movable glass panes will be between

thus can be simple nonload-bearing curtain walls built up from short inexpensive lengths of material. The wall panels, in fact, were assembled at a temporary factory instead of on the job. They consist of one-by-six-inch vertical stiffeners nailed to two-by-four horizontal spacers. There are no vertical studs in the ordinary sense. Any scrap lengths of wood as short as 29 inches can be used.

This wall core is erected, then building paper and insulation are added, and finally the exterior and interior wall surfaces are applied. In Fletcher's home the exterior consists of redwood boards and bats. Wall-board paneling is used in the interior.

Steel-pipe columns support the roof beams. The beams are hollow and are built in accordance with aircraft design. A typical beam may consist of a two-by-six on top, a three-by-six on the bottom with 16-inch-deep walls of one-half-inch plywood and with an internal wood stiffener every eight feet. One of these beams will support a 25-foot span and can be nailed and glued together "by the mile" at less cost than solid timbers. For some shorter spans two-by-fours are used for the top and bottom of the beam.

To provide privacy, light and ventilation in his bedroom Fletcher used slab doors for one exterior wall, the doors being staggered to create a louvered effect. The space between each pair of door panels contains a narrow pane of glass for ventilation.

Patio areas outside the house have louvered roofs that screen out the sun and yet permit air to circulate. The patio-roof boards are set on edge, in slots, and may be

removed when winter sunlight is desired.

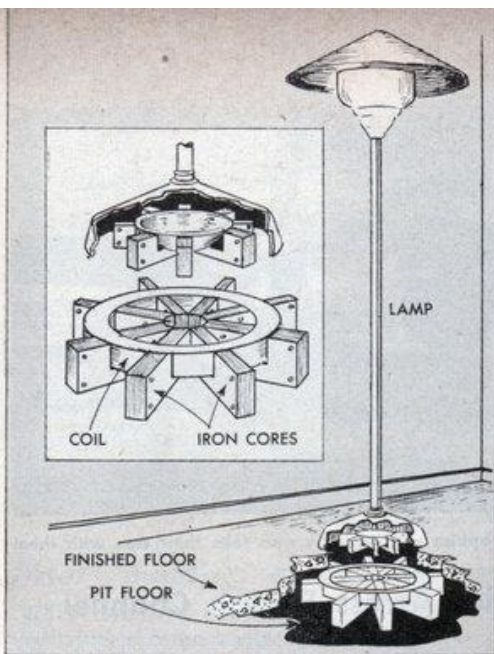
Fletcher's self-closing windows are actuated by a "window brain" located on the roof. The brain is actually a metal box with rain-catching channels on each side and with a weather vane and anemometer on top. Inside the box is a bimetallic thermometer. When bad weather strikes, the instruments actuate an electric circuit. Solenoids beneath the windows trip locks to release springs which close the windows.

Mrs. Fletcher's mysterious stove operates by electromagnetic repulsion. Be-

Wood louver roof over patio provides shade in summer, may be lifted out for additional sunlight in winter



POPULAR MECHANICS



Cordless floor lamp relies upon induction coil buried in concrete slab floor, secondary coil in lamp base

neath the hardwood stove top are four main lifting coils that also heat the metal pan floating above it. Three adjustable stabilizing coils steady the pan.

To operate his cordless floor lamps, Fletcher buried induction coils at various points in his living-room floor. Contained in the base of each floor lamp is a secondary coil. The current flowing between the coils provides enough wattage to fluoresce the gases in the fluorescent tube at the top.

The walk-a-light switching system throughout the house operates on the capacity principle. The presence of a person's body changes the capacity of a plate

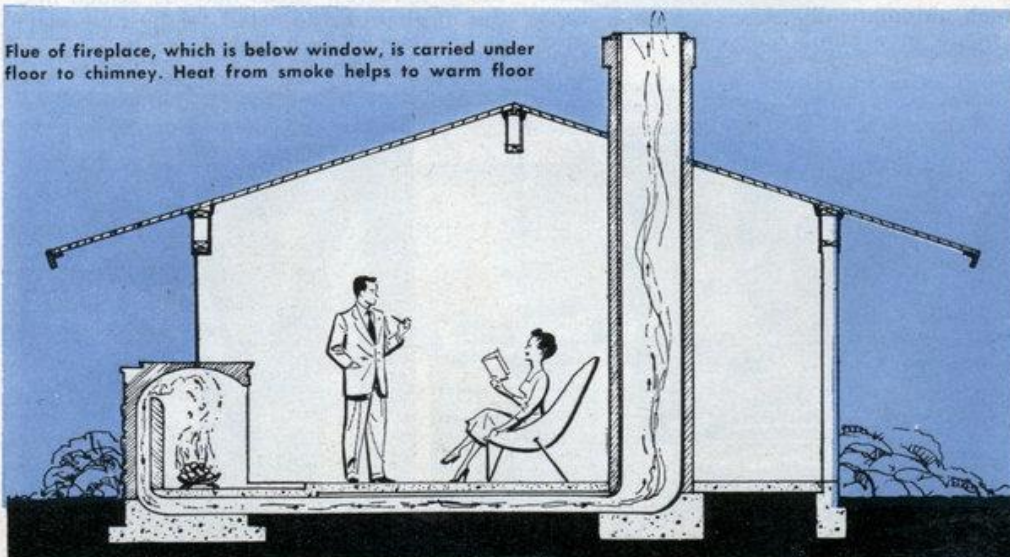


John Campbell shows that fluorescent tube of lamp glows brightly even when lamp is lifted from floor

connected to a vacuum-tube circuit. A relay then switches on the lights. The same capacity effect operates the doorbell when a person walks onto the porch. It is used outside the house to operate lights and on a burglar-alarm system.

By the time you read this, Fletcher may have added some other improvements to his house. He and John Campbell are studying the feasibility of an outdoor air conditioner that would keep the large patio areas at comfortable temperatures even on the hottest days. And they are thinking about an invisible ultrasonic screen that would keep flies away. ★ ★ ★

Flue of fireplace, which is below window, is carried under floor to chimney. Heat from smoke helps to warm floor



At that same period, they developed a jeep that you could shoot at the tires and nothing would happen. This jeep could float downstream. It was lighter and got more miles per gallon than the standard jeep.

They tried to get the US government to buy the jeeps but after several years of losing bids, they saw the handwriting on the wall. If you don't have inside connections with the government you could have a futuristic jeep and nobody would care.

During this time they came up with a way to make houses that would cost 1/10 of the present-day house. It was all modular. They could put up a complete house in a week. The trade union was strongly opposed to this.

Consequently, it was never marketed. I guess those early years had an impact on me. I subconsciously adapted to always look towards the future and bring that technology back to the present. One of my first was multimedia.

Even before multimedia was born I had a company with a good longtime friend John Slowsky. We developed a visual database for the real estate market.

You could put in a search for a house and all of the houses which matched the criteria of the house would come up. When you saw a house you liked it would take you on a tour of the house.

This program won awards at trade shows but it was too far ahead of its time. We developed some trial photo database programs for the Department of Justice but lost finally to IBM who bided one dollar for the job.



*Our great Dane Carmel 1*

One of my first impressions, when I was young, was that when my brother and I were born that I said to him you go first and check it out.

My brother remembers going down a long bright tunnel in ecstasy and then telling me to come down. I remember it was a rush and both of us laughed inside.

When we were young my brother and I had telepathic communication with each other. A lot of people thought we had communication problems because we didn't talk English very well. I remember our state of communication was non-verbal but with thoughts, pictures,



emotions, and experiences. It was like if you wanted to know about an apple and you have never seen one talking was one way to explain about the apple.

A way was to graphically send the experience of an apple. I remember hearing stories about tribes in the South Pacific Islands who would communicate with their loved ones telepathically.

Today we use telephones. Our sense of communication is more physical. It's kind of funny that people think it is mystical when it is probably very natural.

We have simply not used this communication so we forget we ever had this ability. So now we scoff at the idea that man can communicate in ways that we don't imagine.

## My Father Teaching Us Exercises



I remember in the sixth grade my brother and I received a series of exercises from my father. My Dad drew each exercise on a brown piece of paper. It was enclosed in a brown folder.

At that time my Dad said these exercises came from the Air Force. I practiced these exercises for many years. When I began to study yoga I found out that exercises were yoga postures.

It wasn't until 20 years later that my Dad told me that he had a Yoga teacher in the early sixties. Those exercises came from my Dad's teacher.

It was kind of funny for years my Dad couldn't understand my brother and me. When he found out that both of us were on the same wavelength we both laughed.

It was kind of funny that years later I realized that the exercises my dad taught me were the foundation of the exercises I do today. Even back then I was guided in learning about ancient postures which create good health for the body.

I did not have any formal teachers but my brother and I did these exercises every day. To this day it is a foundation for my physical health.

I was lucky as a child my parents were conscious of the foods we ate. We weren't vegetarian but our diet was excellent. Our diet consisted of vegetables, grains, fruits, and poultry.

We only had soda pop for Christmas and Easter. We had some junk food but fortunately, it was controlled. My body thrived on good wholesome food. These habits were easily incorporated into my life later on.

As a child, my brother and I would go to bed between 7:30 and 8:00 every night.

Our bodies naturally followed the rhythms of life. Consequently we hardly ever got sick. I probably was out sick for a week total for my whole 12 years in school.

Subconsciously my life was directed to a healthy lifestyle. My Mom said you can go to bed as late as you want knowing that we would be so tired around 8:00 and we would just fall asleep.

I remember my Mom kissing us good night and we would fall asleep before she got out of the door.

I believe that everything is contained in our DNA. I feel at a young age I tapped into the past where I had this spiritual upbringing where the human body is divine.

At this time none of my friends could relate to this. This is another factor that we can listen to and find guidance from within. We are never alone.



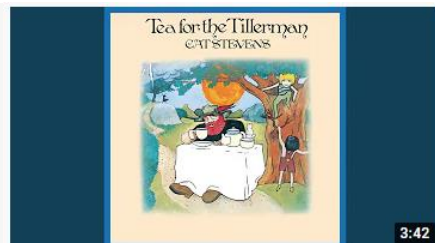
Deva Premal & Miten with Manose: Gayatri Mantra  
2009, In Concert

11M views · 12 years ago



Deva Premal & Miten

Deva Premal & Miten with special guest Manose, (and a tuned in audience) sing the Gayatri Mantra. This is an excerpt from their ...



## Father And Son

2M views



Yusuf / Cat Stevens

Provided to YouTube by Universal Music Group Father And Son · Cat Stevens Tea For The Tillerman © 2020 Island Records, ...

## Mentors

We are all shaped by our society. No man is an island. We all learn from each other. These are the teachers who helped shape my life for the better.

Joan Condon



Mrs. Condone was my English teacher. She had a sparkle for life. I remember one day a student played on a record player “all over the watchtower” by Jimi Hendrix.

She led a beautiful discussion on the lyrics which I still remember today. She was innovative in her teaching style.

It was entertaining to go to her class.



### The Jimi Hendrix Experience - All Along The Watchtower (Official Audio)

Jimi Hendrix • 208M views

Official Audio for "All Along The Watchtower" by The Jimi Hendrix Experience Listen to Jimi Hendrix: <https://jimihendrix.lnk.to/listenYD> Subscribe to the official Jimi Hendrix YouTube Channel:...



### Bob Dylan - All Along the Watchtower ORIGINAL 1967

13K views • 11 years ago

K Koen

from the album John Wesley Harding, released December 1967.

## Lyrics

There must be some kind of way outta here  
Said the joker to the thief  
There's too much confusion  
I can't get no relief

Business men, they drink my wine  
Plowmen dig my earth  
None will level on the line  
Nobody offered his word  
Hey, hey

No reason to get excited  
The thief, he kindly spoke  
There are many here among us  
Who feel that life is but a joke  
But, uh, but you and I, we've been through that  
And this is not our fate  
So let us stop talkin' falsely now  
The hour's getting late, hey

Hey

All along the watchtower  
Princes kept the view  
While all the women came and went  
Barefoot servants, too  
Well, uh, outside in the cold distance  
A wildcat did growl  
Two riders were approaching  
And the wind began to howl, hey  
All along the watchtower

All along the watchtower

Source: [LyricFind](#)

Songwriters: Bob Dylan

All Along the Watchtower lyrics © Universal Music Publishing Group

## Betty Topalion



Mrs. Topalion was my poetry teacher in my senior year. She taught me the love of poetry.

I remember one day we had an assignment to read a poem. I found a spiritual poem and read it to the class.

She asked me what it means and I said it was self-explanatory. To be honest I had no clue.


She knew that and was kind not to go further. She inspired me to look at ways that are different from society.

There is a world where words come up to the surface to be a creative force for mankind. She helped me to dive deep to discover the pearls of life.



Soldier, Poet, King

13M views

 The Oh Hellos

Provided to YouTube by BWSCD, Inc. Soldier, Poet, King - The Oh Hellos Dear Wormwood © 2015 The Oh Hellos Released on: ...

Each year some  
great things happen  
to me — Getting to  
know you & John  
was one of them  
this year — Have  
a marvelous time  
on your trip —  
Mrs. Sepalian

## Simon & Garfunkel

### The Sound of Silence



#### Simon & Garfunkel - The Sound of Silence (from The Concert in Central Park)

111M views • 6 years ago



Simon & Garfunkel

"The Sound of Silence" by Simon & Garfunkel from The Concert in Central Park Listen to Simon & Garfunkel: ...

## Lyrics

Hello darkness, my old friend  
I've come to talk with you again  
Because a vision softly creeping  
Left its seeds while I was sleeping  
And the vision that was planted in my brain  
Still remains  
Within the sound of silence

In restless dreams, I walked alone  
Narrow streets of cobblestone  
'Neath the halo of a street lamp  
I turned my collar to the cold and damp  
When my eyes were stabbed by the flash of a neon light  
That split the night  
And touched the sound of silence

And in the naked light, I saw  
Ten thousand people, maybe more  
People talking without speaking  
People hearing without listening  
People writing songs that voices never shared  
And no one dared  
Disturb the sound of silence

"Fools" said I, "You do not know  
Silence like a cancer grows  
Hear my words that I might teach you  
Take my arms that I might reach you"  
But my words, like silent raindrops fell  
And echoed in the wells of silence

And the people bowed and prayed  
To the neon god they made  
And the sign flashed out its warning  
In the words that it was forming  
Then the sign said, "The words on the prophets are written on the subway walls  
In tenement halls"  
And whispered in the sound of silence

Source: [Musixmatch](#)

Songwriters: Paul Simon

The Sound of Silence lyrics © Paul Simon Music, Sony/atv Songs Llc\



Ryan Bingham - The Poet

101K views • 9 years ago



Hauskonzerte

<http://hauskonzerte.com> Munich's Finest Live Session.

## Betty Topalion Poetry Assignment

I remember one day Mrs. Topalion gave us an assignment. We were to find a poem that we like and had to read it to the class. I just started to learn how to meditate. I choose this incredible eastern poem.

I don't remember the name of it. Somehow I gravitated to it. I didn't know its meaning. Anyway, all the students gave their readings. It was my turn to read the poem. I read the poem and my teacher asked me if could I critique the poem. I said it was self-explanatory.

To be honest it was at such a deep level I didn't have the life experience to say anything. She has such compassion. She didn't press me on it. Most teachers wouldn't let you get away so easily.

Yet a seed was planted and she didn't crush the seed. Years later I love to ponder life and its meanings. I often wondered how my life would be if she was a typical teacher who had her rules. If you don't follow them exactly you will feel the consequences.

To this day I am grateful she had great intuition and saw my struggle. She gave me the inspiration to follow my dreams. That is what a teacher is all about. I'm still learning the power of words in my everyday life. I feel so honored to have such a teacher.



## Bob Wentz



What can I see about Bob Wentz? He was a figurehead at Newport Harbor for many years. He was my speech teacher. He thought outside of the box.

Nick Roth and I had to give a speech together. We asked Mr. Wentz if we could do a talk on Surfing at the beach.

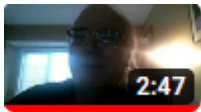
He said yes. He somehow managed to arrange a bus to take the student to Newport Pier where Nick and I did a surfing demonstration and a talk on surfing.

He cared about his students and would do things out of the ordinary.



Talk Story About Bob Wentz

Fletcher Soul Traveler



Talk Story About Bob Wentz 2

Fletcher Soul Traveler

## Leonard Cohen

Suzanne (1967)



Leonard Cohen - Suzanne

12M views • 9 years ago



Jan Hammer

Perhaps his most memorable song from Canadian poet/songwriter & performer Leonard Cohen. Cohen specified, notably in a ...

## Lyrics

Suzanne takes you down to her place near the river  
You can hear the boats go by, you can spend the night beside her  
And you know that she's half-crazy but that's why you want to be there  
And she feeds you tea and oranges that come all the way from China  
And just when you mean to tell her that you have no love to give her  
Then she gets you on her wavelength  
And she lets the river answer that you've always been her lover

And you want to travel with her, and you want to travel blind  
And then you know that she will trust you  
For you've touched her perfect body with your mind

And Jesus was a sailor when he walked upon the water  
And he spent a long time watching from his lonely wooden tower  
And when he knew for certain only drowning men could see him  
He said all men will be sailors then until the sea shall free them  
But he himself was broken, long before the sky would open  
Forsaken, almost human, he sank beneath your wisdom like a stone

And you want to travel with him, and you want to travel blind  
And then you think maybe you'll trust him  
For he's touched your perfect body with his mind

Now, Suzanne takes your hand and she leads you to the river  
She's wearing rags and feathers from Salvation Army counters  
And the sun pours down like honey on our lady of the harbor  
And she shows you where to look among the garbage and the flowers  
There are heroes in the seaweed, there are children in the morning  
They are leaning out for love and they will lean that way forever  
While Suzanne holds the mirror

And you want to travel with her, and you want to travel blind  
And then you know that you can trust her  
For she's touched your perfect body with her mind

Source: [LyricFind](#)

Songwriters: Leonard Cohen

Suzanne lyrics © Sony/ATV Music Publishing LLC

## Hallelujah



## Lyrics

Now I've heard there was a secret chord  
That David played, and it pleased the Lord  
But you dont really care for music, do you?  
It goes like this, the fourth, the fifth  
The minor falls, the major lifts  
The baffled king composing Hallelujah

Hallelujah, Hallelujah  
Hallelujah, Hallelujah

Your faith was strong but you needed proof  
You saw her bathing on the roof  
Her beauty and the moonlight overthrew her  
She tied you to a kitchen chair  
She broke your throne, and she cut your hair  
And from your lips she drew the Hallelujah

Hallelujah, Hallelujah  
Hallelujah, Hallelujah

Well, maybe there's a God above  
As for me all I've ever learned from love  
Is how to shoot somebody who outdrew you  
But it's not a crime that you're hear tonight  
It's not some pilgrim who claims to have seen the Light  
No, it's a cold and it's a very broken Hallelujah

Hallelujah, Hallelujah  
Hallelujah, Hallelujah  
Instrumental

Hallelujah, Hallelujah  
Hallelujah, Hallelujah

Well people I've been here before  
I know this room and I've walked this floor  
You see I used to live alone before I knew ya  
And I've seen your flag on the marble arch  
But listen love, love is not some kind of victory march, no  
It's a cold and it's a broken Hallelujah

Hallelujah, Hallelujah  
Hallelujah, Hallelujah

There was a time you let me know  
What's really going on below  
But now you never show it to me, do you?  
And I remember when I moved in you  
And the holy dove she was moving too  
And every single breath we drew was Hallelujah

Hallelujah, Hallelujah  
Hallelujah, Hallelujah

Now I've done my best, I know it wasn't much  
I couldn't feel, so I tried to touch  
I've told the truth, I didnt come here to London just to fool you

And even though it all went wrong  
I'll stand right here before the Lord of song  
With nothing, nothing on my tongue but Hallelujah

Hallelujah, Hallelujah  
Hallelujah, Hallelujah  
Hallelujah, Hallelujah  
Hallelujah, Hallelujah

Hallelujah

Source: [Musixmatch](#)

Songwriters: Leo Robin / Pete King / Vincent Youmans / Clifford Grey

Hallelujah lyrics © Octopus Music, Leo Robin Music Co, Macdara Music, Peter Mary James Publishing, Dave Clarke Music

## Julia Smart



Julia was my culinary arts teacher. Wow, what can I say? She taught me by following a recipe you could make anything you want.

This opened up the world of cooking. I never took two and two together. Since then my passion for ethnic food cooking has skyrocketed.

It has opened up so many new doors. My cooking partner was Scott Adams a neighbor for many years.

We had a lot of fun cooking together. I still remember the good times.

## The Box tops

### The letter



### The Box Tops - The Letter (Upbeat 1967)

24M views • 13 years ago



vinylsolution

Upbeat 1967.

Gimme a ticket for an aeroplane  
Ain't got time to take a fast train  
Lonely days are gone, I'm a-goin' home  
My baby, just a wrote me a letter

I don't care how much money I gotta spend  
Got to get back to my baby again  
Lonely days are gone, I'm a-goin' home  
My baby, just-a wrote me a letter

Well, she wrote me a letter  
Said she couldn't live without me no more  
Listen mister, can't you see I got to get back  
To my baby once-a more  
Anyway, yeah

Gimme a ticket for an aeroplane  
Ain't got time to take a fast train  
Lonely days are gone, I'm a-goin' home  
My baby, just-a wrote me a letter

Well, she wrote me a letter  
Said she couldn't live without me no more  
Listen mister, can't you see I got to get back  
To my baby once-a more  
Anyway, yeah

Gimme a ticket for an aeroplane  
Ain't got time to take a fast train  
Lonely days are gone, I'm a-goin' home  
My baby, just-a wrote me a letter, my baby just-a wrote me a letter

Source: [LyricFind](#)

Songwriters: Wayne Carson Thompson

The Letter lyrics © Concord Music Publishing LLC

Rick-

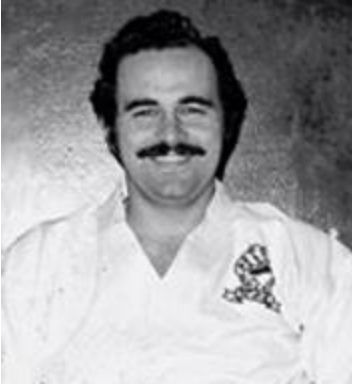
Well I've know you  
for a really long time, but  
~~you for a~~ I really didn't  
get to know you like  
I did this year.

Or out-of-sight hope  
I see you later  
Come see me when  
you get home from  
your world travels.-

Later

Scott

## Joe Lopez



I first met Joe in India. Joe at the time was the owner of a dojo in New York City.

He started this school in the sixties. Joe and his students provided security for Maharaj Ji at the festival in Montrose. I was always impressed by Joe's demeanor.

Here he was an incredible martial artist and he had a heart of gold. He was kind and considerate towards others. He embodied the spirit of martial artists throughout history.



When I lived in New York Joe told me this story of how he got involved in Tai Chi and Qigong.

One day he meets a Tai Chi master in the early seventies.

The master says "hit me in the stomach as hard as you can". Joe says "I won't do that I could kill you".

The Master says "no you won't". So Joe hit the master and nothing happens. The master says now it's my turn.

The master doesn't even touch Joe but his hands sent energy through them and send Joe crashing into a wall. That's how Joe gets introduced to Tai Chi and Qigong. He has been practicing ever since.

Joe moved to Santa Monica in the eighties. He has taught classes at a park for over 30 years.

Joe has combined meditation and his martial art practice to refine himself for over 50 years. I like that.

I just found out as I was writing this on May 7 that today is Joe's birthday. I haven't seen or spoken to Joe in over thirty years. Happy Birthday, Joe !!!

Here's a description of his classes.

Description: Our teacher, Joe Lopez, is an accomplished Tai chi, Qigong, Internal and External Fighting Arts Master. He has been holding a very friendly Qigong class every Saturday (9:30-10:30 am) at Goose Egg Park in Santa Monica, CA for over 35 years (he has been doing martial arts for over 50 years).

The location is 600 Palisades Ave., which is at the corner of Palisades St. and 7th St. one block North of Montana Ave. This class will fill you full of great feelings energy and well-being while we breathe in the fresh ocean air.

The group is very mutually supportive so we all maximize our learning and practice. Anyone can do it. All levels are welcome.

Qigong is an easy relaxed set of movements that promotes energy awareness and internal energy development for general well-being, healing, and martial arts.

We generally practice one style for a while before moving on to another aspect; so it's always fresh and advancing. Many students have been here throughout the years and newcomers are always welcome.

Come and check it out. The class is from 9:30 am to 10:30 am every Saturday. The cost is \$10.00 per class. You will find us under the pine tree. Private classes on Tai Chi, Push Hands, Sword, Saber, and Qigong are also available contact: Joe Lopez ph 310-394-1458

## Monroe Institute



When I lived in Miami Beach I read an article in Omni Magazine about the Monroe Institute. Robert Monroe was a radio engineer in the late fifties.

One day as he was sleeping he felt himself drifting outside of his body. He thought he was dying. He had this experience recurring every month or so. Finally, he went to the doctor.

He was concerned that he was going crazy or he had some major illness. Robert told the doctor what was happening and the doctor told him that maybe he was having an out-of-body experience.

He recommends some books to read on the subject. Robert Monroe learned that his experience was about the same as his. Maybe he wasn't so crazy after all.

The experience kept on coming. Being a radio engineer he thought can I produce this experience by using sound waves? After years of research, He learned to utilize sound waves.

He came up with a system that used sound waves to trigger the right and left hemispherical synchronization of the brain. This technique can be modified for learning, health, exploring, etc.

The Omni article said that he had a week-long course in the foothill of Virginia. I was fascinated by this article, called the office, and found out there was an opening for the course. This course is called Gateways.



I arrived at the site of the course and was captured by the beauty of the place. The site was in the mountains. There were a few houses on the property. The foundation owned a good chunk of land.

We were oriented on what days were to be. They took away our watches so we had no idea what time it was.

This was not an ordinary course.

Most courses I know of are lectures. This course was based on experience.



At the institute, our actual living quarters were our laboratory. Each bed was its unit.

There were headphones with a microphone which I will tell you about later. There was a curtain that closes off the bed so no light could come in.

Each unit was self-contained. At the first meeting, they told us our schedule. We would get up in the morning shower and then play a series of tapes.

After each tape, we would go to a conference room and talk about our experiences. We would do this throughout the day. We would have lunch and breaks throughout the day.

Day 1 started. We learned about focus 10. This step was about how to put the body asleep and at the same time keep the mind awake. The tapes were incredibly produced. We would put on these headphones,



lie down on our bed, and have these incredible experiences. Day after day the experience would build on each other.

I remember some experiences being completed taken out of my body and being bath in light.

There were talks with angels. I call the Monroe Institute the Disneyland of spiritual. It was amazing to go to a place and see modern scientific equipment being used for self-discovery.

So many of these tapes were for our self-discovery. I remember on some tapes I could hardly walk afterward. I was quite shy and didn't talk too much about my experiences.

I would recommend this program to anyone. During our course, we had a doctor, ministers, computer programmers, housewives, and people from all walks of life.

It was worth it. Robert Monroe is truly an amazing man. He is definitely on the cutting edge of technology.

Intro.

This is Richard Fletcher Monday, October something Second day of the gateway program. I would like to say at this point I'm diving deeper and discovering more of myself and I'm very impressed by the whole operation that is happening around here.



Energy-bar tool

My experience was building the energy bar was going to take some time to get into it. To develop it  
It wasn't too hard to construct. My experience was very simple. I kind of drifted to sleep. I wasn't there the whole time.

But I had some powerful connections beforehand to see this energy bar could take me to another dimension. It could take me to the other side.

It has endless possibilities for what this bar can be used for. I can use this bar as a beacon to attract my guides or use it to protect me from other things it looks like an all-versatile tool. I just need to develop more and more usage of it.

### Freeform 10



This tape was freeform 10. My experience was using the energy bar and trying to see and trying to feel how I could use it in a practical form.

I used this energy bar to create a vibration inside of me that was vibrating faster, faster, faster, and faster. I then used the energy bar to go up and down my body.

I used it like a laser to take away all the negative energy and impurities from my body. I then would take it to my brain and subconscious.

From there it turned my dark subconscious into the light. From there I could be more conscious. Then I used the energy bar to create swirling effects around my body.

This would create a much more intense kind of energy. I put this energy bar on my third eye. I was experiencing an inner dimension

### Liftoff

This is the lift-off tape. In this tape, I lifted myself through the roof, through the clouds, and past the moon. I lifted myself and then lowered myself down.

I was putting together the kinesiology of actual lifting off.

## Introduction to Focus 12



Before the tape even began I was just completely sailing inside. I was just accepting myself.

I was just trying to accept my hesitation.

Hesitations are your friend. Just go inside and enjoy the experience just like a child.

In the focus 12 state, it was such a beautiful, beautiful, beautiful state. It is a state, of freedom of joy, and happiness. It was an expanded state of awareness. I was experiencing this state just like a child.

A child just accepts and accepts. This is a place I want to be all the time the place of acceptance. If the hesitation is there accept it just like a friend.

It's ok. I don't have to control any kind of experience. All I have to do is ride on that experience.

Just ride on that joy, just ride on that beauty and ride on that light. All I have to do is let that experience come to me of its own accord. I know what I'm looking for and I know it's happening moment by moment.

It will open up to me in its prime moment. In the meantime, I will just enjoy each experience that comes to me. I am putting my attention on what is coming my way.

I am not being directed towards one aspect of what I think is supposed to happen but just to be open period. Focus 12 is such a beautiful state. I have been there many times before.

## Problem Solving



This tape is called problem-solving. The problem that I was trying to solve was the question "how can I practically leave my body consciously?"

I had this one vision of walking down these stairs from the gateway program (from upstairs to downstairs). And then an answer came to me that I'm learning the tools.

Don't worry about it. Everything will simply come to you. It's just a matter of relaxing into that experience and just accepting it. It will come in due time.

Most of all just being patient. It will come. There are means. This is not a supernatural thing. If you practice it will happen. It will manifest.

This was the question I put out and I waited and this was the answer that I got. I'm just learning how to visualize, see images, and accept images. There is something for me to learn from those images. In the past, I would ignore them but I know not to look at them and embrace them.

Free flow 12



The name of this tape is free flow 12. My main objective was to explore this state of consciousness.

I just let go and just enjoyed this state of consciousness. It was a very beautiful experience that I had. I was just bathing in the light.

I was experiencing that beautiful vibration inside. I was just riding that wave and riding that energy inside. I saw a picture of a person named Catherine who was here. I was just experiencing her inner beauty and her happiness.

I was just experiencing a very simple friendship. It was very beautiful and very simple. I just rode with that experience and was open to various nonverbal communication experiences.

I have the ability the inside, it's there and it's latent and I have experience with my brother. Overall it was a very simple beautiful experience.

It was beautiful to see the potential that is there. I am very happy with this place. I am very happy to partake in this program. Just to relax and swim and socialize. I feel I'm establishing a stronger connection inside.

Free Movement



The name of this tape is free movement. There are different positions to leave the body.

This first one was the most powerful. I feel with this technique I can master it with some practice. It's a very powerful way to explore different worlds and dimensions inside of myself.

The next thing was lifting myself from a string lying down and lifting myself at a 45-degree angle. This is also very powerful. All and all I see the glimpse that I can experience the freedom that I want.

I see that it is happening. In the long road, I will have that experience.

### Five Questions



This is a tape called five questions. The first question is who I am. In my last life, I realize I was a student of Ramakrishna a famous Indian saint in the 1800s. My name was M. I wrote the Gospel of Ramakrishna.

That's what I read in the Autobiography of a Yogi and completely identified with Yogananda. Yogananda would come and see me as a child.

My next question is what is my purpose here? My purpose here on earth is to expand and become completely one with the Lord and to express his knowledge and love.

Also to establish the kind of communication a human being can have with his creator.

The message that I was told to do was to keep on trucking. Keep on going and I will be led to areas I never knew existed. This workshop that I doing is something I have wanted to do for a long time.

All of my dreams and aspirations are coming true. This tape was delightful just to go and go deeper into this experience.

### Non-Verbal Communication



I just can't believe this. This tape is NVC. I just got taken away. I saw all of these incredible things.

The light coming out of my navel, blooming into a Lotus blossom. A Christmas tree with Lord Jesus on it.

The next thing I knew around this table were people from outer space sitting around it. There were just talking to me and there was such a feeling of love, energy, emotion, excitement, and joy.

My whole body was sweating and tears of joy were streaming down my face. Now I know the experience of NVC. It's such an incredible place and experience.

This is the type of communication that human beings are meant to have.

I just want to say thank you, thank you, thank you. I'm just totally one hundred percent fulfilled. I just can't believe this.

This form of communication is so beautiful. Just to see and feel the kind of communication that we can have. Just pure love being transferred.

## Introduction to Focus 15



This tape was the introduction to focus 15. My experience of this time was to sense and experience a state of no time.

There is a tremendous void, a tremendous light inside of myself. By being with this light it is possible to travel to any time zone past the present and future.

It's wonderful to know that through this experience I can learn to do so. I can slowly just ease myself into this consciousness.

It's incredible to know that there is a place that is beyond time. There was so much energy that it was hard to get used to it.

## Free flow 15



This tape was free flow 15. I experience a beautiful love with Cathy. I experience a beautiful connection between us.

I just completely want to dive into that experience. I know I have met her before but I don't remember where. (See Maldek experience.). My daughter was there and her daughter was there.

We were all playing and laughing together. It was so much fun. We were all experiencing so much joy and happiness.

No tape experience.



This was the no-tape experience. This was like all the rest of the tapes.

I brought myself into 10 then 12 then 15. In all of these states, I experience inner NVC

communication.

I just rode this inner wave that kept on getting faster, faster, and faster.

I found myself in various states of consciousness. It was so easy to just go right through them. When I reached the 15 states I just explored that state.

It was so beautiful to be in a place where there is no time. Just light, love, and happiness. We don't need these tapes. They are just like training wheels on a bicycle.

It's nice to know that there is a technique that we can use to experience this. The silence is beautiful. I am very happy to know that I can incorporate this into my life. It's all happening.

What an incredible love that exists inside. It's so natural and beautiful.

Communication point 15



Communication point 15. I went to a state and asked for any kind of message.

The messages I received were in the form of NVC verbal communication. My first message was a picture of Cathy.

The next picture was an image of a dove that gave me peace. Then I was brought up and saw the image of Shri Maharaj Ji



(Maharaj Ji Father). My whole feeling was sensing discovering that there is communication in this state is where communication can occur between your guides and teachers.

They can in this state teach you and communicate with you. They communicate not so much with words but with images.

They can transmit their experiences through images. I just need to learn more and more about this. I am very hopeful about communicating with my guides.

No name tape



Before this tape started they play Amazing Grace. I couldn't believe what was going on. Maharaj was there in his crown and glory. It brought me back to where I was 15 years ago.

It was very emotional and I cried a lot. Just to experience the joy inside. Amazing Grace. This life is truly amazing. It is glorious, I then kind of drifted off and when I came back I was surrounded by swans.

I tried to do the tape but some of the techniques I couldn't quite understand. The main thing I wanted to emphasize was Amazing grace. It truly is amazing. Amazing beyond words. That is the main thing I wanted to communicate.

## Relation Galaxy



The name of this tape was the relation galaxy. At this point, I was supposed to put on my headphones. I was just totally just gone. I went to this place in the center of the universe.

At the center was the incredible power of love. The primordial energy for this universe. It was beyond words to experience the unity of the universe being supported by this primordial vibration.

I saw in this state swans and a beautiful lotus flower that was blooming and blooming. There exists in this place all of the great masters. There exists that divine light. The light of God exists everywhere.

That was such a wonderful place to be. I was experiencing my body like an astronaut experiencing the various g-forces.

My whole body was contorted. I am still not out of that place. I just want to live there and dwell there.

## 5 Messages



The name of this experience was 5 messages.

The fifth message was I have something to do in December. There is a mission that I'm getting prepared for (I moved from Miami to Calif. with Catherine in December) my fourth one was that I should be good friends with Cathy.

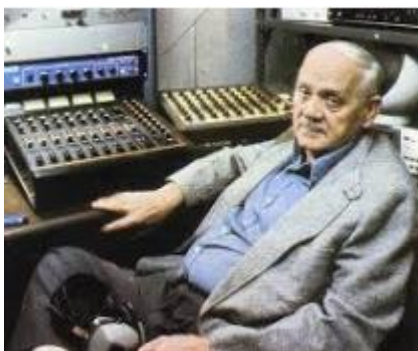
The number one message was devotion to the lord. I should be an example of this. The Lord wants love.

Number two was that everything I ever desired will come true. All of my dreams will be satisfied.

Another purpose that came to me was to love everybody I encounter. I should be an example of accepting people for who they are and loving them without conditions.

I should be a simple messenger of the Lord. I don't remember the other one.

Vibe Flow



This tape was called vibe flow. This is a nice tape. Bob (Robert Monroe) just increased the frequency level.

I just got in tune with the frequency level. I just went higher and higher and higher and higher and higher.

Shhhh. I was absorbed in that energy. Half of that experience was traveling at the speed of light. It was like

being in a rocket going faster than warp speed. It was traveling at the speed of light. 186,000 miles per second.

Next on the tape was music from the session I forgot to turn off the tape

I was just completely blown away. I was in total bliss. This music just brings me back to that state. I was in total awe.

There was laughter in the background. The rest of the people were discussing their experiences.

## Side Two

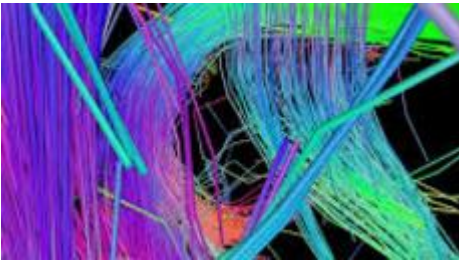


During this music, I was seeing a picture of Shri Maharaj Ji (Maharaj Ji's father). I saw an image of Shri Maharaj Ji holding Maharaj Ji.

I had an NVC experience of going into a dream and coming out and realizing that it was an NVC experience. I just want to go back inside for a few more minutes. I could very easily just leave and

never come back. (Long Pause)

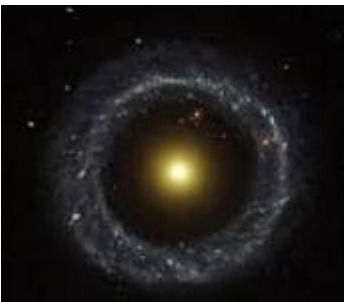
15 to 20



The name of this tape was 15 to 20. I felt I was resonating with the colors green and purple.

It will take me time to know what this experience means. Slowly I will begin to understand all of this. (Long Pause) Music is playing in the background.

## One one patterning



This tape is called one-one patterning. I kind of zone out of this tape. I see I just to have something in my mind hold it and repeat it every single day and it will come true.

By putting it in my subconscious over time it will come to existence. I am incorporating everything in my life. The main key is to utilize these tools in my life.

I am the director of my life. I am in charge of maintaining and expressing my emotions. At the same time, I just enjoyed the feeling of love that was all around. I had such a peaceful rest. (I forgot to turn off the tape long period of silence)

### Freeform 21



The name of this tape is freeform 21. I just got taken inside of me. I just really enjoyed the experience inside of myself. Joy and peace were overflowing.

All of my guides and teachers were there.

(Once again I forgot to turn off the tape)

### Freeform 15



My experience with freeform 15 was completely wonderful. I went to such a deep place inside.

I had this wonderful experience that happened there. Catherine was there and we were beings of light. There was this big heart that surrounds us.

We were just one in that heart. Out Of that heart, our souls just merged. The light came from my third eye and Catherine's third eye. It was like two laser beams of light and love merging into our bodies. We just totally become one.

It was like a sexual experience but it didn't contain sexual energy. It was just pure love. We were both fulfilled in that love, in that joy, in that happiness.

I was inside of her and just riding the wave of love. Both of us were in tuned and in synchronization and experience the oneness of each other.

Coming from her breast was this liquid light was I was drinking. Each drop tasted like nectar. I was completely intoxicated. At one point her daughter appeared and my daughter appeared and we all hugged each other.

We were all laughing and dancing and singing. It was like a family of love, beings of love. At another point, after this self-expression, Catherine just laid on top of me and I just totally melted into her. We just exchanged the beautiful love that existed between us. Both of us were saturated in that love.

We were both in tune with each other. It was such a wonderful feeling. I feel I have known her for a while. I don't know where. Somehow there is a connection between Catherine, myself, and Shri Maharaj Ji. I haven't figured it out.

I just have these feelings that something beautiful and simple is manifesting in my life. I'm open to it. Later on, in one of my tapes, I received a message that on thanksgiving my daughter and I should go and visit Catherine and her child in Virginia. We should just go and play and have fun.

## Introduction to Focus 21



The introduction to focus 21 was a completely mind-blowing experience.

As soon I put on my headphones I was tuned in to that light. I was completely submerged in that light inside. I was just taken over. I was flying with a whole group of swans.

There was this beautiful lake where thousands of lotus flowers were just blooming and blooming. I went through the various states of consciousness.

I went from 10 to 12 to 15 in different colors. At 21 a marvelous thing happened. Bob was there (Robert Monroe) and he was just shining. He was his joyful self. He just looked up at me smiling and gave me the thumbs-up sign. He said "go for it" and "enjoy the experience".

There were so much love and communication between us. I recognized him and he recognized me. Both of us know that this is an incredible journey. The ultimate journey.

Once he said that I was completely ready to accept and experience that wonderful light of my existence. I then went to a place where I experienced a light that was supreme love and intelligence.

Every single cell of my existence was filled with this intelligence. I was just one and bathing in that light and joy. I was just flying like a swan. I was just flying like that beautiful bird. That swan is free.

I felt like my soul was free. My soul was just singing in that joy and happiness inside. I was just one. It was so wonderful.

### Freeform 21



One of the most amazing tape experiences was freeform 21. I don't think there are any words to describe what happened there.

From the moment I put on my headphones throughout the entire process, I was riding the wave of ecstasy and joy. Technically Bob (Robert Monroe) was a genius to develop that tape.

The sounds that he was emitting were the sounds and frequency that reside inside. It was completely a marvelous experience. I was completely experiencing the oneness of joy.

I had these visions of Catherine. She would just smile at me and just drift away. Once again I would dive deeper and deeper into the experience inside. I would go deeper and deeper into that light.

My whole body was like an astronaut experiencing the G-Force. I was experiencing how powerful and incredible the energy is. This energy touches my whole molecular structure and even beyond that.

It reaches the soul and the very essence of life. I feel so wonderful that everything is on track in my life. I have a vision of a quest and it's happening. All of my dreams are coming true on all levels

One experience that I want to express is that I went to bed on the last night of the program around midnight. I was kind of tired. I just needed to go inside and experience that inner beauty.

I drifted off to sleep and was just in that place of love. I was in a nice deep sleep. Around three o'clock in the morning, I was waking up with a bang.

I automatically woke just right up. Something inside of me told me to go take a shower and go see Catherine. I did this. I was kind of hesitant.

What am I doing? I just had this faith and intuition to do this. I went up to Catherine's room and very quietly walked into her room. I opened up her curtain and very slowly touched her.

She looked at me and I could tell she was in a state of shock herself. She thought at first I was a ghost. All she could see was my head because the rest of my body was behind the curtain. She looked at me and said is that you or is it a ghost. I reassured her that yes it was me.

I just climbed into bed with her and just held her the rest of the night. We just exchanged the feeling of love that we had. We just caressed each other and love each other.

There was such a warm inner exchange of love. It wasn't sexual energy. It was like the energy of love, satisfaction, and joy. It was a wonderful experience.

At times I would find myself snoring. My body was asleep but I was wide awake. I was in such a beautiful state inside. I was surrounded by love. I saw these beautiful swans surrounding us. They were protecting us and saying everything is an ok.

Everything is going to plan Just relax and enjoy each other. At one point when Catherine was drifting off to sleep, I saw one of my guides named Running Water.

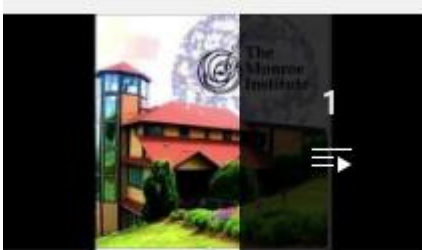
I saw his face and saw he was an Indian. At one time we were brothers. We were once in a state of laughing and playing and interacting with the forces of nature together.

It was such a beautiful connection. I remember coming out of a dream state and all of a sudden BAM there he was. We talked to each other for some time. He was the eternal brave. He was forceful powerful and full of love.

That consciousness lies inside of me. I felt so wonderful the whole night. What a way to end the week

PDF





Books 2022- Monroe Institute

Fletcher Soul Traveler

Updated today



This is from the table of contents of Omni magazine which featured Robert Monroe.

[Notes from the New Land \(pg 40\)](#)

At the Monroe Institute, participants go on an extraordinary journey induced by sound patterns - both into and beyond themselves. by Murray Cox

## 35 years later

My twin brother John last week sent me the links to these two YouTube videos. These videos contained once classified information from the CIA in the 1980s. They were changed from classified to unclassified in the early 2000s.

These documents were about Robert Monroe and their Monroe institute. They were about the gateway program that was highly known during its day. I watched these two videos 35 years later. They are just as relevant. today as 35 years ago.

Robert Monroe was an absolute genius. I thought so back then. Today I even have more respect for the man. He died in the 1990s.

In these CIA videos, they went over the one-week Gateway program that I attended years ago.

I found it quite fascinating that the same tools used during the Gateway program were the foundation of the CIA's development tools. In plain English, they described many of the tools we learn and experience during our week-long program. Maybe it's just 35 years later but I was blown away by the description of the tools.

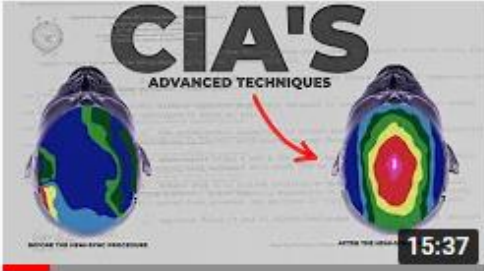
Back then I didn't have the maturity or understanding of the preciousness of these tools. Mind you this was probably one of the most memorable weeks of my life. One does not become an adult overnight. A young child doesn't have the maturity of an adult.

After meditating for over 50 years and listening to these videos I saw the brilliance of Robert Monroe. Not too many people knew of him. His voice was mesmerizing. I don't think I have ever heard a voice so brilliantly before. In each of the tapes, we listen to during our retreat he would be leading us.

His voice was the perfect magnet to resonate this experience with us. I would love to experience these original tapes once more. It would be an entirely different experience. My understanding from this course has been integrated into me.

Many of my doubts have disappeared years ago. These tapes are incredible training wheels that humanity can use. With training wheels, once you get the confidence you can take them off. Even if you never take off the training wheels, there are endless journeys to embark on within.

Both science and the world of mystics are coming together. He was at the forefront of this Hemi-Sync technology since the 1950s. We are just at the beginning of a new mankind which he talked about in his books.



### Brain Enhancement Techniques Listed In a CIA Document

Video Advice ✓ 936K views

✓ AUDIO PROGRAMS - <https://bit.ly/3w7mRjt> The report entitled Analysis and Assessment of The Gateway Process was penned in...



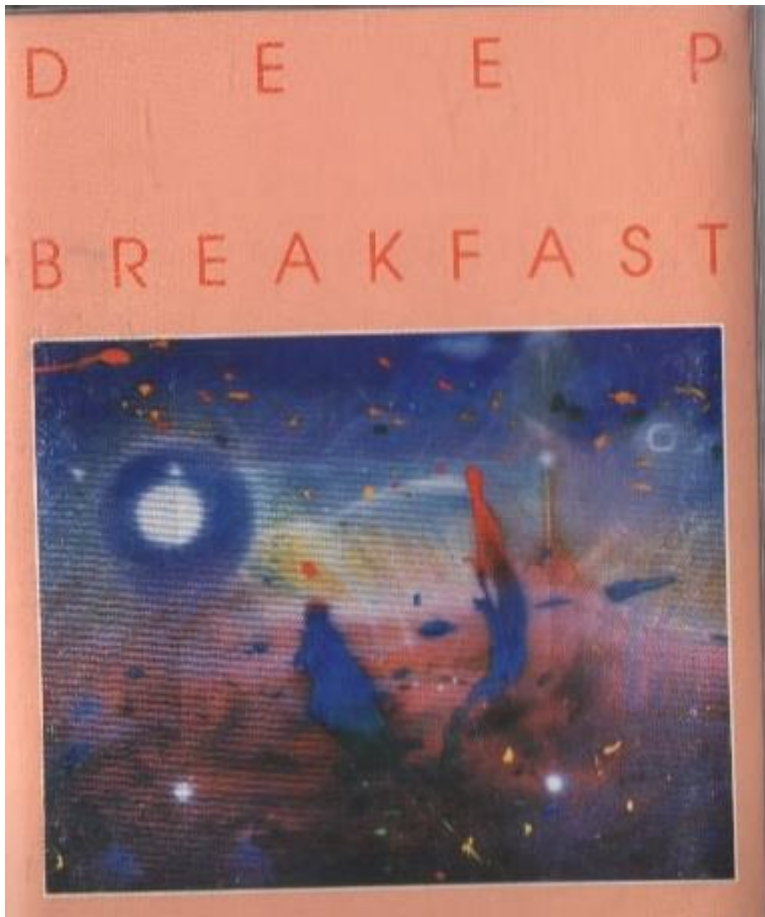
### "Focus 21: The Future" | CIA's Advanced Techniques

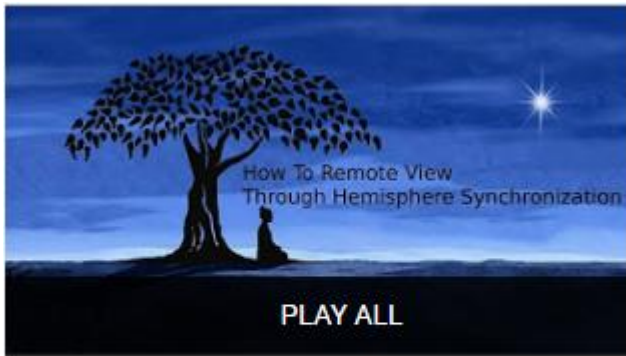
Video Advice ✓ 166K views

✓ AUDIO PROGRAMS - <https://bit.ly/3w7mRjt> Back in 1983, the CIA wrote an obscure report on the "Gateway Experience," claiming that...

[Ray Lynch - Deep Breakfast](#)

The first time O hear this was at the Monroe Institue in 1985. It was a week-long seminar.





## THE GATEWAY TAPES (C.I.A DECLASSIFIED)

John Baier



John and I have been friends for 40 years. Wow. Time sure flies. We first met in New York City around 1977.

He was living in England with his wife and move back to New York. We became instant friends.

During the eighties, both of us landed in Miami Beach and we were exercise partners.

We ran usually at night along the beach and then dive into the ocean. We loved to try different things. One day I saw an article in Omni magazine about the Monroe institute and decided to check it out.

I went as you read about my adventures. John went a few weeks later. He became good friends of the institute including Robert Monroe.

John introduced me to Mafu. He went to a seminar in California during the summer of 87. He came back with some tapes. I was intrigued. Paul McClain in one of my channeling sessions talked about Mafu before Mafu was introduced to the public.

John has been a practitioner of Rolfing for many years.

This is from his website.



John first experienced Rolfing in 1973 amazed at its results. "I sought out every person who Dr. Rolf had personally instructed, and particularly those she choose as her first teachers, and received many hundreds of sessions of Structural Integration.

I am currently honored to have the esteemed Emmett Hutchins as my primary mentor, who promised Ida on her death bed to carry her work forward in its purest form, as long as he lived. After training in Hellerwork, and at the Rolf Institute,

I graduated from the Guild for Structural Integration in Boulder, CO, and have practiced in the Zuma Terrace building in Malibu since 1997.

Dr. Rolf was a genius whose understandings of the body are the reason her method is uniquely effective. Whether seeking relaxation, or the deepest manipulation of an injury or athlete may require Dr. Rolf's method can be tailored for you. I deliver results!"

Here is a great recommendation from Greg Louganis the famous Olympic Diver.

I have worked with John for over ten years, and have done Dr. Ida Rolf's full "ten series" with John several times. This progressive and powerful method of sequentially freeing up the fascial layers in the body truly creates results every session and genuine lasting change over time. Dr. Ida Rolf once said that her work is something that two people do together. It is hard to understand till you have had Rolf's manual therapy, the active role the receiver has. I have come to this awareness with John's Structural Integration bodywork: John is a facilitator in my health, and I am an equally integral part in charge of my healing process. As an adult living with HIV, John keeps me deeply in tune with the state of body, mind, and spirit that I require, and aspire to. Being HIV positive, and now in my 50s, I intend to always maintain the same very active lifestyle I always have had. John has, and continues to aid me in that goal



through his work. John's bodywork is the best gift you can give yourself. John is terrific, dedicated, and unique in his approach. Thank you, John, as a friend and teacher. Namaste.  
-Greg Louganis, Olympic Diver

Throughout the years we remain in contact with each other. We are on this incredible journey of life. We are still discovering new things along this journey of life.

Yesterday I talked to John. I discovered the first channeling sessions we ever did together. I stumbled upon them when I was looking for something else.

John was amazed that I had them. It was our first time so we were real rusty. Remember it took me a month just to ride the darn bicycle. My brother just jumped on the bike and rode away. Anyway, I'm proud that we dove in.

John and I will be friends for life. I haven't seen him in years but the connection is still there.

John had quite the music collection. He had hundreds of CDs



Wild Horses - Rolling Stones

32M views • 13 years ago



Bastian Meinhardt

Childhood living is easy to do The things you wanted I bought them for you Graceless lady  
you know who I am You know I can't let ...



### The Rolling Stones - Gimme Shelter - the best version ever.

14M views • 12 years ago



jmorenon

The Rolling Stones, THE BEST Rock Band of all time!!!!!!!!!!!! This is the best version of gimme Shelter, EVER! (This is my opinion) ...



### Toto - Africa (Live)

32M views • 5 years ago

toto TOTO

Toto were formed in LA in the late 70's by a group of friends who were all much in demand session musicians. They went on to



### Tina Turner - What's Love Got To Do With It (Official Music Video)

168M views • 13 years ago



Tina Turner

The official music video for Tina Turner – What's Love Got To Do With It. Taken from Tina Turner's album Private Dancer from



### Every Breath You Take

40M views



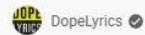
The Police

Provided to YouTube by Legacy Recordings Every Breath You Take · The Police Stranger Things (Soundtrack from the Netflix ...



### Eye Of The Tiger - Survivor (Lyrics) 🎵

8.8M views • 2 years ago



Survivor - Eye Of The Tiger (Lyrics) Listen to Survivor: <https://Survivor.Ink.to/listenYD> Subscribe to the official Survivor You



### Duran Duran - Hungry like the Wolf (Official Music Video)

18M views • 4 years ago



The official Duran Duran video for "Hungry like the Wolf" from 1982's RIO. Directed by Russell Mulchay. Stream Duran Du



### R.E.M. - Losing My Religion (Official Music Video)

988M views • 11 years ago



The GRAMMY Award-winning "Losing My Religion" from R.E.M.'s critically-acclaimed, 199 album, Out of Time. To learn more ...



### Men At Work - Down Under (Official HD Video)

309M views • 9 years ago



Men At Work's official HD music video for "Down Under" As featured on Contraband: The Best



## Queen – Bohemian Rhapsody (Official Video Remastered)

1.5B views • 14 years ago



Queen Official

REMASTERED IN HD TO CELEBRATE ONE BILLION VIEWS! Taken from A Night At The Opera, 1975. Click here to buy the DVD ...



## Madonna - American Pie

94K views • 7 years ago



Madonna

Madonna American Pie Taken from the single "American Pie" (2000) ...



## Time After Time

11M views



Cyndi Lauper

Provided to YouTube by Epic Time After Time - Cyndi Lauper Twelve Deadly Cyns... And Then Some © 1983 Epic Record



## Eurythmics, Annie Lennox, Dave Stewart - Sweet Dreams (Are Made Of This) (Official Video)

709M views • 12 years ago



Eurythmics

#Eurythmics#SweetDreams #SweetDreamsAreMadeOfThis#EurythmicsMusic#SweetDreamsOfficialAudio ...



### Prince & The Revolution - When Doves Cry (Official Music Video)

75M views • 5 years ago



Purple Rain remains one of history's most important, indisputable, and influential albums, but you've never heard it like this before

3:45



### The Cars - Drive (Official Music Video)

146M views • 9 years ago



Who's gonna tell you things Aren't so great? You can't go on Thinking nothing's wrong, oh no Who's gonna drive you home ...

CC

3:59



### Rick James - Super Freak (Official Music Video)

115M views • 12 years ago



Rick James' official music video for "Super Freak" from the album 'Street Songs' (1981). REMASTERED IN HD! Read a

CC

vevo

3:23



### Foreigner - I Want To Know What Love Is (Official Music Video)

192M views • 2 years ago



You're watching the official music video for Foreigner - "I Want to Know What Love Is" from the album 'Agent Provocateur' (1984).

CC

5:01



Bonnie Tyler - Total Eclipse of the Heart (Official Lyric Video)

1.5M views • 2 years ago



Bonnie Tyler

#BonnieTyler #TotalEclipseOfTheHeart #Superbowl #RoboDog #LyricVideo #HoldingOutForAHero #BonnieTylerOfficial ...

CC



Joan Jett - I Love Rock 'N Roll (Official Video)

7.6M views • 8 years ago



Joan Jett and the Blackhearts

OFFICIAL MUSIC VIDEO I Love Rock N' Roll 33 1/3 Anniversary + 1981 Live In New York NOW AVAILABLE in stores and on ...

## David Schweizer



I just got up. It's 4:04: in the morning. I'm writing early because throughout the night my mind was going over what to say about David Schweizer.

We have been friends for over 40 years. Well, I log in to my computer and there is a message from David. What a synchronicity?

I've known David when I lived in New York City. He lived in Hartford Connecticut. During the eighties, we both moved to South Miami.

At some point, he starts making pyramid kits. Around the same time, my wife starts building pyramid kits. They didn't know each other.

Both of them at the time were studying with Ramtha. They were the only two individuals building these kits.

Now David and my wife Barbara had a mutual friend in Castle Rock Arizona. Barbara went to visit Jim about 3 times. Each time Jim Maheu would say you just missed David and David Husson (another friend of mine).



Now David Schweizer, John Baier, and Harry Bartz introduced me to Mafu's tapes. My dear friend Catherine who I met at the Monroe Institute got a job working for Shirley MacLaine.

Shirley was going on a nationwide tour and giving seminars. Well, they needed a computer programmer and I get the job.

I take a plane from Miami to Los Angeles. Then I got a ride to the office. I spent the day working and after work, they said we are going to a Mafu event.

Do you want to come? The rest is history. Isn't it amazing that in my channeling readings I was told that I would meet Mafu before Manu was on the scene?

Now David was visiting California for some time. He went to several events. I moved to the Pacific Palisades and we would take walks in the hills.

Now there was a pyramid project that David Schweizer was going to work on. Mafu called David "Hermes". Hermes was the main Architect in Egypt for building the Pyramids.

Now I'm not saying David was Hermes. Yet why did David start building pyramid kits? Does our DNA contain blueprints of who we were in the past?

We are all stardust. We are the universe. We just think we are these funky human beings.

Well, David invites me to join this project. The project is located in Sedona Arizona. Wow, what an incredible place. I take a plane from LAX to Phoenix. David and David are there.



They said we are going to see Zoran tonight and would you like to come. So now David has introduced me to both Mafu and Zoran. Is there synchronicity going on? Anyway, I move to Sedona and we all share a house. Eventually, I move to this incredible trailer where my backyard is the creek. I have more

details in this book but I met my future wife. She is going to rent my trailer for a while.

Both David and David met Barbara for the first time. There finally could put the pieces of the puzzle together. Who is this David? Who is the Barbara?

Personally, David has a heart of gold. I think his IQ is off the chart. He is one of those who can do anything. There are several jobs he has worked on where you needed the training. Yet without the training, David comes in and performs.



David has had an active acupuncture practice in Miami for many years. He has been using lasers quite successfully in his practice. David studied for a while Zen Buddhism.

I think meditation helps in our daily life. Both my wife and I see David as a great example who brings heaven to earth. Frankly, I think that is the goal in life. If we all did that there

would be heaven on earth. Meditation is not hocus pocus.



Tunhuang Kitaro (1985 - Full Album)

393K views • 8 years ago



Jeffrey Walston

0:00 Lord of Wind 4:00 Fata Margana 7:46 Sacred Journey I 11:37 Lord of the Sand 17:0...



Lord of Wind | Fata Margana | Sacred Journey I | Lord of... 9 chapters



## Harry Bartz



It's 2:13 in the morning. I've been sleeping and meditating for an hour. I was thinking and contemplating the web of life with Harry Bartz.

I first met Harry in LA in 1976 over 40 years ago. It wasn't until the late seventies did we come in contact with each other again.

We both moved to South Florida in the late seventies. We were both involved with the same teacher.

At that time Harry was running a tree cutting business. It was a great business. There was always plenty of work. Harry hired me and we became good friends.



At that time windsurfing took off in America. Harry took up windsurfing.

He invited me to his house and in his backyard, I learned how to windsurf. I bought a board and it was love at first sight. John Baier and I were windsurfing buddies.

During certain seasons the wind would howl and you would have the time of your life.

I didn't see Harry for a while. One day I bumped into him and he told me he finished a year's course at the Computer Science Institute. He took Basic,

```

399 type(json_value) == json_value
400
401 (from the comments to be stored sequentially
402 (from as json), the order of the variables below
403 is significant to avoid the unaligned field warnings)
404 sequence
405
406 (from the linked lists:
407 type(json_value), pointer == previous == null()
408 type(json_value), pointer == next == null()
409 type(json_value), pointer == parent == null()
410 type(json_value), pointer == children == null()
411 type(json_value), pointer == tail == null()
412
413 variable name:
414 characterkind-CX, len-1, allocatable == name
415
416 (from data for this variable:
417 real(RK), allocatable == dbl_value
418 logical(LK), allocatable == log_value
419 characterkind-CX, len-1, allocatable == str_value
420 integer(IK), allocatable == int_value
421
422 integer(IK) == var_type == json_unknown (variable type)
423 integer(IK), private == n_children == # (number of children)

```

FORTTRAN, and COBOL. I always knew I was going to be involved with Computers. Even at a young age, I knew that. To make a long story short I'm still involved 35 years later.

So Harry was a catalyst. Here's the definition.

In chemistry, a substance that causes a chemical reaction to occur but is not itself involved in the reaction. Note: The term **catalyst** is often used to refer to the prime agent of any change: "She was the **catalyst** for the reorganization."

I find it fascinating that life's events help you to be at the right place and right time. Synchronicity was there. Harry gave me the impulse to enroll and start an incredible career.

Yet it doesn't stop there. Harry was one of the ones who told me about Mafu.





Fast forward a few years. Barbara and I moved into a house with Linda Graham. Linda's ex-boyfriend was Donn Rochlin who in the future (25 years later) provided the music for my first poetry/music CD. It's featured on this site.

Yet guess who is living next door. Harry Bartz. Harry made a ton of money selling computers and moved to Sedona.



This was in

1987. In 1991 my family and I moved to Hawaii for 6 glorious years.

I got a software engineering job at the Maui Space Surveillance Site. My wife and daughter went to Maui and I went to Portland Oregon for a few weeks. I had a contracting job I was going to work on.

In Portland, I get a call from Harry and he tells me that Mafu was going to give a 3-day retreat in Ashland Oregon. He was teaching about ancient Vedic meditation techniques. Now that's a subject I love and dear to my heart. So I went.

In 1999 I started working with Charles Schwab as a senior software engineer.



At that time our family was living in Penn Valley California. I was a telecommuter. Now Penn Valley's internet connection wasn't very good. It was horrible. You had to use a modem. So I started to look for a community that had a great internet connection and a great high school for my daughter.

Well, Ashland Oregon just recently installed the whole town with fiber optics. Ashland High was an incredible school for my daughter. Guess what Harry was still living there.

From 2000 to 2008 we spent a lot of time seeing Mafu. He liked me. When we first moved there one day he got off the stage and came up to me and gave me his initiation jacket.

This jacket he has worn for many of his imitations. I was honored. At that time I also was involved in a Mystery school and used that jacket for the initiations.

Many people think that channeling was fake. Well, I met and talked to Mafu many times.



We had a deep relationship. Like any relationship, you knew one another. Yet there were numerous times I saw Penny (who channels Mafu) and said Hello. She had no idea who I was. I think I spoke to her once when she was reading off the list of attendants for a seminar and said hi to each one.

One time I saw her and Rob Spinnler was with her. I said 'hi' and as I was walking away she whispered to Rob who that's.

Rob said that's Richard Fletcher. That gave me a sign that I had a relationship with Mafu. How can you have a relationship with someone when you never interacted with them?

So it makes perfect sense for Penny to say who's that? We have never interacted before.

What I liked about his group was that Mafu taught about kindness. He taught about compassion. He taught about meditating for the whole planet.

He taught universal truths. The universe is kind. That is its nature. Mafu is kind. That is his nature. As humans our true nature is kindness. It is just covered up.

So here was a group practicing universal truths of love and compassion. It wasn't just words



Mafu was an incredible drummer. Imagine during the winter. It's snowing and you're on top of a mountain inside of an ashram. It's nighttime and the wind is howling. Mafu is on stage beating these huge Japanese Taiko drums. It's a site to see. At that time and place, you could be in some remote monastery on top of a mountain in the Himalayas at night.



Now back to Harry. As you can see Harry has had a tremendous impact on my life. Harry is very kind. In Sedona, I had little to my name and Harry would treat me to lunch.

Harry doesn't say much, like me at times. He doesn't preach. He just smiles. He has nothing to prove. He loves to meditate.

I know he is having a great experience but he doesn't talk about it. Yet you can see it from his eyes. He is humble like that. He has served the Foundation for Meditative studies for over 25+ years.

I call him a few times each year. It is good to connect with a dear friend. Friendships are God's way to connect with him.

Imagine we are the universe yet we have forgotten that fact. Friendship is God's way of saying 'I love you'. Treasure your friends. We all have an aching soul that's trying to find its way home. Friendship help soothes the soul.



John Boswell - Mafu

15K views • 13 years ago



寬寬



## Mafu meditation 5 12 2007

17 views • 11 months ago



Fletcher Soul Traveler



## Kundalini Color Healing Meditation - Sri GuruDev Isa Mafu

4.1K views • 9 years ago



TheFFMS

"Chakric Consciousness is Sound and it is Light. Light and Sound Synthesize in this Dimension as Color" Sri Gurudev Isa Mafu ...

## Donn Rochlin



I first met Donn in Sedona in 1986. At the time Donn was Linda Graham's boyfriend. Donn is an incredible musician. He is on the same spiritual path as I am on.

Fast forward 20 years. I'm living in Ashland Oregon. Donn is living in Ashland Oregon. I have a ton of poems that I have created during the last 20 years.

I went to a poetry conference in Orland Florida. Ray Manzarek from the famous music group "The Doors" was giving a poetry reading. This was not a normal reading. He provided music for the reading. I was blown away. I never heard music and poetry together like this.

Anyway, I approached Don and asked if he wanted to do the music for my first CD. Donn said yes and the rest is history. Donn is a great improviser.

When I did a poem about the blind man touching the elephant he created a slow sauntering effect of an elephant walking slowly. For each track, he created something unique. Listen to The Fletcher Soul Traveler Collaboration Project 2017. Scroll down to the bottom where I have a collection of Donn's collaboration.

This is from Donn's website. <http://www.donnrochlin.com/donn-rochlin>

Donn Rochlin is a composer-pianist, and educator.

Born in Los Angeles, CA., he grew up pursuing music--first playing French horn--on his way to a Juilliard scholarship when he decided that reading other people's music wasn't how he wanted to spend his time.

At that point, he switched to guitar and then taught himself piano as he started composing his own music. Several years later while practicing on a church piano, the church minister offered him a paying gig.

That started Donn's performing career. Never having formal piano lessons, he was encouraged and inspired by the responses of his first audience.

He started booking himself at other churches, later adding to restaurants, weddings, and all types of special events. His compositions started catching on and he soon produced his first solo CD.

He composed and toured with the Intimate Flight Dance Company from Flagstaff, AZ. Soon thereafter he was commissioned by a New York playwright to compose for an off-Broadway show.

Several years later he landed writing and performing gigs with The Fourth St. Kids Dance Troupe, Tucson, AZ., P.A.T.H. or Performing Arts Theater of the Handicapped in Medford, OR. and Children's Dance Theater of Ashland, OR.

To support his music in the mid-'80s, Donn worked at a variety of sales jobs, was sales manager for an office supply company, a recruiter for a technical search firm, and landed a job as Vice-President of The Jurist Corporation, a financial and legal services company where he worked for two years until relocating to Sedona, Arizona.

Discovering that his work options were limited, with the help of a partner he created The Sandwichman Lunch Delivery Service. Click [here](#) "We had a great two-year run," Donn said. Eventually, the music picked up. After moving south to Tucson, while working part-time in the marketing department of the Tucson Symphony, he began giving three-hour piano workshops at colleges and universities. Within six months, his "Just for Fun" piano workshops became a thriving, full-time business that took him to over 65 cities across the U.S.

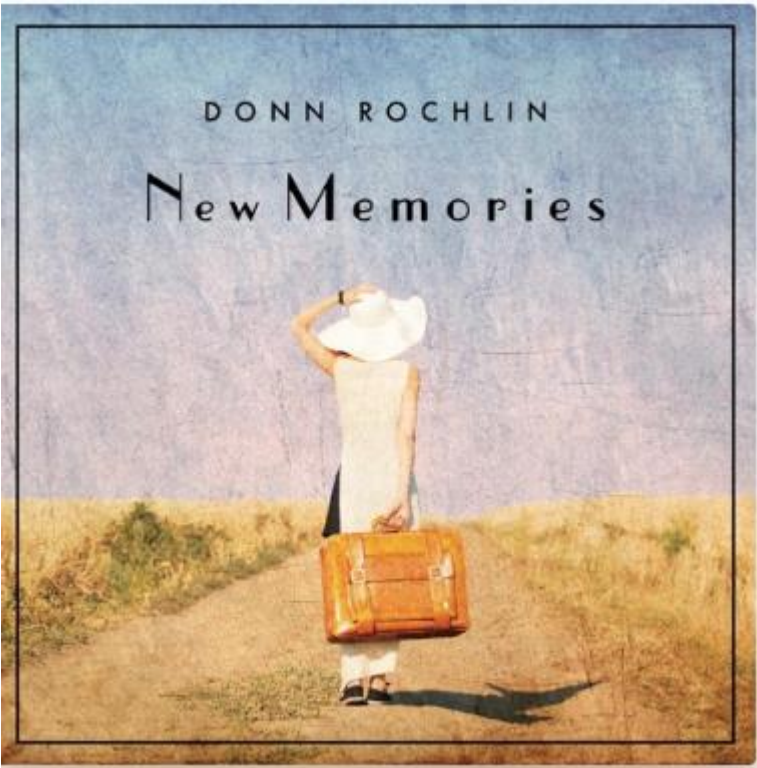
His teaching methods and philosophy of playing music from the heart rather than by reading notes helped free thousands of students from their fear of making mistakes and holding themselves hostage to perfectionism and performance anxiety.

After relocating to Ashland, OR. Donn founded the Ashland School of Music, which in addition to offering group classes for adults and children, served as a venue for local artists to perform.

Donn started to realize that the impact he had on his students' lives as a teacher was as rewarding as performing and writing music. This realization inspired him to create other types of seminars including Crises To Creativity, Wellness With Music, and Fearless Public Speaking.

His book *Fearless Public Speaking* helps people overcome their perfectionism and performance anxiety so they can be comfortable speaking in front of a crowd. Whether teaching creativity, public speaking, or piano, his common message of inspiration is to, relax into your life, be prepared to improvise, enjoy the ride, and use the "rules" as guidelines, not boundaries.

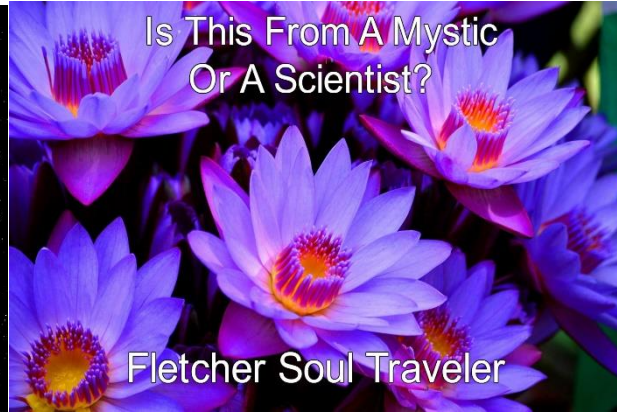
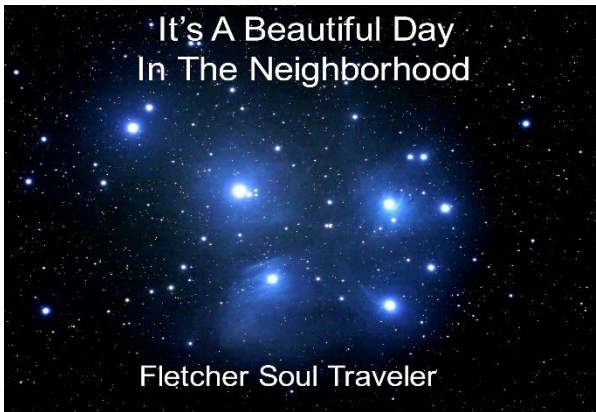
Spirituality is the basis of Donn's teaching and coaching. He has always been curious about the spiritual nature of life and for himself, has discovered that his spiritual path is about following his creative impulses and hopefully inspiring a few people along the way.





Donn and Richard

Donn and Richard worked on these two albums together.



[How Can A Fish Drown In Water?](#)

How can a fish drown in water?

How can a man choke on his own words?

How can pride and ego bring a country to the brink of war?

How can the loss of innocence take away the child inside?

How can man pretend to be so smart when he is sawing off his own limbs?

[The World Is A Drama](#)

Guru Nanak once said

The world is a drama, staged in a dream.

Mystics throughout the ages have pondered this over.

We are living in drama, staged in a dream.

Is our dream real?

What is considered a dream?

We come and go from this world.

Is this a dream or where we come from a dream?

We live our lives in so much drama.

We react to the beatings of life.

Is there a way to solve this puzzle?

It seems very complicated.

One layer over another.

Yet the answer is simple.

Open the door within.

### Sailing

I'm sailing home to my beloved.

The winds of grace have filled the sails.

The tiller is on remote control.

Can you feel the fresh wind upon your face?

The ocean at times is calm.

At times it is stormy, yet I have faith.

Huge waves of change cover my boat.

The storm ends and there's calm.

At times the journey hits the doldrums.

Not a bit of wind in sight.

My mind is restless.

I'm so bored.

Suddenly a dolphin splashes me and grins with delight.

I forget my boredom.

At times my journey is dangerous, with sharks all around.

At times the journey feels like a walk in the park.

Sitting on the deck with a beer in my hand.

I'm relaxing with sunglasses on my face.  
At times the journey feels like America's cup.  
Racing towards the cup.  
I gotta make that buck.  
At times my boat is going down the drain.  
My life is in constant pain.  
I realize that I'm dreaming.  
I'm in my bath watching the toy boat go down the drain.  
This vessel of life is incredible.  
At times this journey is like the Love Boat.  
You're in love and nothing else matters.  
Until the wind goes out of your sails.  
This journey is incredible.  
I'm sailing home to my beloved.

## Mediation

I once had a grand teacher who said mediation is perfect concentration upon a perfect point.

How elegantly said.

Imagine the mind is like a tuning fork.

Whatever it touches it vibrates at that frequency.

Have you ever felt that material happiness is finite?

Imagine the car you always dreamed of?

A yellow Ferrari.

In the beginning, it brings so much joy.

You take all of your friends around the block for a spin.

Day and night you are satisfied.

One day you notice that a little dissatisfaction has entered your door.

Day by day your yellow Ferrari becomes a hassle.

How many times to the shop?

I need an oil change.

My brakes need changing.

The transmission just went out.

Everything material wears out.

Material happiness will soon lead to pain.

Does this mean we can't enjoy the comforts of life?

Do we have to live a life of a hermit?

How can one live in this world and live in absolute joy?

Mediation brings an individual to the center of the hurricane.

The winds of change are blowing yet perfect calm resides inside.

This is your true state.

Absolute joy, total bliss.

Your mind is vibrating with the word of life.

[He Who Says Doesn't Know](#)

He who says doesn't know.

He who knows doesn't say.

The truth is not the book.

The book is not the truth.

The truth lies inside the book, yet is not the book.

The book contains truth, yet is not the absolute truth.

Truth is, was, and will always be.

A book is simply words that try to describe the truth

Truth can never be described.

How can the finite mind understand the infinite?

A book only talks about the fruit but is not the fruit.

Only by eating the fruit can you understand.

[A Man Of Forty](#)

As a man of forty does our child still exist?

Have you forgotten the innocence and the childlike nature of this life?

Have we become so bored and preoccupied that we have lost the beauty of life?

In the midst of our business negotiations have we ever stopped and said, "WOW I'm alive"

We go on in our petty life with so much detail.

We place such importance on getting the deal together.

We have lost all morals.

Cheat and lie our way to the top.

Money is God for the people.

How would our forefathers react if they saw how we lived?

They would probably cry and pray.

We had such hopes in our youth.

The dream will never die but we will.

We promised our generation we would never be like our parents but look at ourselves in the mirror.

Have we become clearer?

We are stuck in our ways and have forgotten our dreams.

Let's wake up. We can make the change.

Change can come from our generation.

Pay your bills and also know why we are alive.

We have already slept in. Now is the time to wake up and change our life.

[Stairway Of Life](#)

Man climbs the stairway of life and gets very frustrated.

He looks for satisfaction but never quite finds it.

Man is tired but can't find sleep.

Alone at night, he prays for answers.

There is an elevator within that man can take.

It doesn't stop until a man reaches his true home.

Stop and enjoy the ride.

The whole universe is spinning right between your eyes.

The secret of life lies within.

The mystery of this riddle lies in your heart.

Be like a child and discover your youth.

Your true father and mother are keeping you alive.

Relax and enjoy the sweetness of breath.

### Focus

Whatever you focus on you eventually become.

If you want to be a surfer you first paddle out on a small day.

Maybe some people paddle out there first time on a huge day.

I wouldn't advise it.

Anyway at first it's really difficult just learning to paddle the darn board much less catch a wave.

Timing is everything.

If you're too late you will go over the falls which really hurts.

If you don't paddle fast enough you won't catch the wave.

What really hurts is when you don't paddle fast enough the wave can decide that you're going anyway.

That is when you learn a major lesson.

Anyway, over time you learn how to surf.

Years later you are a surfer.

It is a part of your life.

Whatever you focus on you eventually become.

If you want to be anything in this world you must focus on it.

Nothing doesn't come overnight.

Some things take longer than others.

For time immemorial Man has sought the mysteries of life.

Those who focused their life on it eventually became it.

In that state, they haven't anything to prove.

They will act like a child.

If someone tells them they're wrong, they will just smile.

We can all be in that state.

Remember

Whatever you focus on you eventually become.

The secret lies inside of you and me.

## Serenity

Serenity is the state of being calm, peaceful, and untroubled.

Think of life as a video game.

In a video game once you master a level you go to another level.

People love the challenge of playing the game.

Now imagine playing the video game of life.

Which by the way you are.

Have you read the instruction manual?

Do you know even if there is one?

Are we on auto-pilot in this life?

Anyway here's a few suggestions on playing the complex game.

Imagine you're playing this video game.

It's old and new at the same time.

The purpose of this game as you know is to go through the various levels.

Step 1.

Life throws you a curveball.

How do you react?

If you can be in a state of being calm, peaceful, and untroubled you go to the next level.

Otherwise, life throws you a curveball and you try again.

Now if you pass level 1 be ready for the next step.

Life throws you a curveball.

How do you react?

Serenity is a state of mind where you go through and learn how to react to life.

Been there done that.

It's learning the video game of life consciously not in a stupor.

Every step of the way is a practical learning experience.

Each time a curveball is thrown remember you can hit a home run.

## Forgive

I love the definition of forgiving.  
Stop feeling angry or resentful toward (someone) for an offense, flaw, or mistake.  
Imagine a person does you wrong.  
You have every right to be angry.  
Time passes and the person who wronged you has forgotten the situation.  
But you haven't.  
The anger is still festering within.  
The poison left by the arrow lies inside of you.  
The moment you truly forgive yourself and the other person true alchemy occurs.  
True healing can take place.  
This is the law of forgiveness.  
It doesn't say you must forget the experience.  
The law says to forgive.  
Big difference.  
Like the world, we would truly be more content if we forgive ourselves and others.  
Learn from your mistakes.  
Forgive yourselves and others along this journey of life.

[Nothing To Prove](#)

I'm sure by now you know that the sun in the sky has nothing to prove.

The sun just shines.

The moon at night doesn't say "hey look at me".

The wind doesn't whisper in your ear "I can blow you away".

The wind just is.

It doesn't have anything to prove.

A dog just loves his master.

A dog has nothing to prove.

A dog just loves you.

The creator has nothing to prove.

The creator is infinite love.

The creator doesn't judge you.

The creator just loves you.

Are we the only creatures on earth that have something to prove?

Where did we get that from?

What are we missing in life that we have to continually prove ourselves to others?"

A wise man has nothing to prove.

He just smiles.



### 3 Blind Men And The Elephant

When I was young I heard the story about three blind men touching an elephant.

Each man touched a different part of the elephant.

One touched the elephant's ear, another touched his feet, while the last touched the tusk.

They began to discuss their experience and a huge fight began.

I'm right and you're wrong.

I know all the answers.

You are a fool to believe in that.

What a child you are.

Yet they all had their own individual experience.

It was a piece of the puzzle.

Not the puzzle itself but a piece.

Are we like the blind man touching the elephant?

My religion is better than your religion.

I'm going to heaven while you're going to hell.

I'm going to declare war on you.

I'm going to convert you.  
Religion has a piece of the puzzle.  
It is not the puzzle itself.  
Each religion is different and unique.  
The essence is the same.  
Which part of the elephant did you touch?  
Maybe it's about time to be open to something new.  
Your enemy is talking about the same thing you are.  
He just has a different piece, a different point of view.  
In the end, the essence is the same.



## Paul McClain



In the fall of 1982, I went to New York City on a business trip. I stayed at a friend's house. While I was there I heard about a good friend of mine Paul McClain who was channeling people's guides.

I stayed at one of my best friend's houses Mark and Geraldine. They told me how Paul McClain had these incredible experiences over a year and a half.

At first, I was skeptical and had no clue about what they were talking about. I could care less about talking with some person who had been on earth, left his body, and communicated from the other side. But I learned there was a lot more than that.

Since Paul and I were friends I wanted to check it out. I wanted to be open. Maybe something greater would come my way. I met with Paul and he told me that for a year and a half he would leave his body.

In this state, strange things would happen to him. He would hear voices and talk to guides from another dimension. He thought he was going crazy.

Over time he learned more about these experiences and came to terms with this experience. He could channel a person's guides. At this particular time in my development, I was aware only of my experience as God as a form of infinite energy.

God was light. It was sound. It was the Word of God. My realm of experience was completely different. For years Paul also had this kind of experience. He loves to meditate also.

In my first meeting with my guides, Paul was put in a trance. It was like falling asleep. He would drift away and this incredible being would come in.

His whole being would change. His voice would change to male or female depending on the guide who was present. I was completely blown away.

The information that came through was incredible. I knew it wasn't Paul because of the details of my life being described. Paul knew me but the information that came through was very personal.

Paul didn't have a clue about my life in the past. I developed a strong sense of communication with my guides. They prophesize many events in my life.

One of them was about how soon in the future I would meet this entity named Mafu. He was an enlightened Lord who would come and be channeled by a female.

I was directed to move to Calif. This indeed did come true. This experience came at a time when Ammaji wasn't even channeling Mafu. I know a lot of people have a hard time with the channeling experience.

Some people indeed go to channeling so other guides can make decisions for them about their life. But my experience was different. The information that I received was incredible.

I developed relationships with my friends on the other side. Because we are so material we have lost touch with our acute senses. Man can be aware of different dimensions.



A lot of people in mental hospitals aren't crazy. There truly hear voices. Because our society can't grasp or understand their experience we brand them as crazy.

Oracles have been around for thousands of years. I went to Paul probably 10 times in 5 years. All in all, I had an incredible time. I learned a lot about myself.

A lot of sessions were like psychoanalysis sessions. I learned how to begin to deal more directly with my life. I took the reins of my life and began to direct it more directly.

I become my teacher. I put more faith and trust inside of myself. In the past, I would look at teachers for my guidance. I began to look at myself for my inner guidance.

I learned that God helps those who first help themselves. Below is a small excerpt of my first meeting with Paul.

There are no accidents. All things which come to pass are under the will of the Almighty. The one who is of good heart and good will and an open heart will find there is no end to the workings of the Almighty.

There is never a time when your amazement will cease at the wonder of the Almighty. Always there will be new and uncharted borders old things will fall away and new and brighter greater things will come to pass.

A time will come when all things all present consciousness and awareness will fall away to bear a more complete and new state of conscious awareness. And the old falling away will feel much like death



and the new well felt much like a rebirth into the divine kingdom. It is always this way in the workings of the great God. There will never be a

time for one who is of good heart and open heart and goodwill when love for this creator will cease.

There will be times when you wish to thank and times when you wish to hate and times you wish to cease your existence for the pain of longing and times when would wish your existence to go on forever and times you feel neglected and times you feel the favorite son of the almighty.

The Lord Almighty will move your experience itself to make fall away all present understanding. You must not fear this death for beyond this death of the sort is always new life as you have learned many times to this point.

At times your love will be strained and felt as though it is being tested. This will be given to you by the Lord Almighty. And at times it will feel as though you can't make any step without the sense of grace behind even the smallest of things that you do.

There will be times which come which you will ask yourself where have my step arrived. And at these times you must remember you have been guided precisely to the point where you have found yourself by the workings of the almighty divine father.

Your faith is strong for you are of goodwill and a good heart and open heart.

You are this way because the Lord has given this to you. And yet it is time as it is always is time for an ever-strengthening bond an ever greater love, an ever fervent desire going more in each period of more and more feverish love which enabled you to carry and be about the service of the father.

For in all your doings you must request not simply know but request that you may serve that your life may be of service that your life may be given purpose in each moment the service of the almighty.

And in each moment you must ask for knowledge that you are not alone for it is not enough to know it but it is more to ask

And having asked to thank and having thanked to asked again and to offer yourself in that way which the Lord would have yourself serve.

Your will and the Lords will be of the same intent. For it is of the Lord's mercy that you are allowed and all are allowed to be fulfilled in any way which they choose so long as the love between the two remains the important thing.

But those are truly blessed who find it within themselves to have this request of service in the way the Lord would have you serve. This is truly a blessed thing. For even to come to this understanding is no small thing.

This is perhaps the greatest level of human existence. For when the almighty has given all free will to embark upon any road that they so choose and one with their will by the grace finds it within themselves to surrender their will to that of the almighty regardless of the consequences for in the surrender is the fulfillment.

This is no minor thing nor may all even do this thing. But those indeed are fortunate who have such a blessing to find themselves in this position.

My child, you are in such a blessed state. You must always remember to be humble before God, humble before the master, and humble before the servants of the Lord's will.

Giving always from your heart, from the desire to be one with the greatest thing. I am Richard who has been called the lionhearted. And you and I are part of each other.

Indeed it may be said that you and I are the same indeed it may be said that at one time we were not apart but at one time we were the same being but as time continues the soul finds in its multiple parts different aspirations.

Your aspiration has its duty here while mine has my duty elsewhere. We serve in our ways as the Lord would have us serve. I here and you here.



## John Slowsky



My partner John Slowsky and I were both too ahead of our time. We developed 1986 the first Visual Real Estate program. Imagine searching for a house.

Photos of all the houses would appear on the screen. Click on the house you like and it would take you on a tour of the house. At that time the real estate market was quite archaic.

They said we take all our clients to search for a house by car.

We said this tool can save you and your clients time by narrowing down the search.

We told them that in the future everyone including your Grand Ma would be using this tool. Voila, the entire world real estate market has tools just like this.

We won awards at trade shows but it was too advanced for its time.

My dear friend John Slowsky, Matt Rauch and I developed OnMaui.com in 1996. It was quite revolutionary for its time. John did all the graphics for the site. Since then John has been on the forefront of graphic design. Check out <http://slowsky.com/>.

We developed 3 virtual towns in Maui. Makawao, Paia, and Lahaina. Imagine back then we didn't have a google walkthrough of towns. John and I developed something similar to what we have today.

For example, I took photos of the towns in Maui. John then stitched together the photos. Back then VRML(virtual reality markup language) was just taking off.

By the way, it didn't make it. We created virtual walkthroughs of these towns. You could stroll down the street and go into surfboard shops and art galleries. You could even buy things.

Years later we have google maps where instead of a person walking down the street they have this car with a built-in camera. They could capture images of our towns in minutes.



#### [Our favorite Sites](#)

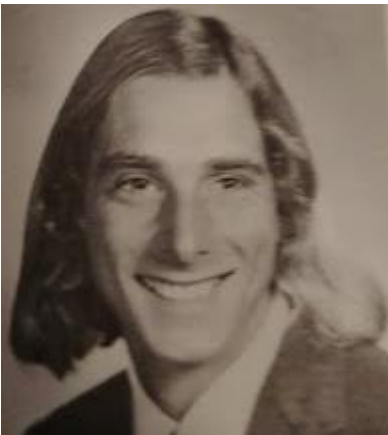
For information on being listed in this directory, contact OnMaui [by clicking here.](#)

John was also a surfer. John also loved to meditate. John loved to be creative. What else can I say? We were both peas in a pod. I have known John since 1972. He was a great friend of my brother John. I haven't seen John in many moons. He is still dear to my heart.

We all have such incredible friends on this journey of life. I feel so fortunate to meet John.

## Nick Roth

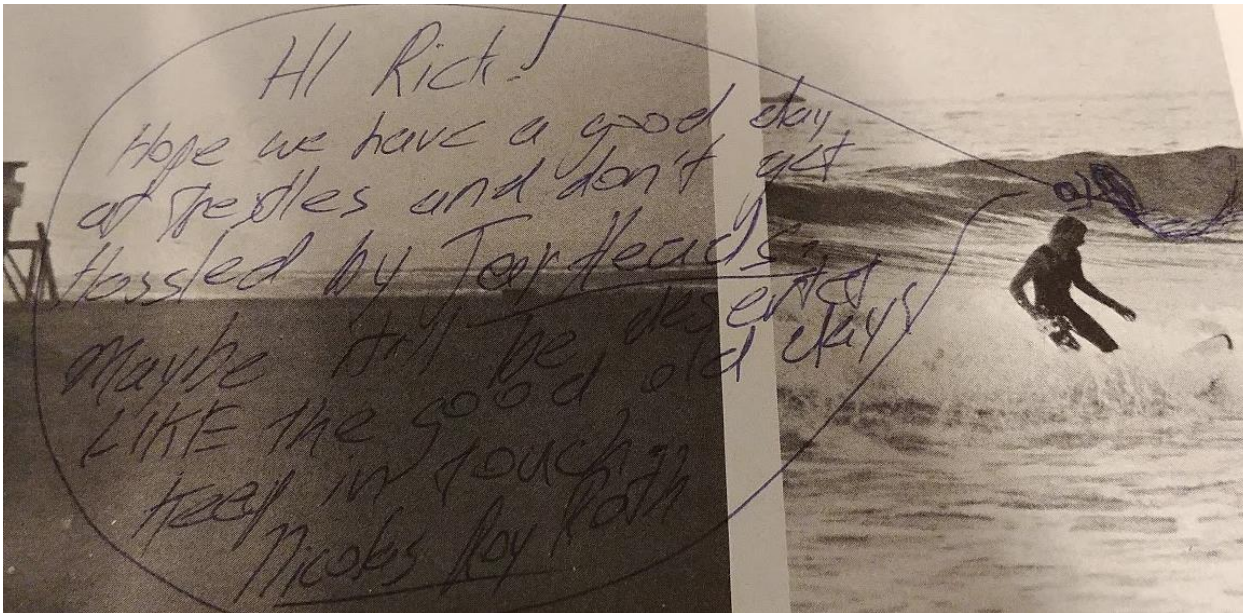
Nick is another extremely creative person. He was one of the best surfers of the day. He was quite humble and never boast about his achievements. His mother was a famous artist. She was well known in the art field. Yet I didn't know this until recently. Nick and I had a great chuckle because back then we couldn't see the forest from the trees. Surfing is another incredible expression in life.



I have known Nick since junior high school. We went on many surfing adventures in High School.

Nick is one of those guys that whatever he touches turns to gold. He was good at whatever sport he played yet at surfing he seemed he was destined to be a surfer.

If Nick was young today he would be in my eyes one of the best surfers in the world. He would have tons of money.



Nick doesn't surf for fame, fortune, or glory. He surfs because it's a part of his life. He is an artist when it comes to surfing. He has nothing to prove. He just smiles like a wise man.

One funny story is about Nick and his Dad. He would call me an electric man. He said my voice would sound like an electric computer.

Years later I stopped and pondered what he said. It seems like his subconscious was on to something. He was picking something up about me and couldn't quite pinpoint it. To this day he was one of the only people who picked up that I was different.

Nick moved from Orange County to Depoe Bay Oregon about 10 years ago. He still surfs at 64 years old. I saw him for the first time in years and we connected that time is endless.

It seemed just like yesterday we saw each other. In fact, it was over 30 years ago.

Nick is definitely the web in my life. We had many great journeys together.



### [Nick's Moms paintings](#)

These are three of my favorites that we kept, my mom was very generous and gave away lots of her stuff to relatives that liked her art. It's scattered all over the country and it's cool to see them in their homes when we visit.

1, oil painting. 2, print from metal etching (Hana Maui beach scene.) 3, watercolor, my personal favorite titled "Aura.) Nick



*Figure 1*Oil painting



*Figure 2 print from metal etching (Hana Maui beach scene)*



*Figure 3 my personal favorite titled "Aura"*

[Nick ripping](#)

Hi Rick,

Was great talking with you today, I always thought we had a great rapport and could talk on a deeper level than something like, "How bout them Dodgers!" LOL!!

I have to send two emails to send six pictures, they should be a good resolution. This has the surf shots, 1, cutback on a Jon Ashton single fin 1975, 2, backside turn at the point probably 1980, Russell gun that your' brother broke in half. 3, Slow shutter speed cutback also 1980, 56th street Russell single fin. Nick



*Figure 4 cutback on a Jon Ashton singe fin 1975*



*Figure 5 backside turn at the point probably 1980, Russell gun that your' brother broke in half*



*Figure 6 Slow shutter speed cutback also 1980, 56th street Russell single fin*

[Nick story moving from Anaheim to Newport Beach](#)

The saying "timing is everything" certainly applies to most people who found themselves growing up in Newport Beach when Rick and I did. Growing up in Anaheim was great when I was age three to age ten, lots of orange groves, not many people, it was still rural living and one traffic light and one-stop sign between our house and the beach. I had three friends (brothers) that lived next door and we had a great early childhood with a lot of freedom to roam and play. By the time I was ten suburban sprawl had claimed most of the orange groves and tract homes were there instead, my friends had moved away, and even at ten, the future looked boring. Most of the older guys were into fast cars or being on the football team, I didn't care about either and didn't like school to boot. I was an unhappy kid sitting in class at Walt Disney elementary school when a kid knocked on the classroom door. "I

need to talk to Nick, his house is on fire." Our house was right across the street and was a total loss, my mom was a great artist and lost a lot of her work. My dad was making good money by then, he had a machine shop that had a lot of aerospace contracts, so the decision was made to move to Newport Beach. Talk about "every cloud has a silver lining" this cloud had a gold lining, the year was 1963.

My parents bought an old house with a view of the harbor and ocean for half the price of a new truck today, and the opportunities for someone my age quickly expanded. I met some friends that lived nearby and all the fun activities revolved around the ocean, bodysurfing, skim boarding, kneeboarding, surfing, sailing, fishing, diving, etc. The people that gravitated to the beach lifestyle had a different attitude than what I was used to, a more vibrant enthusiastic mentality with more emphasis on enjoying life and taking advantage of the gifts the beach life offers. It also attracted successful and talented people in other fields, lots of creative types gravitated to the coast. It was still low-key and uncrowded, the landscape still had a lot of open spaces and most people weren't there to show off, we were lucky to be there at that place in time and I'm grateful for it.



## First Time Meeting Zoran



*Richard, Makara and Barbara 1*

Let me introduce Zoran. Zoran is an entity who is known in other dimensions as LOGOS. Logos on this planet came from the Greeks which means Word or Power. The Bible talks about LOGOS as the word.

In the beginning, was the word and the word was with God and the Word was God. Zoran was the personification of that word. The first time I meet him was in Phoenix AZ. A few of my friends saw him and said I might like to see him. They said he was different and like to teach with toys. Zoran is channeled by MAKARA.

When he comes into her body he takes over much live Mafu. Anyway, we arrive late to the hall and I see the program is started. From the loudspeaker, I hear a voice that sounds like Mafu. I am thrown for a loop and ask myself "why is Mafu tape being broadcasted through the sound system."

I sit down and see that this voice is Zoran. I loved the way Zoran was. His whole teaching was through games and laughter. He had all these stuffed toys that he would hand out.

At one part of the program, he started to pull out people from the audience. He pulled me out and gave me an orange ball. He then proceeded to ask each one of us what this toy means to us.

When he came to me he asked me about the orange ball he gave me. I told him that orange represented collagen the substance that ties the cells together. Without collagen, the cells would fall apart.

This ball represents the life force that keeps the entire universe together otherwise it would fall apart. He just laughed and blinked his eye and said a good answer. That night I was very intrigued by Zoran. I knew that we were best of friends and I wanted to talk to him personally. The following day a meeting was arranged.

The first part of the meeting was spent in laughter. People outside the room said it was like an auditorium of people laughing. There were only 3 of us. At one point Zoran said if I laugh anymore I will have to leave this physical body. It will cause damage to her body.

At this time the tone became more serious. I learned that I was a student of his on a planet called Nucleus. This school was learning about the ways to split open the atom using one's mind. This school was built on practical experience. It was truly a mystery school.

Makara and I were both students in this school. Zoran told me many wonderful things. We became really good friends. At all of the seminars, he would always call on me. I became a friend just like in the good old days.

I remember one day he asked me "What do you think about Women?" Well, I said that I want to solve the mystery. He said that someone special was going to happen and that very soon I would meet the woman of my dreams.

The next night I had a dream where I meet my future wife Barbara. A voice came to me and said when you meet this person you should get to know her. A month later I was staying at a friend's

house when Barbara walks into the house. I recognize her at once. I played it quite cool because I knew that destiny would be played out. The rest is history.



Zoran taught me a lot of techniques for getting in touch with himself. His whole style was through laughter.

He said that laughter and joy create such a frequency that it just sinks in subconsciously. He had a great analogy that when you go to the bathroom you don't inspect your stools.

He said so many people struggle to reach happiness. Life is not a struggle. Life is not a battle. Life is fun and humorous. I

have never laughed as much as with Zoran. He taught me a new angle on life.



The Cars - Drive (Live Aid 1985)

4.9M views • 1 year ago



Live Aid

The Cars performing at Live Aid in front of 100000 people in the John F. Kennedy Stadium, Philadelphia USA on the 13th



"We Are Star Dust" - Symphony of Science

1.9M views • 10 years ago



melodysheep ✓

We are star dust, reaching out to the universe. The 15th Symphony of Science video featuring Neil DeGrasse Tyson, Richard ...

CC

## Space Ride –Zoran



One night in Sedona I was with three of my friends. We were outside looking at the stars in lawn chairs. It was early July and was a nice evening.

The sky was clear. There were thousands of stars in the sky. We were looking at a strange phenomenon taking place.

We would see these streaks of light going vertical in the sky. Imagine a huge flashlight sending a flash of light from left to right across the sky. It would come in one-minute intervals.

All of us were delighted with the show. We were making the same oohs and aahs when kids see fireworks.

During a lull, I notice three stars in the sky I never noticed before. These three stars formed a triangle in the sky.

It looked like a pyramid. All of a sudden I felt myself being sucked out of my body. It was like this huge vacuum sucking me out and my body.

There was this tunnel of light and I was traveling inside of this tunnel. We have all seen on Star Trek The Next Generation the sensation of warp speed. This was the same kind of sensation that I felt.

The next thing I knew I saw this huge Mother Ship. This ship was so large that there were Mountains, oceans, and earth-like plants inside of this ship.

I was greeted by a group of 12 beings. I recognized Zoran and Lord Michael. They took me on a tour of this ship.

The whole ship had a clear plastic-like substance which was the outer shell. Inside of this was the mountains. The main engine room was driven by energy itself.

They had the technology to convert energy itself to drive the whole ship. All electricity was generated by pure and perfect energy. There was no pollution whatsoever.

It's hard to put in words what I was going through and what I saw. It was so beautiful. These beings were so beautiful.

They were friendly and extremely intelligent. Their technology was light years ahead of ours. At one point I was placed at this beautiful table.



Zoran, Lord Michael, and the rest of the 12 beings placed their hands on my body and started to send me brilliant colors of light.

My whole body was enveloped in a rainbow of light. This light was pure consciousness. It was alive and extremely blissful. I felt all the stress taken out of my

body. It was an incredible ceremony taking place. No words were spoken. 12 incredible beings were performing an ancient ceremony on me.

I felt they once again reminded me that we all come to the same source of life. There is a universal consortium of beings who are called the white brotherhood whose mission is to transform this universe into something far beyond what we can imagine.

There are millions of humans alive on this planet who are part of this consortium. Before we were born we all decided to come down and help this planet earth.

All the major religions know that something incredible is about to happen to this planet and the beings on this wonderful earth.

We are to usher in this era along with our friends. Our weapons are love. Love is the most powerful force in the universe. Our mission is to consciously change ourselves into being beings of love. Christ was a prime example of this.

We all have the same capacity. We just have to stop, look and listen to what going on. Here the most incredible event is taking place on this planet and we are asleep. We are too involved in little lives to stop for just one second and ask some basic questions.

Who am I.? What is the purpose of this life? Where is true happiness? I feel as a society we need to learn about tolerance, forgiveness, and being open-minded.

Each of us is so caught up in our mindset that we can't see that were is flowers on a beautiful garland called life. Isn't it so beautiful that we are so different yet all of us at the same time are so similar?

The breath of life is keeping us alive and we are unconscious of this fact. It's time to wake up and smell the roses. Each one of us is having the experience to remind us to wake up either conscious or subconscious. Even if you don't believe in any of this at all.



Imagine if this was all make-believe. There was a time when flying an airplane was make-believe. It is now a reality. There are millions of people on this planet whose prayers are to see peace on the planet.

In time this will have to happen. We just have to bring peace to ourselves. We have to know who we are. We are beings of love.

We have simply forgotten who we are. It is now time as a whole that we wake up. It's kind of funny the whole world wants peace and happiness. Yet there is so much misery and poverty and greed.

The love we have inside is boundless and endless. It is worth more than all the riches in the whole universe. Without we are nothing. I know I had many incredible experiences in my life. Many people are envious of them. Yet without love, they mean nothing.

It's like a body without breath. No life whatsoever. Our main mission is to be so filled with love that whatever we touch turns to love. What would happen to this planet if every citizen on this planet were experiencing such love?

We would have no conflict, war, or poverty on this planet. We would truly help each other out. We would truly know that humans are incredible beings.

Well, I came back and my friend knew that something incredible had happened to me. I told them just a fraction of what happened to me. It was still so personal that I didn't want to blab out or be arrogant.

Years later I felt the time was right to put the experience in words. This incident showed me that my friend beyond the stars was always looking after me and this planet.

I knew my days as a young child looking up at the stars were based upon an unconscious yet conscious connection with my friends. We are never alone. We have friends who are looking after us. Most of the time we don't know it.



#### "We Are Star Dust" - Symphony of Science

melodysheep  1.9M views

mp3:<http://bit.ly/IUVRB> We are star dust, reaching out to the universe. The 15th Symphony of Science video featuring Neil DeGrasse Tyson, Richard Feynman and Lawrence Krauss. Materials used...

## Micah



The following are excerpts from a conversation with Zoran. This was a wedding present. Barbara and my daughter Aleia were present. The date was May 20, 1990.

Richard - Could you please tell me about Micah?

Zoran - What desire you to know?

Richard - What do you know about the guy?

Zoran - what will be a more specific question?

Richard - Who is Micah?

Zoran -Who in terms of the whole?

Richard - The whole (yea)

Zoran- Let me see if I can give forth words. No, you what is called universal core. Essence indeed. There are some beings that direct specific energies at specific times. They are not confined to what is termed position in the hierarchy. This being is not confined. Does this make sense to you?

Richard - yeah

Zoran - It is beyond what you would normally think of as the whole - Like a radical

All - Laughter

Zoran- this being is allowed to move about and to do things that perhaps you might say this is against the rules. This is outside of what I've known, learn, or heard. What desires you from this being?

Richard- well that name has been coming to me a lot. I'm just trying to go to the mystery of it.

Zoran-Wondrous being Richard. Contemplate you that not all beings in this universe at this time not only came from this universe say I. Some come from essence beings that are not confined to what you consider to be the whole. Indeed. Now how do you think you are?

Richard- Probably that guy.

Zoran- Indeed. And it's radical. And it is not confined. That is why I say to you. Say a normal being walks through a gateway. If by going through a gateway the rules are set. You have come to an understanding within yourself, which is termed your growth. The rules are not set but only by you. See you/

Richard - Yes

Zoran- There is a troop of us here. See you.

All - laughter

Zoran- You know this thing already.

Richard-You mean the cosmic jokers?

Zoran-Well it's something like that. Know you they are the ones who bring about balance. Because of what is termed their freedom to move outside the rules. Beyond space-time.

Without a judgment or a thought of this or this is that. Indeed. The understanding is within the heart which is greater than either one. Do you use this name?

Richard-I uses it to me sometimes.

Zoran -and

Richard-I have been using this name for two years now.

Zoran-It is an important thing that you not only acknowledge here (pointing to my heart) but you have some say here (physically) that you acknowledge it to your senses. Understand.

Richard-Huh Huh

Zoran-Desire you Richard to speak what is termed the public.

Richard-Sometimes. I know I have a mission here.

Zoran- I'm asking this question for you to contemplate whether you desire to be what you call the front.

So you are seen. Or do you desire `to be from behind?

Richard-Well a lot of times I can be behind the scenes. I don't want to be famous. I have no need for that.

Zoran-This isn't about need. It is a matter of choice.

Richard-Well let's put it this way whatever I can do to help.

Zoran-I will say this thing to you. It is not that you have to do this thing yourself. You have the capability of creating a being to do that thing for you. It is a choice. However, some things would certainly be different if it was you. How many beings are going to channel you?

All-Laughter

Zoran-See you. It is a part of directing the truth. Understand. And that would be grand humor. But what is termed what I said to this wondrous being (pointer to my wife) this secret, this secret that you are present?

Know unless you want to share that. If it is not then the expression that comes forth will create havoc for you.

Richard-so what does it mean to go public?

Zoran-It means you are a love giver. Going public. Many things are changing as you know. A lot of what has been spoken before as the foundation that you and others laid are begging to come together.

There is what has been termed some confusion and what is called frustration from times past. All this time has passed and I have given up hope.

All-Laughter

Zoran-what do you do know? Do you look at it and say I could get burnt. Now you are more cautious of the picture. This is humor. Now what you have created you think will bite you. (Laughter) give you this thing teeth. Know you what you termed hobby. Recreation.

Richard- yes

Zoran-For you this thing of public, sharing your essence is recreation. That is true.

Richard-yes

Zoran - Feel you what is termed guilty. Indeed that it is recreation and so easy. So how do you rectify this thing Richard within side of yourself so there is no guilt?

Look around and see beings who have a lack of understanding, who are in pain, who are in poverty, who are all these things, and mostly in ignorance. And you have so much and so easy. See you.

Richard-Yes (softly)

Zoran-Number one you must let go of the guilt or when you touch it, it will bite. Understand. You must love here yourself (pointing to heart). And be in love with yourself and no other comes before.

If you don't it doesn't mean that you will not (within this whole that is here) It means that you are in honor of the being that you are.

You cannot maintain the balance within yourself or perform your service in your easement and your joy and your simplicity. Indeed if you do not do this thing for yourself.

Richard-yes

Zoran-I can skip across the planet because I can. That's it. Indeed

Richard - (Laughter) Indeed

Zoran-If I was to say to you this has nothing to do with earning this reward, earning this thing, this greatness. That happened a long time ago. Desire you another ceremony.

Richard-(Stopped for a moment and wondered what he was talking about. Then I remember the ceremony I had onboard his mother ship) Yes Yes Yes

Zoran-That is why I say to you very important it is up to you. You make the moves now. Think you can live what is termed your life and others can channel what is you're called your being.

It will all work out fine together. And be that this thing is occurring and you be more aware of this more and more. Know what happens to a being who is in a position to teach and that is not the greatest word. You go around pretending you don't know.

All-Laughter

Richard-Yes

Zoran-So what now are you going to do? You aren't satisfied with that. Be that the true.

Richard-Yes that's the truth.

Zoran-You must contemplate this thing. What are you willing to do for yourself? For your joy here.

Richard-Now let's say I did want to do this thing. What do I do?

Zoran-You mean where do I start?

Richard-Right

Zoran-You start from here (pointing towards the heart) and you start from the people who are close to you. Start with letting go and letting it be.

Simple. It doesn't require letting go of the other things that you have moving. Indeed. A being who is capable of stepping out of space-time, of making the rules can certainly do more than one thing. And in all honesty, if you did not do more than one thing, you would be very upset with yourself and very bored.

All-Laughter

Zoran-Allot of the beings has not allowed the foundation support to be present. I am not just talking about funds. I am talking about people. The other beings who are meant to be there are not there.

Both of you should sit down and make a list of beings who come to mind. Make a list of what each being means to you. It does not mean that because a person is present in your life that they belong on this list. This list is those people which support you.

Honesty. Indeed. This is the only way you will have peace. I will say again the group of you shall do great things. Know those adventures that you see in your heart. Indeed those great expeditions. Those will be present. There are some things that are laid away. It will be one of those in search of adventures/

All-laughter

Barbara-A quest

Zoran-They are not a grand thing.

Barbara-That sounds like fun.

Zoran-There are a great many things to do. The public is beginning to come to a stage where they are awaking. They are asking for many things.

Many of those beings who were awakened and being awakened were discouraged. Many have fallen by the wayside. They don't have the courage and the energy to stand forth again.

It is up to you (group) to stand and talk to the public. In truth, it was always very few. Indeed. Let's put it this way God blesses those who have taken the job and taken all the dirt.

All-Laughter

Zoran-that would be grand. Is it not? That was a wise creation on all of your parts. See you it now indeed.

Richard-What is the relationship between Michael and Micah?

Zoran -Say you I this. It is for you to tell Michael. Understand. There is profound respect there. You must come to an understanding of your being.

It is like this being which is called earth which is a very small planet in a very large number of planets, indeed in a vast system of universes, you have not come from here.

Never ever think you have. Be it if you were to come forth to this being it would be like your being was honored. Understand. There is great love there. Know that all those beings who are familiar with the earth are very blessed with your presence.

They honor indeed that this radical group is here. It also means there have been great growths. I might say this as well. If there were this small thing that needed to be done and let's put it this way

the gods that be, greater than you have contemplated God at this point. , decided that they wanted to directly check it out.

Do a little something. Do you have a good scenario of the situation? I notice that you look at your body, this body physically and you say look at this the hair is turning gray, there is a little flab over here, this and that. Would God choose this? Indeed.

This is not my picture of a vehicle that God would use and beyond what I have contemplated God. Know that it is perfect. Was it any other way it would not be in balance? It would not be even the smallest possibility of being seen here at all.

Understand. If it would be so different by standards here, and so obvious and so beautiful all would take away from it. Understand.

Barbara and Richard-Yes

Zoran-It would be a fearful thing, not a grand thing.



Sarah McLachlan - Angel [Official Music Video]

46M views • 13 years ago



NetzwerkMusic ✓

"Angel" Lyrics: Spend all your time waiting for that second chance for a break that would make it okay there's always some reason .

## Ancestors



We are all shaped by our family. I feel so fortunate to be blessed to be born into this family line. My parents and grandparents raised me to where my life is today.

I was nurtured in love and consideration of others. I learned how to respect life and respect all human beings. The sense of adventure and the sense of learning with joy were instilled in me. Life was incredible.

At a young age, I was introduced to seeing the future and bringing ideas to the present. I was only 2 years old when my Dad and Grandfather built the house of the future.

At me young age my Mom and Dad introduced me to ethnic cuisine from around the world. To this day I love trying out different and new cuisines.

My Mom gave me the sense of travel. She loved to travel and that was instilled in me. I learned how to appreciate different customs, ways of seeing things, and being open to life.

Life taught me to appreciate each country and value its essence. My Grandmother Josie taught me the love of God.

She would always say that God loves you. Her mother was friends with Mary Baker Eddy the founder of Christian Science. My brother and I loved being in her company.

She was a joy to be around. She played the piano and sang many wonderful songs to us. During the winter she would go to the Palm desert and bring back pine nuts and fresh dates.



She had a juicer that was handed down to my brother after many years of use. My Grandfather Cliff's hobby was rock collecting. When they came to visit he would do a slide show of his current trip. My wife Barbara would have been great friends if he was still alive.



*Rose Parade Queen 1*

As a family, we would love to visit my grandmother and grandfather in Santa Barbara. I remember going to horse shows and going to the Elvis Presley movies.

My grandfather would make the world's best enchiladas. I have the recipe on my cooking site.

This dish is over 60 years old. I had many incredible times being with them. During the holiday both sides of my grandparents would come and visit. I loved the sense of family in the air.



*Mom and Dad. House of the future. 1*

My brother and I will always remember the times my Dad would drive us to go surfing. We would get to the ocean very early in the morning.

My Dad would drive us to Big Corona and we would surf until noon and then we would paddle through the harbor for an hour.

My Dad suffered a stroke and was in a coma for a month. When he came out of the coma he was changed completely. For the first time, I saw that he knew it was a miracle to be alive. His entire outlook on life changed.

He realized that life is precious. He lived another 10 years after that. He saw that he had a golden opportunity to experience life to its fullest.

My Mom has taught me to see the bright side of life. If you are down in the dumps she taught me that only you can pull yourself up.

Attitude is everything. She taught me to enjoy the adventure of life. I gained so much from her and her way of thinking.

She taught me not to hold onto the past and to forgive what others have done to me. She has a great sense of humor which I love.



What can I say about my twin brother John? We came into this world together and are such good friends. We have the same path of self-discovery.

Both of us have been meditating for over 45 years. He has discovered a passion for writing music. In the past 4 years, he has created over 1000 songs.

He creates songs about life and the incredible journey of life.

My daughter Aleia has really become an incredible person. She is kind, full of wisdom, and loves to help people. She is deeply spiritual without any pretense.

She has a great heart. I'm tremendously proud of her.

My daughter Leilani has bloomed in the last 10 years. She got married to a wonderful man named Lowie. He is from Egypt.

They have 3 beautiful children. I love their family. They are an inspiration to me. Family truly is the backbone of life.

## The Lyrics Of The Song

The lyrics of the song.

My brother John and I collaborate together to make these music/sayings.

I'm not sure what to call them.

Around seventeen years ago I went to a Poetry convention where a member of the Doors gave a poetry reading.

It wasn't an ordinary reading.

It combined music and poetry together.

I never heard anything quite like that.

I was mesmerized.

A few years later a friend send me a Cd of poems by Rumi

Each poem had a different famous person reading the poetry and the music behind it.

To make a long story short my brother starts to create music almost out of nowhere.

Now at that time, we were in the early sixties.

Yet both of s learned that we had something special.

Now you may not think so.

Beauty lies in the eye of the beholder.

Yet we have both been meditating combined for 92 years.

We have been around the block a few times.

We love to meditate.

Many people don't.  
From the beginning we loved it.  
Meditation was our hobby.  
Both of us try .to go deep inside and the creativity come out.  
It's kind of like surfing.  
One sits in the ocean and all of a sudden a wave comes in.  
You catch the wave and have the ride of your life.  
In the same way, you sit still and listen.  
The wave of life comes in and you ride it.  
Now we aren't professionals.  
Yet we are amateurs.  
An amateur loves what he is doing.  
We may break many rules when it comes to this.  
Yet day by day we are learning.  
We love what we do.  
Our audience is small.  
We don't actively promote ourselves.  
We just feel to be compelled to do this.  
You see we are beginning to see signposts of God everywhere.  
Our message is hope during these crazy times.

We love humanity.

Johnny The Music Maker

Johnny the music maker.

Johnny or John is my twin brother.

Many moons ago my brother and I learned how to meditate.

We still are learning.

My brother creates the background music for these poems.

Each poem is custom-crafted from within.

I'm proud of the music my brother makes.

It's like little Jonny is tapping into the source of life and putting a unique melody down.

Years of practicing meditation allow him to dive deep for the precious jewel.

The jewel is the music that can help inspire you.

The melody helps calm down the body, mind, and soul.

Can you imagine bringing a taste of heaven down to earth?

This is where little Johnny's music comes from.

You see meditation opens the door inside to heaven.

By opening the door for many moons one begins to transform and change.

The journey is from darkness to light.

Somewhere along the way we are all on this incredible journey.

I've been listening to little Johnnys's music for almost 9 months.

I wake up and brush my teeth.

I go into the office and put my headphones on.

While listening to the music I write these poems.

The music melts my heart.

The music and words meld together.

I'm proud of what we do together.

We are a great team.

Most people don't understand it.

A few do.

Yet we do this for our love of God and the Universe.

Words can't describe touching the face of God.

It's like going on a daily treasure hunt and bringing back treasures that you can use in your daily life.

Kindness.

Love

Patience

Compassion

Tolerance

Wisdom

These are some of the treasures which are brought back.

These poems and music can help you along on this precious journey.

We are not trying to convince you.

We are not trying to prove anything here.

We are simply relaying our experience of the unknown.

We are trying to put a human experience to the multidimensional energy of life.

There is no time and space in God's world.

This music and poems try to capture the wonder and somehow put it into this world.

The deeper we dive into this ocean of love the deeper the wisdom can be.

These poems help little Johnny and me on this journey of life.

Day by day we are learning how to change for the better.

Ponder this over.

You are a piece of this puzzle.

Peace will be on this earth.

Little Johnny the music maker.

Keep on cranking them out.

[My Twin Brother](#)



My twin brother John.

John is my best friend.

He has always been there for me.

In the thick and thin.

We are on the same path in this journey of life.

We have spent most of our life going within.

We have our struggles in life.

Life is not easy.

I'm sure you will say the same thing.

Yet with all this pounding we take we come out to the other side.

We know the God within.

Not the complete picture yet we have a beautiful experience.

My brother taught me patience in so many different ways.

His yearning for God is endless.

He has a great love for humanity.  
Inside he knows humans have a great heart.  
The mirror is just full of dust.



My wife and I love to go to Barnes & Noble. We love to relax in their comfy chairs and look at books and magazines. My wife loves to look at the Sedona Journal. She keeps telling me about Kryon who is channeled by Lee Carroll.

She probably told me around 5 times and I finally said: "OK I'll take a look at it". At first, I wasn't impressed. He would always start with his standard greeting "Greetings, dear ones, I am Kyron of Magnetic Service".

I was thrown a curveball because I didn't understand this concept. The more I read the channeled material the more I understood this incredible message. Imagine all the past great masters unifying themselves into the magnetic grid of this planet.

You might say so what? Imagine so many great masters said they would be returning to earth and helping human beings to realize their true nature.

The more I heard and listen with an open heart I realized this was indeed true. Can you imagine that this magnetic grid is built with the Love of God? If we didn't have a magnetic grid surrounding the earth human beings would no longer be alive.

This is the problem of space travel. They need to simulate the magnetics of the earth. We have this incredible DNA.

A scientist has broken the code and has said that 93 percent of our DNA is junk DNA. Kyron has said that it's not junked DNA but multidimensional DNA.

This is a huge difference. Kyron has written a book called the twelve layers of DNA.

I highly suggest that you read this book. Your life will change if you do. Magnetism from our DNA and the magnetism from GAIA (Mother Earth) is in communication with one another. I know this sounds incredible but it's true.

This is a small part of the story. Kyron's main message is that you don't need any teacher or Guru to find your way home. All of the tools exist inside of you.

All of humanity believes in a higher self yet we go on a merry way without even trying to connect to it. Imagine this higher self is multidimensional.

What does this mean? You are the sun the moon and the stars. You are the universe. You are God. Because we are linear we say I'm George or I'm Barbara.

Who are you? That is the puzzle of life. On the other side is multidimensional energy or cosmic soup which contains all. Can you take salt out of a soup?

You can't. We have the higher self inside of us and yet we think we are alone. We are never alone.

Because of free choice we have closed the door and continue to search for God outside of ourselves. This is the incredible game that God set up.

We are the ones with our intent who request to open the door to our higher selves and discover who we truly are.

Imagine the entire universe is supporting us but can't say or do anything until we consciously give intent and begin this process of self-discovery.

What's beautiful about this process is this is how peace on earth will happen. By changing yourself and by discovering yourself you will truly radiate Love, tolerance, and compassion to all.

You will be a human being. You won't try to convert anyone because life does not need anyone to be converted. A lighthouse just shines. It doesn't know the ships that sail by.

The lighthouse exists on dangerous shores yet it shines the light so bright that it helps protect the boats to reach the harbor.

I could go on and on. The past year has been extremely slow at work and I had the wonderful opportunity to listen to and read this wonderful material.

My understanding and practical experience have grown exponentially. Words cannot describe how my relationship with this planet, the universe, and God has been so personal.

This is an incredible time to be alive. Peace will be on this planet. It may not seem like it but peace will prevail.



05-08-2022 Science can be very biased



Science can be very biased. As far back as history goes, science does not like people who think outside of the box.

Even dear old Galileo learn that the hard way.

Today he is considered a genius yet during his time he spent most of his life under house arrest.

I grew up in the house of the future. This was in the early 1950s. Many of the inventions that we had in the house have yet to reach the mainstream.

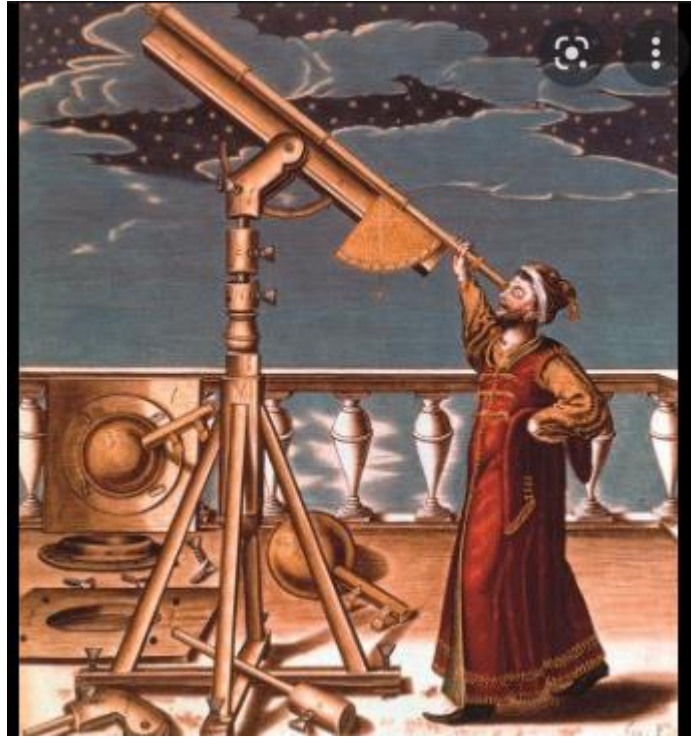
There are probably thousands of inventions and discoveries that never reach fruition. Just ask a young Zack Bush who found out the hard way. He discovered a cure for cancer.

Today's drug companies want to hold on to their power and control. They are not interested in healing you. If some young brash scientists discover a way to cure cancer they are not in the slightest interested.

There are probably thousands of research papers proving that our Western junk food diet is killing us yet these studies never reach the mainstream.

We continue to saw off the branch we are sitting on. We would prefer to saw off the branch to change our ways. So much pain and suffering could be averted. Yet we hold on to our deadly lifestyles.

## Galileo's Telescope



Can you imagine young Galileo pointing his telescope towards the stars?

What was in his young mind?

What kinds of thoughts would float up to the surface of his mind?

He went against the concepts of his time.

During this age, scientists and the Church believed the Sun and the planets revolved around the earth.

Galileo and some scientists before such as Copernicus believed the earth and the planets revolved around the Sun.

Galileo was the first scientist to use a telescope to prove his theory.

Yet why does man hold on so tightly to his ideas and beliefs?

The Catholic church and the Pope himself couldn't believe Galileo.

They said he was a heretic.

How dare you challenge the idea that the Sun and the planets revolve around the earth?

Who do you think you are?

Imagine being tried by the Inquisition.

They found him guilty and place him under house arrest.

Fortunately, they didn't kill him.

Yet he spent the rest of his life under house arrest.

Today Galileo is known as the father of the following.

Father of Observatory astronomy.

Father of modern physics

Father of the scientific method.

Father of science.

All I can say is wow.

Imagine Galileo also studied and mastered the following.

Astronomer.

Physicist.

Engineer.

Philosopher.

Mathematician.

He was in my eyes a genius.

He was way ahead of his time.

Isn't it amazing we don't want men to challenge our way of thinking?

Man, at times loves living in the box.

It's a comfort zone.

You don't want to learn anything new or be challenged.

If someone has something to say that is different we get angry.

How many innocent people got killed in the Inquisition?

To be honest I probably would have died back then from what I'm speaking.

Just think Christ died on the cross.

Yet the Inquisition killed millions of people who believed in Christ differently.

What do you think Christ would say?

He would shake his head and probably have tears of compassion flowing from his eyes.

Look this adventure of life is all about discovering the mysteries of life.

We should be grateful when we meet someone who has a different idea or concept of life.

I was fortunate to be brought up in a household that accepted all ideas in life.

Till today I still love to hear life stories from people all around the world.

Imagine today we have telescopes scattered throughout the universe.

We are looking for the mysteries of life.

## Zack Bush



Times have not changed. The same scenario that happened to Galileo is still going on today. Maybe today it is more pronounced.

My dad and grandpa had incredible ideas yet they couldn't get them off the ground. Politics is the name of the game. Without political connections, it's very difficult to obtain your goal.

Zach Bush had the same problem. He found a solution to cure cancer with vitamin a. He went through all the necessary case studies for validities.

He discovered a major pharmaceutical company had a patent on this work. He called the company and told them he found a solution that works. They ask him three pertinent questions.

Upon answering these questions they promptly hung up the phone. He thought they hung up accidentally. He called back and nobody answered the phone.

He went to some of his colleagues and they said this patent would never come to fruition. Major companies use the system of copyright laws to stop progress. They only want to use their current power and have no interest in healing society

Zach quickly saw the handwriting on the wall. He left the academic field disillusioned. Nevertheless, he continued researching. He learned how to think outside of the box.

There are probably thousands of people like him. The male-dominated continues to hold on to power and control. This has been going on for thousands of years. When will this insanity ever stop?

ZBMD BLOG

[Zach GLYPHOSATE + TOXINS](#)



Over the last 25 years, we have seen the most profound explosion of chronic diseases in human history.

By 2011, our Centers for Disease Control (CDC) was reporting that 54% of US children with some form of chronic disorder or disease by the age of seventeen.<sup>1</sup> (View the study here) These conditions occur in nearly every facet of biology – the hormone and immune systems, the respiratory and neurologic systems,

and beyond.

BY 2016 THE CDC REPORTED THAT 1 IN EVERY 14 KIDS IN THE US WITH DEVELOPMENTAL DISABILITIES, AND 1 IN 28 BOYS (1:28) WITH AN AUTISM SPECTRUM DISORDER (VIEW THE STUDY HERE).<sup>2</sup> ATTENTION DEFICIT DISORDERS ARE FOUND IN ONE IN TEN (1:10) CHILDREN.

The epidemic is not at all limited to children. In adults, a broad array of conditions have been on a steady rise, from depression and anxiety to celiac disease and gluten sensitivity, multiple sclerosis, ALS (Lou Gherig's disease), Alzheimer's in women, and Parkinson's in men.

All on near-identical trajectories of increase since 1996.

Research from around the globe now suggests that environmental factors are now contributing to a combination of genetic, neurologic, autoimmune, and metabolic injuries that underpin the collapse of health in our children and adults.

As we continue to uncover the intricacies of this eloquent balance between soil, the microbiome, and ourselves, the timeline of our chronic disease epidemic becomes very interesting and provides a pathway to the recovery of human health.

It is now estimated that we spray more than 4.5 billion pounds of glyphosate (the active ingredient in Roundup) into the soils, plants, and water systems of our planet.

And there are now dozens of genetically modified plant species around the world that have allowed chemical companies to develop a seemingly infinite market for their weedkillers.

And after “Roundup Ready” crops were introduced in the mid-late 1990s, this water-soluble toxin would subsequently work its way into the water within the grains, fruits, and vegetables, as well as infiltrating the groundwater, slowly making its way into rivers, oceans, our air, and ultimately our rainfall.

Not surprisingly, the diseases in our domesticated animals – from pets to livestock – have followed a similar trajectory.

What I’m saying is, that we need to stop trying to micromanage the gut. You need to start backing off, to let the carbon redox system (the communication system between the bacteria in the gut) reestablish a healthy balance in the gut.

AND WE ARE GETTING SICK. SINCE THE 1990S...SOMETHING ALARMING BEGAN TO HAPPEN IN THE UNITED STATES.

Diseases—in what seemed like completely different organ systems—were going epidemic, almost simultaneously

Dementia in women increased

Parkinson’s in men increased

Autoimmune diseases hit an all-time high

Today, 1 in every 2 people will be diagnosed with cancer before they die

And 1 in 36 children is now diagnosed with autism, compared to a mere 1 in 5,000 in the 1970s.

Why are so many diseases, in such unrelated parts of the body, increasing at such a rapid rate?

What’s the relation?

The connecting factor is chronic inflammation. And chronic inflammation is the root of all diseases.

To boot, we spend more time indoors and in routines that completely disconnect us from mother nature. We have lost touch with how our food is grown, who grows it, what we are actually consuming, and how it is reshaping our biology.

This disconnect has made us more prone to chronic illness than ever before.

So where do we go from here?

Our opportunity – as consumers, farmers, businesses, governments, and beyond – is to build a new health reality for humanity, our planet, and all those creatures great and small that create the web of life that we have called home since our origin.

The answer is Regenerative Agriculture. Through fundamental changes in our approach to soil and food system management, we can revitalize this planet by reconnecting the natural carbon cycles that have long maintained balance in our soil, water, and air for biology to thrive.

IT'S OUR EMPOWERED DUTY TO EDUCATE OURSELVES REGARDING OUR FOOD AND HEALTH, AND SHIFT OUR ROLE IN THE CONSUMPTION OF THIS PLANETS NATURAL RESOURCES.

We can begin to co-create with the farmers and growers of the food we consume.

Without healthy soil, our product not only will lack nutrients, but it will invite chemicals into our own biology and ecosystem.

These chemicals will continue to break down the cornerstone of our health – our immune system – if we let them.

There are also other ways to be proactive about your health. Small changes today can help you strengthen your microbiome, take action to decrease your exposure to pesticides, and increase your connection to mother nature:

<https://zachbushmd.com/gmo/glyphosate-toxins/>

Zach Proactive Ways

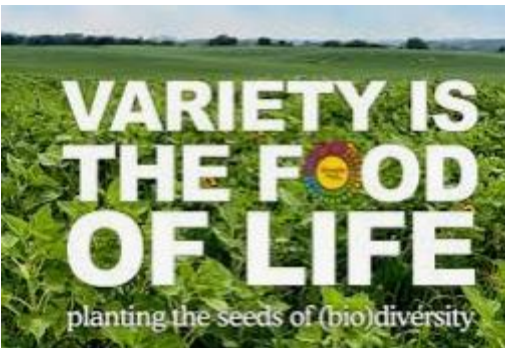
## GET OUTSIDE



Diversify your exposure to different outdoor environments as much as possible. Seek diversity in your day and breathe in new ecosystems.

Your microbiome is an extension of your greater ecosystem that you interact with each day. The more you adventure, the deeper your health will root.

## EAT REGENERATIVELY



Food grown using Regenerative Agriculture practices provides the optimal environment for nutrient-rich, healthy food to grow.

Seek out farmers and restaurants in your area who use Regenerative practices or source from Regenerative farms, and take a look at your pantry to really determine what is contributing to or degrading your microbiome.

Our non-profit, Farmers Footprint, has begun publishing a list of regenerative farms in the US that may be a great place to start your journey.

## GROW ORGANIC COMMUNITIES



The third largest crop grown in the US, at 40 million acres, is lawn grass.

This monoculture grass is fed enormous amounts of chemical fertilizers, herbicides, and pesticides, making our yards, school yards, soccer fields, parks, and golf courses some of the most toxic acreage in the US. Learn to eliminate all chemical inputs with the Non-Toxic Neighborhoods Project at Farmer's Footprint ([www.farmersfootprint.us](http://www.farmersfootprint.us))

#### DIVERSIFY YOUR DIET



When you diversify your diet with nutrient-dense organic foods you are strengthening your microbiome.

The closer your plate is to the garden the better! Organic CSA and farmers' market resources are a go-to when your own backyard is not producing. The daily addition of a few bites of wild fermented foods and

eating local fruits and vegetables in their appropriate season, and growing your own food are great ways to diversify your inner ecology.

#### AVOID PROBIOTIC USE

Probiotics represent a very narrow representation of bacterial species that have been grown to many millions of replicates.

The daily use of probiotics has been shown to reduce the biodiversity in the gut, especially after antibiotic usage. Your gut is intended to have 20,000 to 30,000 species of bacteria.

A typical probiotic has three to seven species. We have created a monoculture of gut flora with the probiotic industry just as chemical farming has created large-scale monoculture across our global agricultural landscapes.

The global loss of biodiversity is at the root of our health crisis. Rather than probiotics go after the outdoors and eat wild-fermented (rather than probiotic-cultured) foods.

#### PROTECT YOUR GUT



It's why we created ION\*Biome – to regain the strength of our gut lining after exposure to glyphosate and other chemicals we're all exposed to daily.

If we're successful together in ridding our land of chemicals like glyphosate, we put ION\*Biome out of business.

[JOIN THE REGENERATIVE MOVEMENT](#)

Support Farmer's Footprint and our mission to regenerate 5 million acres of farmland by 2025.

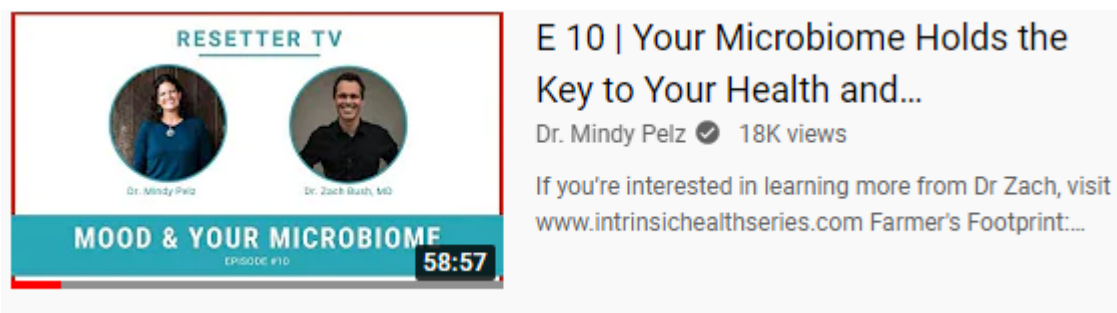
By supporting our cause, you help to support farmers and communities make the transition from chemical dependence to the life-giving practice of regenerative soil management ([www.farmersfootprint.us](http://www.farmersfootprint.us)).

If you are seeking a more active role in your schools and community consider becoming a Soil Health Advocate through the online certification program at <https://kisstheground.com/advocacy/>

Soil health is arguably the most important element impacting our health, the health of future generations, and the health of this planet we call home. Join the Regen Revolution.

1. Academic Pediatrics. Volume 11, Issue 3, Supplement, May–June 2011, Pages S22-S33

2. NCHS Data Brief No. 291, Novem



Zach Roll in the dirt



<https://daveasprey.com/eat-dirt-the-secret-to-a-healthy-microbiome-zach-bush-458/>

Dave and Zach on what's really pulling our guts apart, what's going on inside your gut, what the environmental factors are, and what you can do about it.

Zach on plant health versus human health as a doctor. What got you going in this whole thing?

"One of the more exciting developments that happened in my career was finding that there were some vitamin A compounds that were enabling these cancer cells to shut themselves down and commit suicide." Zach's "goosebumps moment."

“That was an incredible journey of starting to see cancer, not as some disease that crops out of nowhere, not a genetic disease as we’re told by the American Cancer Institute and everything but just a breakdown in cell-cell communication.”

The most abundant receptor in the human cell is really this RXR receptor, what does it do?

“We’re twice removed from anything on our plate. That’s largely why we’re so in the dark ages about our beliefs about nutrition because you’re never feeding yourself when you sit down to a plate of food.

You’re always feeding your bacteria, which are then modifying your behavior and the behavior of your mitochondria to produce ultimately fuel.”

How cancer is all about cell-cell communication. A cell with uninterrupted access to information will never disease or die. Zach on his work with chemotherapy.

“We were starting to see these correlations between microbiome genomics and human disease outcomes.” How it was originally received as “crazy.”

A lot of juice, a lot of fermentation, a lot of stuff. And seeing big changes! Zach on his practice.

Zach on the biohacking community. “My hats off to all of you.

You are an inspiration to the world because you guys are really taking responsibility for yourselves, number one, but then you’re immediately applying the truths that you’re finding into a communication network of your own to create a wave outside of you. “

“At that moment, we started to research soil. That changed everything. For thousands of years, the pharmaceutical industry and the herbalism community, and Chinese medicine have been looking at plants. There has been a paucity of research and investigation into the deeper story underneath the plant of where the plant’s getting that magic.”

“I think my purpose is here. This is why I was born. This is why I did the ridiculous journey in academia just for this moment. The blinders came off.

The three-dimensional structure on the right side of that molecule looked like the chemotherapy that I'd been making years previous.

They're like snowflakes. That's actually what we call them in the lab is carbon snowflakes.

Electron potential is literally health. The disease is all positive charge absorption of electrons, loss of electron potential." Zach on his discovery deep in a "White Paper" on dirt.

The molecule we found is a carbon backbone molecule that's got redox potential.

How the human body is like a phone connecting to a cell phone tower. "That's exactly what's happening to the accelerating of the aging process that we see happening in this chronic disease epidemic. People are getting disconnected from their own message."

Suddenly, this answered the whole thing of, "Oh, my gosh." If you have a screwed-up ecosystem in your gut and you start to get perturbation in any particular direction.

You get a loss of this ecosystem, you get an overgrowth of this part of the ecosystem. What's going to happen is you're going to suddenly lose a part of that wireless communication network.

You're going to become vulnerable at multiple levels within the human body.

The other thing I want to ask you about and this is something that's, I've been writing a lot about this is we're doing things to destroy our soil because we say, "Oh, that only affects bacteria, therefore it doesn't affect us," which is just a false assumption but spraying glyphosate on soil disrupts bacteria in the soil that now we know toxic your gut biome.

Glyphosate, we'll start at the soil. Glyphosate, if you're not familiar with it is the active ingredient in the famous weed killer called Roundup. How it is killing the soil and your gut biome.

"Number one thing is that glyphosate, which is now the number one chemical on the planet. Four and a half billion pounds of glyphosate are dumped annually around the globe now.

Unfortunately, it's a water-soluble toxin, which should never happen in nature. We had a water-soluble toxin, meaning, it's going to go to every level of the environment. It's in the air you breathe. It's in 75% of the air in the US, and 75% of the rainfall.

It's penetrated every level because of its water nature. That means it's doing the same thing in your body. It's in your bloodstream. It's in your urine. It's in your cerebral spinal fluid.

It's going everywhere as this water-soluble chemical that's all over the place now. It's in every bite of food we eat. I believe it's in every drink of water. It's everywhere."

Get out in nature! We have a lot of national parks that are not being visited right now. We are not visiting these places. I invite you to go explore as many national parks as you can in the next couple of years because there is still some intact microbiome. I would tell you my top three favorites, except you all would show up there but go find your own favorite few because I guarantee you, you're going to find a microbiome you have never experienced in your life.

We think of fermented foods and probiotics. All of that is just spitting in the wind compared to the potential of just breathing good quality rich air with microbiome.

I have my patients go out to Virginia Beach and breathe air and then down in Southern Virginia down by the swamps. Then, up into the Appalachian Trail, be by the waterfalls.

Breathe ancient ecosystems. Along the East Coast, a huge hot spot is down in Tennessee, the Great Smoky one of the most diverse ecosystems on the planet. I traveled as extensively as you do and I try to make sure that at least part of that travel's taking me to far-flung places. Just came back from the Great Barrier Reef and start breathing air down there that I know I've never been exposed to. Some of the islands along the Barrier Reef I know have some profoundly ancient microbiome.

"You start going into this environment that you've never been and you're adding years to your life. I really have a profoundly strong conviction that the more you can breathe in new environments, the longer you're going to live." Zach on traveling just to breathe the air.

We have separated ourselves from just fundamental easy, cheap, frankly free mechanism of microbiome exchange, which is to touch Mother Earth.

Our knowledge is going exponential. Our ability to communicate that knowledge through the internet and everything else that's coming behind that are super exciting.

I think we're going to see an acceleration, obviously of what this community knows, what the biohackers are doing. You guys are going to start having these conferences more frequently I think because the amount of information that's going to emerge every three months on this planet over the next 5 to 10 years is going to be mind-boggling.

"You have 70 trillion human cells, which is an impressive number, but you have 1.4 quadrillion bacteria, fungi et cetera and you have 14 quadrillion mitochondria living within you. You are, if anything, a vehicle for the microbiome to travel the world and communicate more broadly a purpose of life itself."

I think if we stop thinking of ourselves as human and start to think of ourselves as connected to biology and the entirety of Mother Nature, we were going to win the game on a bigger level.



THIS Is Harming Your Brain Everyday! with Zach Bush

9.4K views • 3 weeks ago



Commune

The brain is not what initiates the raw material of thought; it is a central processing unit. The brain is taking information, organizing ...

Mark Hyman

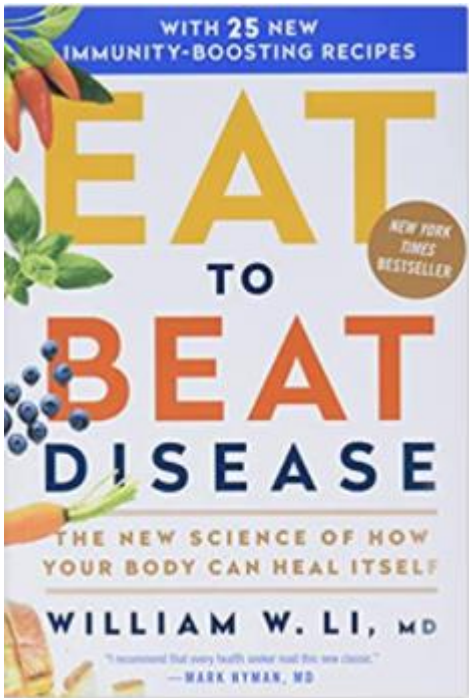
**Food isn't like  
medicine, it is  
medicine, and it's our  
number one tool for  
creating the vibrant  
health we deserve.**

A stylized, handwritten signature in black ink, consisting of several loops and a long, sweeping horizontal stroke extending to the right.

MARK HYMAN, M.D

## Science can be biased

When I came back from India in the early seventies I went to see our family doctor. My Mom wanted me to go for a checkup. I told him I was a vegetarian.



As he was smoking his cigar he told me that I was going to die within one year because I was a vegetarian. I told him that there are around a billion vegetarians in India. India has been vegetarian for over 5,000 years. My doctor died within the year.

I always believed that food is medicine. I had that innate feeling inside of me. Fifty years ago we didn't have the technology to see food as medicine.

I would highly recommend the book Eat to defeat disease by William W Li. Today we have the same capability to find out the exact chemical components for any drug.

We can do this for food. Don't know about you this confirms my notion as food is medicine. I always know this. Dr. Li also broke it down into five defense systems.

This is from his book <sup>2</sup>

Five defense systems form key pillars to your health. Each of the systems is influenced by diet. When you know what to eat to support each health defense, you know how to use your diet to maintain health and beat the disease.

When I teach other doctors and students about diet and health, I use the analogy that the body is like a medieval fortress, protected not only by its stone walls but by a host of other clever built-in defenses. Indeed, in castles, some of these defenses, such as the talus, the trou de loup, and murder

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<sup>2</sup> Eat to defeat disease by William W Li

hole, did not even appear until the enemy tried to invade. Think of your health defense systems as the hidden defenses of the body fortress. These defenses heal the body from within, so it is now possible to systematically examine how to shore up your health.

The five defense systems are angiogenesis, regeneration, microbiome, DNA protection, and immunity. Angiogenesis Sixty thousand miles of blood vessels course throughout our bodies and bring oxygen and nutrients to all of our cells and organs.

Angiogenesis is the process by which these blood vessels are formed. Foods like soy, green tea, coffee, tomatoes, red wine, beer, and even hard cheese can influence the angiogenesis defense system.

Regeneration Powered by more than 750,000 stem cells distributed throughout our bone marrow, lungs, liver, and almost all of our organs, our body regenerates itself every day.

These stem cells maintain, repair, and regenerate our bodies throughout our lives. Some foods like dark chocolate, black tea, and beer can mobilize them and help us regenerate.

Other foods, like purple potatoes, can kill deadly stem cells that spark cancer growth. Microbiome Almost 40 trillion bacteria inhabit our bodies, most of which act to defend our health.

Not only do these bacteria produce health-supporting metabolites from the foods that we swallow and deliver to our gut, but they also control our immune system, influence angiogenesis, and even help produce hormones that influence our brain and social function.

We can boost our microbiome by eating foods like kimchi, sauerkraut, cheddar cheese, and sourdough bread. DNA Protection Our DNA is our genetic blueprint, but it is also designed to be a defense system.

It has surprising repair mechanisms that protect us against damage caused by solar radiation, household chemicals, stress, compromised sleep, and poor diet, among other insults.

Not only can certain foods prompt DNA to fix itself, but some foods turn on helpful genes and turn off harmful ones, while other foods lengthen our telomeres, which protect DNA and slow aging.

Immunity Our immune system defends our health in sophisticated ways that are much more complicated than we previously thought.

It is influenced by our gut, and it can be manipulated to successfully attack and wipe out cancer, even in the elderly. Recent discoveries have completely changed our understanding of the immune system.

Foods like blackberries, walnuts, and pomegranate can activate the immune system, while other foods can dampen its activities and help reduce the symptoms of autoimmune diseases.

### Dr. William Li's 2010 TED Talk - YouTube



Dr. William Li, President of the Angiogenesis Foundation, presents a new way to think about treating cancer and other..

YouTube · Angiogenesis Foundation · May 20, 2010



### The TOP FOODS You Absolutely SHOULD NOT EAT! (Avoid These Foods) | Dr. William Li

Dr Rangan Chatterjee · 666K views

ATHLETIC GREENS are sponsoring today's show. To get 1 year's FREE VITAMIN D and 5 FREE TRAVEL PACK visit <https://bit.ly/3lbaRC0> #feelbetterlivemore — Connect with Dr Li: Website <https://drw...>



What if I told you in about 100 years we would have this incredible device? Imagine putting on a ring before you get up from bed in the morning. As soon as you put the ring on you merge with the quantum field. You are no longer a body.

You are beyond time and space. You have entered a field of intelligence that is beyond time and space. The Buddhist may call this the Buddha mind. Christians may call it the kingdom of heaven. Scientists may call it the quantum field.

Imagine this device has the intelligence to scan your body and sense if any negative energy or darkness appears in your auric field. Scientists discovered way back in the 1990s that darkness first appears in your auric field and then slowly through time it appears in your physical body.

During the early 2000's western medicine still used drugs that had tremendous side effects to try to heal most diseases. Mind you these drugs had tremendous side effects. By the way, most drug manufacturers were interested in making huge profits and your health was secondary.

This device knew what custom chemicals and hormones the human brain and heart knew how to produce. Imagine the universe drug store exists inside of you and this device was intelligent enough to know precisely what energy frequencies, chemicals, and hormones were needed to bring the mind, body, and soul into alignment.

This experience only lasted for around a minute yet it seemed timeless which it was. Upon getting out of bed you were in perfect harmony throughout the day. In the past, your subconscious mind controlled 95% of your actions.

It still does. Yet mankind learned how to reprogram the subconscious with the quantum field. All past negative experiences were transformed.

The survival mechanism of fight and flight was once again stabilized. Remember in the early 2000's mankind facet of adrenalin was turned on and mankind didn't know how to turn it off.

Consequently, the disease was rampant throughout the land. Most mental diseases and physical diseases were eradicated a long time ago. You see mankind discovered how to be in balance with the quantum field.

War was a thing of the past. Politics changed so much that we couldn't even recognize it today. Nobody could run for office without being in a state of love, kindness, and compassion.

Because people living in the quantum state someone who tried to run for office you could smell and sense the darkness. People could see integrity and see the harsh ego of those who only want to serve themselves. You see mankind in such a short time learned how to evolve emotionally to such a high level.

My timing may be off yet this will come true. Mystics have talked about this for thousands of years. Today modern-day scientists and mystics are merging their various technologies.

The ring has existed inside of you for thousands of years. Great teachers like Mohammed, Christ, and Buddha knew how to discover the jewel that exists inside every one of us.

Today we are inching toward a new evolution revolution of love. Just think 30 years ago a brain scan device cost around 20,000 dollars. Today Muse 2 costs around \$250.00. The cost over time will come down. Each device will get smaller and more sophisticated.

Dr. Joe Dispenza in his week-long retreats is photographing the auric field and the photos display in various colors the state of the energy centers or chakras. During the seven-day retreat, people learn how to transform themselves.

Many incredible diseases have been cured by his students. The students learn the power to heal lies inside of themselves. Each human being can access their natural drug store to heal almost any alignment.

What's amazing is after the retreat they once again photograph the energy centers and the darkness and unbalance have disappeared. This has happened thousands of times. Dr. Joe Dispenza has a huge database that scientist and universities are using around the world.

Another incredible institute is the HeartMath institute. They have been at the forefront of discovering heart coherence.

This is from their website.

Adding heart translates into increased care and genuine connection with others and harmonizes the resistance between our mind and heart.

Adding heart is especially about practicing kindness and compassion, along with forgiveness and latitude in our interactions. Adding heart increases the love flowing through our system, which can play a large part in solving the collective challenges of these transitional times.

HMI has developed reliable, scientifically validated tools since 1991 helping people reduce and avoid stress while experiencing increased peace, satisfaction, and enjoyment.

Research at the HeartMath Institute shows that adding heart to our daily activities and connections produces measurable benefits to our own and others' well-being.

We are at the dawn of recognizing Love as the new transformational intelligence.

Dr. Bruce Lipton (aka, the Father of Epigenetics) states that " Epigenetics doesn't change the genetic code, it changes how that's read. Perfectly normal genes can result in cancer or death.

Vice-versa, in the right environment, mutant genes won't be expressed. Genes are equivalent to blueprints; epigenetics is the contractor.

All these work in harmony with each other. They are at the cutting edge of technology. Mind you this ring doesn't exist today but there are many technologies if merged will be the ring in the future.

Fortunately for you, the human body is wired up for this experience. You have the hardware and software already existing inside of you. It's up to you to use it appropriately.

If you want the world to change you must change yourself. You can learn how to reprogram your mind and body. You can learn how to live in the quantum field. After all, this is where you came from and ultimately this is where you are going to return to when you die.

## Jason Fong



<sup>3</sup>Recently there have been many media outlets that promote the idea of a plant-based diet, often with the unspoken assumption that such a diet is healthier for humans than a diet based on animals.

To me, using the phrase ‘Plant-based diet’ indicates that the user does not truly understand human nutrition. Let me explain. Let’s leave aside all ethical and potential environmental differences in eating meat.

They are debatable, and a completely separate issue from what I am most concerned about, the effect on human health. A plant-based diet is not automatically a healthy diet. There are healthy plant-based diets and there are unhealthy plant-based diets. So, the adjective ‘plant based’ to describe a diet is completely meaningless. It would be just as informative to base a diet on foods that have less than 4 syllables.

For example, a completely vegan diet may be composed mainly of white bread, jam, sugar, candy, donuts, and potato chips. But it’s not healthy in any way, and I don’t think anybody will disagree with me about that. So the words ‘plant based’ has no relevance whatsoever with regards to whether a diet is healthy or not. It’s like saying that I hired a computer programmer because he’s is tall. Who cares?

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<sup>3</sup> <https://blog.thefastingmethod.com/thoughts-on-the-plant-based-diet/>

If I was putting together a basketball team, that would be relevant, but not for computer programming. So, if I tell somebody to eat a plant-based diet, does it mean that it is a healthy diet? No. Does it mean that it's unhealthy? No. It's simply irrelevant.

And that's how you know that the person who is uttering these nonsensical statements simply does not understand nutrition.

Sometimes, the term 'Whole Foods Plant Based diet is considered together. A whole foods diet, which is comprised of eating foods as close to their natural form as possible is quite healthy. Whether they are based on plants or animals is just irrelevant. So a 'Whole Foods diet is healthy, but the addition of 'plant based' does not add to its healthiness.

## What Americans Eat: Top 10 sources of calories in the U.S. diet



1. Grain-based desserts (cakes, cookies, donuts, crisps, cobblers, and granola bars)



2. Yeast breads

3. Chicken and chicken-mixed dishes



4. Soda, energy drinks, and sports drinks



5. Pizza



6. Alcoholic beverages



7. Pasta and pasta dishes

8. Mexican mixed dishes

9. Beef and beef-mixed dishes

10. Dairy desserts

*Source: Report of the 2010 Dietary Guidelines Advisory Committee*

Let's look at the [top 10 sources of calories](#) in the American diet. Most of the top 10 foods are recognizably poor choices. grain-based desserts, soda, and alcohol are simply not that slimming or healthy. Yet, they are certifiably 100% plant-based. Fully 6 of the top 7 choices of foods in America are plant-based. Dairy products fall somewhere in the grey zone. They are not plant-based, and neither are they meat-based. Most pizzas are made with flour, tomato sauce, and cheese.

Yes, there is often some meat but pizza is still mostly plants, so can be considered plant-based, although not vegetarian.

So here's the thing that is hard to understand.

The Standard American Diet over the last 40 years, has been a very bad one. It had lead to an epidemic of obesity, an epidemic of the closely associated type 2 diabetes, and even to [rising rates of colorectal cancer](#). Yet it is almost purely plant-based.

So, if this horrible diet is plant-based, then why would health authorities be exhorting us to follow a 'plant-based' diet? Does our boss yell "Why did you hire that short computer guy?" My mind boggles at the utter insanity of the situation.

The situation is now pushed on mainstream media by many of the big food companies because of the incredible success of the fake meat companies. In hot pursuit of making a plant-based diet easier to follow, we can now buy foods that are plant-based but taste very similar to real meat.

How did they perform this bit of chemical wizardry? Let's look at the ingredients. Pea protein isolate? expeller-pressed canola oil? Yeast Extract? Modified Food starch?



Are these ingredients your grandmother would have recognized? Are they whole foods? What in the h\*\*\* are they extracting from the yeast, and do I want to know? Peas are whole foods. Pea protein isolates are not. So let's be clear that this is NOT part of a 'Whole Food Plant Based diet. I have nothing against veganism or vegetarianism. It is certainly possible to be healthy on such diets. It's also possible to get sick from such diets, even when followed to a T. [Several high-profile vegans on YouTube](#) have recently been caught eating meat.

The furor from their community was vicious. But the reasons are always the same. She did it to save her own health.

The reasons are fairly simple to understand. We are animals. Eating plants provide some of the essential nutrients, but not all. Therefore it is necessary to eat a variety of plant types to get all the essential nutrients.

Some vitamins, like B12, are kind of tough to get in plants. Eating the flesh of animals provides almost everything our bodies require because we are animals. That is a simple scientific truth.

The ethics and environmental cost of eating animals is not one that I want to debate, since there are no simple answers and tons of rancorous debates.

From a health perspective, we measure proteins in terms of [biological value](#).

This is the percentage of proteins that we eat that are incorporated into our bodies. A whole egg, for example, has a stellar value of 100, whereas wheat gluten is down at 64.

By combining various plants, like beans and corn, you can get a value close to that. This is why rice and beans are also such a classic combination.

Almost all human cultures have recognized that meat is more nutritious than vegetables, although usually harder and more expensive to obtain. This is why traditionally, special occasions call for a roasted animal such as a Hawaiin luau or killing the fatted calf, rather than a kale salad.

We eat a Christmas ham or a Thanksgiving turkey rather than a Christmas bean salad.

So, it's time to retire the meaningless phrase 'plant-based diet'. It's neither meaningful nor useful. It merely marks the person uttering this horrific phrase as somebody who has not thought deeply about nutrition.

## David Sinclair



### About

#### Description

David Andrew Sinclair AO is an Australian biologist who is a professor of genetics and co-director of the Paul F. Glenn Center for Biology of Aging Research at Harvard Medical School. He is known for his research on aging with a focus on epigenetics. He is an officer of the Order of Australia. [Wikipedia](#)

**Born:** June 26, 1969 (age 52 years), [Sydney, Australia](#)

**Spouse(s):** [Sandra Luikenhuis](#) (Married 1999, Separated 2020, Divorced 2022)

**Children:** 3

**Parents:** [Diana Sinclair](#)

**Known for:** [Lifespan: Why We Age and Why We Dont Have To](#)

**Doctoral advisor:** Ian Dawes

Feedback



This is an email I sent to David.

We are all fine-tuning the guitar of life. I've been watching your work for quite some time. I'm not a scientist yet. You could say I have a very inquisitive mind.

I have a phrase that goes like this. The more attention you pay to something, the more attention it pays to you. I'm sure you understand this in your line of work. Answers come in very subtle ways. The universe does not shout. The universe whispers silently into the heart of man.

I hope you do not mind if I offer some small suggestions to you. I think this could take you to a higher level in your work. I don't want to sound egotistical. I'm trying to come from my heart.

Pay attention to your breath every moment. Most people just roll their eyes and mutter to themselves. What a stupid thing to do. Yet the same breath you take is the

same breath the universe takes. It is all the same.

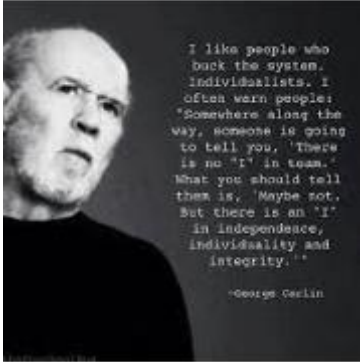
The Kabbalistic says to have your feet on the ground and the head in heaven.

The modern-day scientist would say to have your feet in the physical and your head in the quantum field. We are hardwired directly for this experience. It is built into our DNA.

We must understand to fuse the natural laws with the laws of the quantum field. True health is with both. We can see that the death state, the awake state, and the sleep state are the same.

I can go on and on and on yet if this resonates with you at all. I'm more than happy to talk to you forward to hearing about all the great work that you have ahead of you.

## Buck the system



My brother and I from a young age weren't conformists in society. You could say we bucked the system. Somehow we learn the world around us was a dream in the sense that it kept us from knowing our true nature.

It's hard to put into words that understanding. Many people think it's true our work is raw. I'm not going to disagree with that.

Most authors spend a whole year or more working on a book and then handing it to the editor for a series of editing.

I'm quite the opposite. Each day I write and express myself. I put it on Facebook. When I write a book each chapter can be seen as I write it.

I'm trying to get you involved from the get-go. Yes, there will be blemishes in the work. It's not going to be perfect. It's not how you do things.

But it will give you the inside daily of what I'm trying to convey. Slowly I'm going to edit all the 60 books that I wrote along with the 111 poem CDs and edit them once again.

In my eyes, my writing skills have improved over the years. When I was in my teens my writing was horrible. It's still not great but I'm improving day by day.

Remember the more you focus on something the better you get. Writing is my calling or you could say it is my hobby. I love to do it.

Probably around 95% of the books that I post on Facebook I never get a like. I'm not sure if I ever got any feedback. Well, that's okay. Somehow there is a method to this madness. When I received knowledge in India over 50 years ago my life changed forever.

Today I see the butterfly effects of what happened then affects my life today.

All I can say is ask any artist if you are the creative instrument of your work or if is there a creative force that drives your creation.

The more attention you pay to something, the more attention it pays to you. Hopefully these words can help you capture your own creativity.

Hopefully no matter what circumstances you are in, you are never alone.

You are the universe and you just don't know it.

[Here's a slide show of my work.](#)

Note I use Grammarly for my spell-checking and grammar. This is the latest report I got from them on my usage. Note the number of words checked is quite high. It's because I am in the process of editing all my books.

words checked

**PRODUCTIVITY**

4,893,020

You were more productive than  
**99%** of Grammarly users

Your Weekly Writing Update

#### MASTERY

You were more accurate than  
**98%** of Grammarly users.

#### VOCABULARY

You used more unique words than  
**99%** of Grammarly users

#### WORDS CHECKED WITH GRAMMARLY OVER TIME

**140,031,532**

total words checked by Grammarly  
since May 20, 2017 (4,893,020 last week)

## Jains are known to think outside of the box



I believe in synchronicity. It is quite a part of my life. It wasn't always that way.

When I was young I never was introduced to this concept. Years later I embrace it wholeheartedly. A few days ago I finished editing my book for the second time called Jai Jinendra.

To make a long story short, my dear friend Amar sent me a message saying in a few minutes there is an 18-day Jain celebration going on and there will be a subject of talks each day.

Being an inquest person and also I studied the Jains writing my book that piqued my interest.

This celebration occurs in August or September depending upon the Indian calendar. Each year during the celebration, the Jains make a yearly commitment to understanding the great mysteries of life and oneself.

These talks are meant for one to gather greater wisdom and incorporate them into your life

Many modern-day scientific principles were known by the Jains thousands of years ago. I considered them one of the first psychologists along with the Buddhists.

Currently, there is a marriage between religion and the scientific community. Both of them are talking about the same thing.

Great scientific discoveries have occurred in the last 20 years between the mind and body connection.

These ideas have been around for thousands of years, but until recently the Western world has ignored them. Maybe not ignore them but was not aware of them.

These are exciting times ahead of us. There is so much chaos yet at the same time people are waking up from their slumber.

Come and join me on this exploration. There is always something new to learn and gather wisdom on this journey of life.

The Jains are known to think outside of the box.



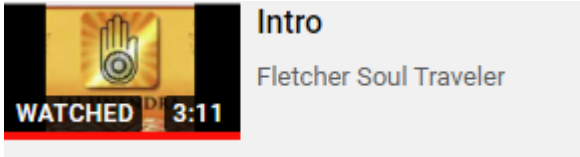
## Paryushan 2022 Day 1

Fletcher Soul Traveler • 15 views

Fletcher Soul Traveler

<https://evolutionrevolutionoflove.com/PDF/Books/Paryushan%202021>

## Jain Intro



"Jai Jinendra"! is a common greeting used by the "Jains". The phrase means "Honor to the Supreme Jinas (Tirthankaras)".

The reverential greeting is a combination of two Sanskrit words: "Jai" and "Jinendra".

The word, "Jai" is used to praise somebody. In "Jai Jinendra", it is used to praise the qualities of the "Jinas" (conquerors).

The word "Jinendra" is a compound word derived from the word "Jina", referring to a human being who has conquered all inner passions and possesses \*Kevala Gyan\* (pure infinite knowledge), and the word "Indra," which means chief or lord.

By saying "Jai" we are praising the glory of these great Souls (Tirthankaras) and by doing this we are trying to internalize and imbibe their greatness in ourselves. By "Jinendra" we are saluting and appreciating the virtues of those "Jins" who also have achieved full control over their Indriyas (Senses).<sup>4</sup>

I have been researching the Jains for almost a year now. I'm quite fascinated by their spiritual and practical practice of life.

During these days of the corona-19 virus, it is ever so important to be diligent in having a healthy lifestyle. Your life may be dependent upon it. Yet just recently during the thanksgiving holiday over

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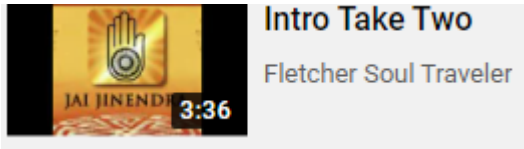
<sup>4</sup> [Jain Suvichar: Meaning of "Jai Jinendra"... \(jainsuvicharmessages.blogspot.com\)](http://jainsuvicharmessages.blogspot.com)

25 million Americans traveled by plane. The deaths and people getting it is overwhelming. Is common sense uncommon?

I have spent my entire life on the mind, body, and soul connection. I firmly believe to have your feet on the ground and your head in heaven. True wisdom only comes when one is connected to the source within. This is where the fountain of wisdom exists. As the Zen Buddhists say chop wood carry water.

As I study with the Jains I see a down-to-earth practical path to fine-tune the guitar of life. Nobody will drive your car for you. You have to drive the car yourself.

This should be taught in school and everyday life. Yet common sense is uncommon. These tools have been around for thousands of years. Humanity has forgotten them. You are the universe. You just don't know it.



Jai Jinendra.

I just work up. It's 3:33 in the morning. What a glorious day it is! This is Intro Take Two.

Imagine you have a Lotus car inside yet you don't know it. It lies inside your garage. The garage door is down. Your car is covered with dust and cobwebs. You have no idea such a precious car lies inside of you.

Suppose there were humans long ago who discovered their inner car. They discovered how to open the inner garage. They discovered how to clean the dust off the car along with the cobwebs.

Yet they still were missing one thing. You might ask what that is. This car was meant to be driven. It took years yet they discovered almost by accident how to back the car out of the driveway.

Then it took some time to learn how to drive the car without getting into an accident. Finally, they learned how to drive on the universal highway of life.

Imagine thousands of years ago a human being named Rishabha was the first Jain to discover that we are the universe. We just don't know it. Imagine that the Jains had 24 liberated who taught practical tools so you could do the same thing. Note your inner car is meant to be driven.

The last great teacher was Mahavira.

Born: 599 BC · Vaishali, India

Died: 527 BC · Pawapuri, India

These great teachers are known as Thirthankar. One who is a master mechanic in life. Note they can't drive the car for you. You have to drive the car yourself. Nobody can drive the car for you. Yet these great masters provide a roadmap so you can discover your true nature.

Jai Jinendra is a saying to honor those great teachers. They exist inside of you. The Jains use this saying when they first start a conversation and end the conversation. Your mind is a tuning fork. Whatever you focus on you become.

In the West, we say what's up or what's happening. It might be as simple as Good morning. Yet we are just skimming the surface in life. There is an infinite ocean of love inside of you.

Welcome to the path of self-discovery. You are magnificent and glorious. You just have to discover your true nature. These are universal tools.

Come with me on this journey. You are hardwired and have the software to discover your true nature. Your health and well-being are depended upon it.

Jai Jinendra

Jainism

The following came from my book Non Violence.

PDF

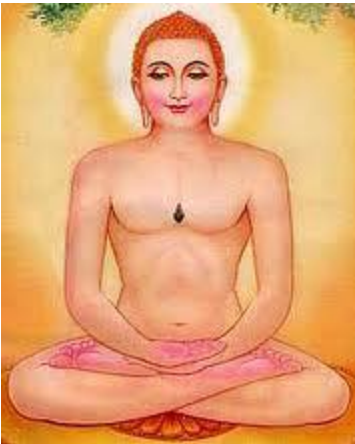


YouTube



[Click here What is Jainism? Jain Beliefs and Teachings \(Religion vs Spirituality\)](#)

## Mahavira



Mahavira, also known as Vardhamana was the 24th Tirthankara of Jainism. He was the spiritual successor of the 23rd Tirthankara Parshvanatha. Jain tradition holds that Mahavira was born in the early part of the 6th century BCE into a royal Kshatriya Jain family in present-day Bihar, India. Wikipedia

Born: Vaishali, Ambaratej Singh, India

Died: Pavapuri, India

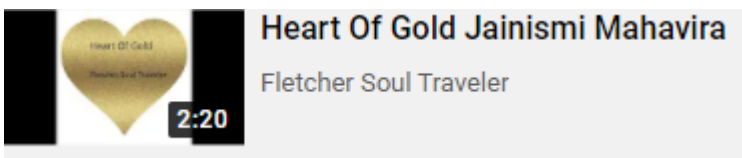
Full name: Vardhamana

Height: 6' 0"

Other name: Vīr, Ativīr, Vardhamāna, Sanmati, Nāyāputta

Parents: Trishla, Siddharth

5



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<sup>5</sup> <https://www.goodreads.com/author/quotes/7061021.Mahavira>

## Quotes

- “Do not injure, abuse, oppress, enslave, insult, torment, torture, or kill any creature or living being.”
- “Can you hold a red-hot iron rod in your hand merely because someone wants you to do so? Then, will it be right on your part to ask others to do the same thing just to satisfy your desires? If you cannot tolerate the infliction of pain on your body or mind by others' words and actions, what right have you to do the same to others through your words and deeds?

Do unto others as you would like to be done by. Injury or violence done by you to any life in any form, animal or human, is as harmful as it would be if caused to your own self.”

- “Kill not, cause no pain. **Nonviolence is the greatest religion.**”
- “In happiness and suffering, in joy and grief, we should regard all creatures as we regard our own self.”
- “All breathing, existing, living, sentient creatures should not be slain, nor treated with violence, nor abused, nor tormented, nor driven away.”
- “A man is seated on top of a tree amid a burning forest. He sees all living beings perish. But he doesn't realize that the same fate is soon to overtake him also. That man is a fool.”

[Joe Dispenza](#)



Dr Joe Dispenza

Unidad de Desarrollo Productivo • 2M views

This YouTube video has been seen by over 2 million people. That's quite a significant number.

Yet when I posted it on Facebook, not one person did a like or a comment.

That's the way the cookie crumbles.

I like the wisdom of Dr. Joe. He combines the wisdom of the wise men of the past and quantum science today.

You are your own drugstore. Only you have the chemistry set that you build daily in your life

95% of your actions come from your subconscious mind.

We are walking on a treadmill and going nowhere.

We live our lives like leaves scattered in the wind.

We think that having external things that will make us happy.

Nothing could be farther from the truth.

Mind you there will be temporary happiness. Unfortunately, curve balls will always be thrown your way.

Nothing is stable in the universe. I mean nothing. Everything will change and morph into something else.

Dr. Joe's talk reveals to you practical steps you can take to take control of your mind and emotions.

10-23-2022

Kryon



My wife Barbara told me about this wonderful email today. It may seem out of the box which it is.

You see only 1% of the light spectrum and yet you think you see it all.

### Something Wonderful is Coming

Hello Richard,

I invite you to say inwardly, or out loud, *"Dear Spirit, I give permission for this transformation today. Dear Spirit, I give permission for this transformation today."*

And there you stand. Is this real or not, real or not?

How many of you can feel this, to know something is coming? And if you spoke these words or thought these words with me, you just gave permission for it. **Intent is incredible, incredible power. Intent, given in love, is even bigger.**

Sit in the chair. The chair sits there all by itself alone, and immediately there'll be a line of entities. Each one holds a gift. You don't know how many there are because you can't see past three or four of them.

I want you to notice they're neither female or male, they're just there. They may be in robes, they may look like guides or angels. They may be so majestic that you can't even make out what

they're wearing. Some of them may even fade in and out, but **they all have one thing in common: they know you and they have been waiting for this moment for the harvest of the seeds.**

Just like every other time this month, they or others like them will give you gifts or a gift. Today, for you, each one of them in their little package that they're going to give you, will give it to you and it will absorb into you immediately, and then they will walk away. **But if you could see their faces, they're shining in love and appreciation as they give you these gifts.**

**Every single one is about health. Every one. That's how we're starting this.** Every single one. There'll be one to strengthen your immune system. In fact, that's the first one. Are you ready? Here it comes.

The gift is being given to you. And as you touch it, if you wish to take your hands and feel it, as you touch it, it goes inside you immediately. And the entity before you moves on. And here comes the next one. **Given in love, each one of them has been waiting for this age, for this time. You know them all when you're here,** but not when you're in the chair at home; that's why you can't really truly recognize them.

The next one comes. **It's the gift for you of stability in your system, stability in your emotions, stability in the way you see things so you don't have to wonder anymore.** It's a health attribute, Dear Ones.

Here comes another one. For what is that, which is bothering you at the moment as you sit here and you listen that you wish were more in your body, here is one of the answers to strengthen that. Not just your immune system, but to chase away all the other things that don't belong there. **This is what you deserve. Dear Ones, that's why you came. That's what this first harvest is. You have to be healthy for what you are about to do.**

Here comes another one and another one. We'll give you one last one before we close. This one is joy. **What's joy got to do with my immune system and my health? Oh, haven't you heard us talk?** This is one of the keys. The more you laugh, the more your chemistry changes, the healthier you become, the longer you live.

Take the package and feel it surge through you, Dear Ones. Sit in that chair of transformation as they continue to come one at a time, giving you the gifts that you ask for.

**~Kryon of Magnetic Service**



## KRYON - Can You Change Your Biology?

16K views • 8 days ago



Kryon Lee Carroll

KRYON - Can You Change Your Biology? Kryon gives a channel about Two Rooms and Three Scenarios of the relationship ...

## The Gift



I find it truly amazing how synchronicity is in my life. Yesterday my wife told me about the Kryon email. I thought it was absolutely amazing.

I had another phone call with my brother John and Kenny from Australia. John told me in his sleep He got the message to send the AMP coil to me for a few months.

Afterward, I would send it to him. I've been looking for a scientific device that could be used at home. Once again, the more attention you pay to something, the more attention it pays to you.

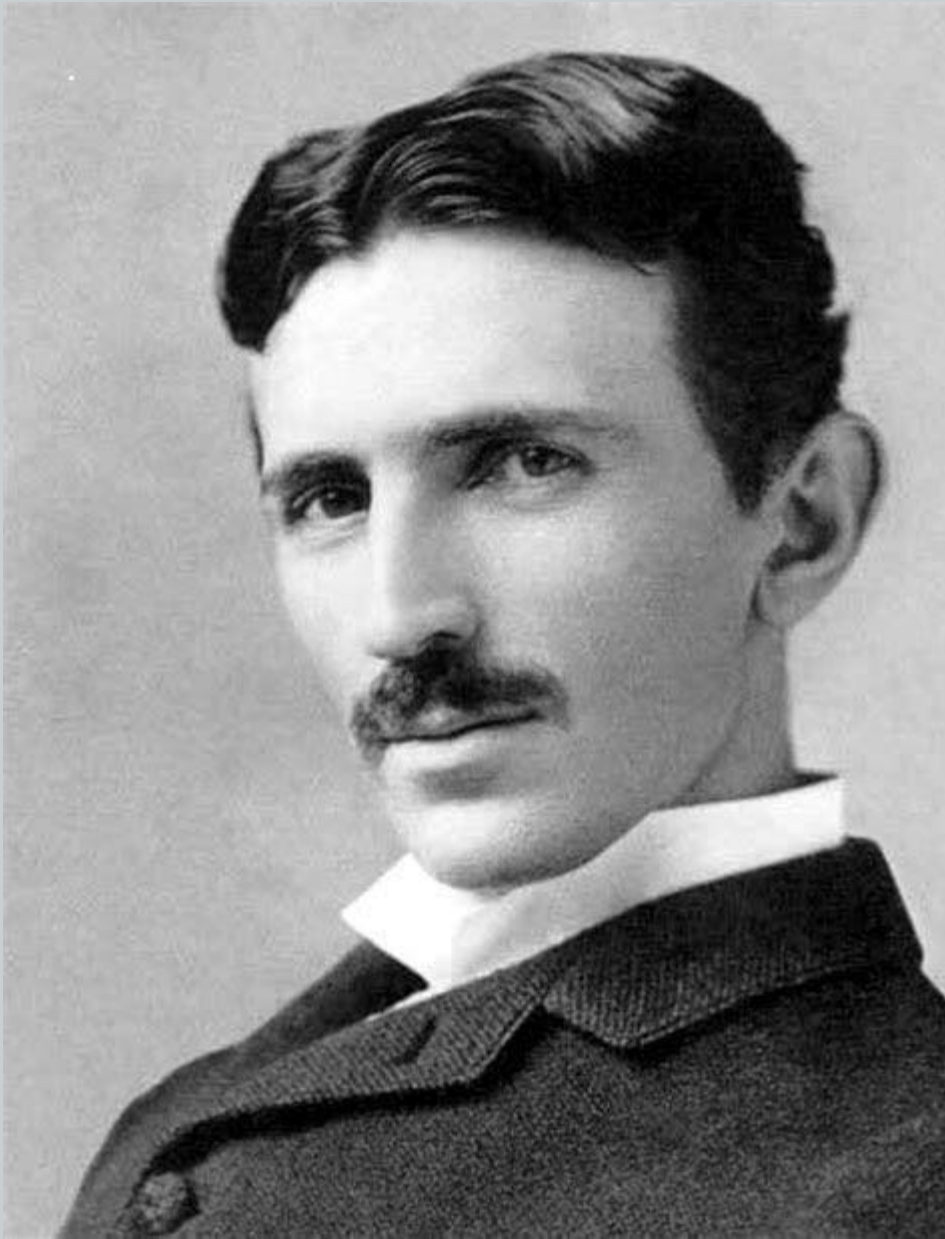
This is another incredible thing that comes our way when we are open.

Here's some info on this device.

IF YOU WANT TO FIND THE SECRETS OF THE UNIVERSE, THINK IN TERMS OF ENERGY, FREQUENCY AND VIBRATION.

- Nikola Tesla

*The AmpCoil System is based on Energy, Frequency and Vibration!*



# The AmpCoil Difference

AmpCoil is a wellness tool that works with the energetic body utilizing innovations from Nikola Tesla, mainstream physics, and quantum mechanics.

What makes AmpCoil unique from other devices on the market is the combination of multiple scientifically proven technologies that help to balance the body's systems at a sub-cellular level.

- **Sound Frequency Delivery**
- **Pulsed Electromagnetic Field Therapy (PEMF)**
- **BioAcoustic AmpCoil Magnetic Field**
- **Bioresonance**
- **BetterGuide Software**

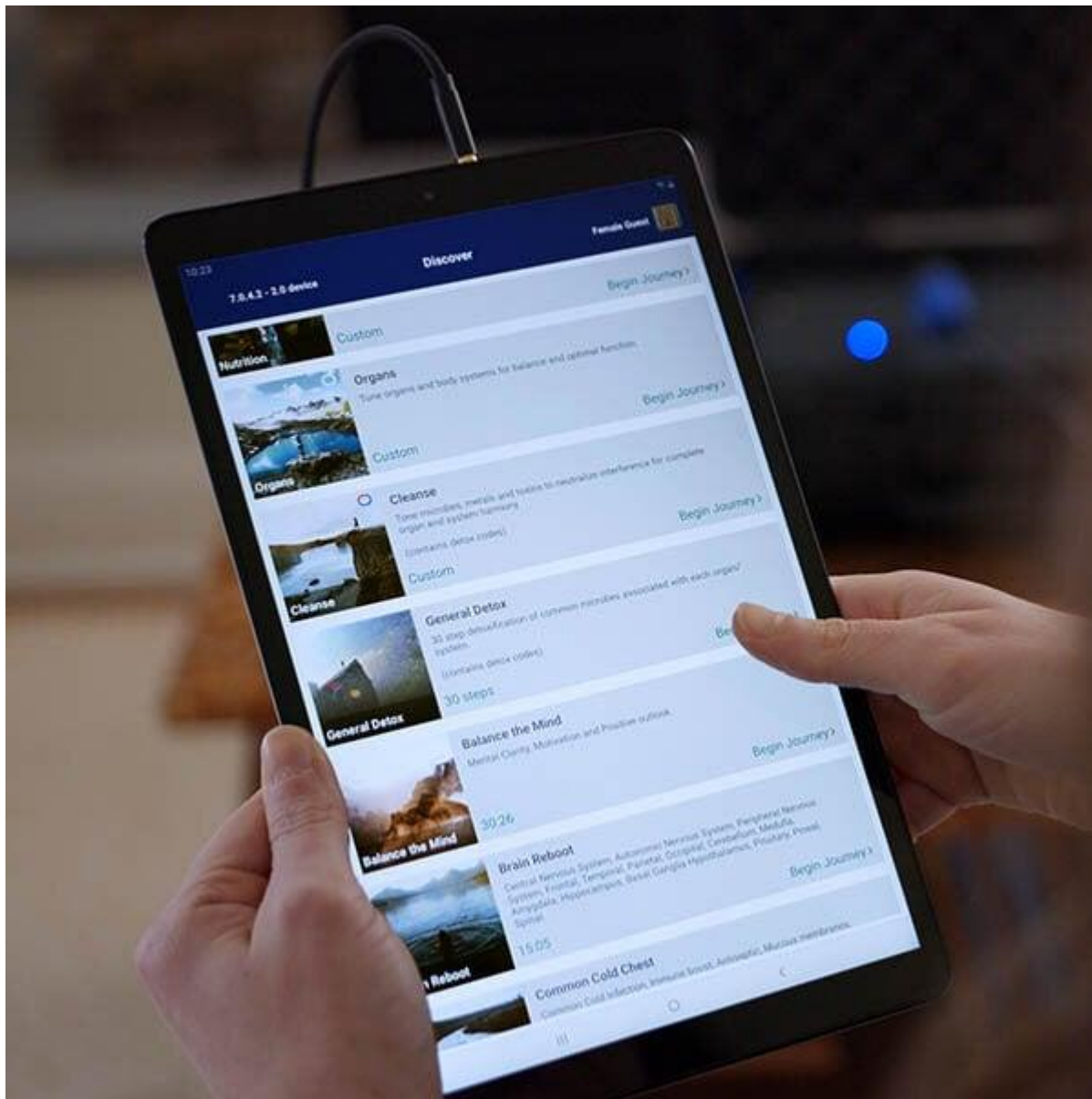
## DOCTORS FROM INTEGRATIVE WELLNESS GROUP PRESENT THEIR INSIGHTS ON AMPCOIL.

Video player - Doctors from Integrative Wellness Group present their insights on AmpCoil. - Click to play video

**BUY AMPCOIL NOW**

## AmpCoil Sound Frequency Delivery

The unique and sophisticated sound frequency delivery system of the AmpCoil is easy to use and key to its amazing power and capabilities. There is simply no other system like it!



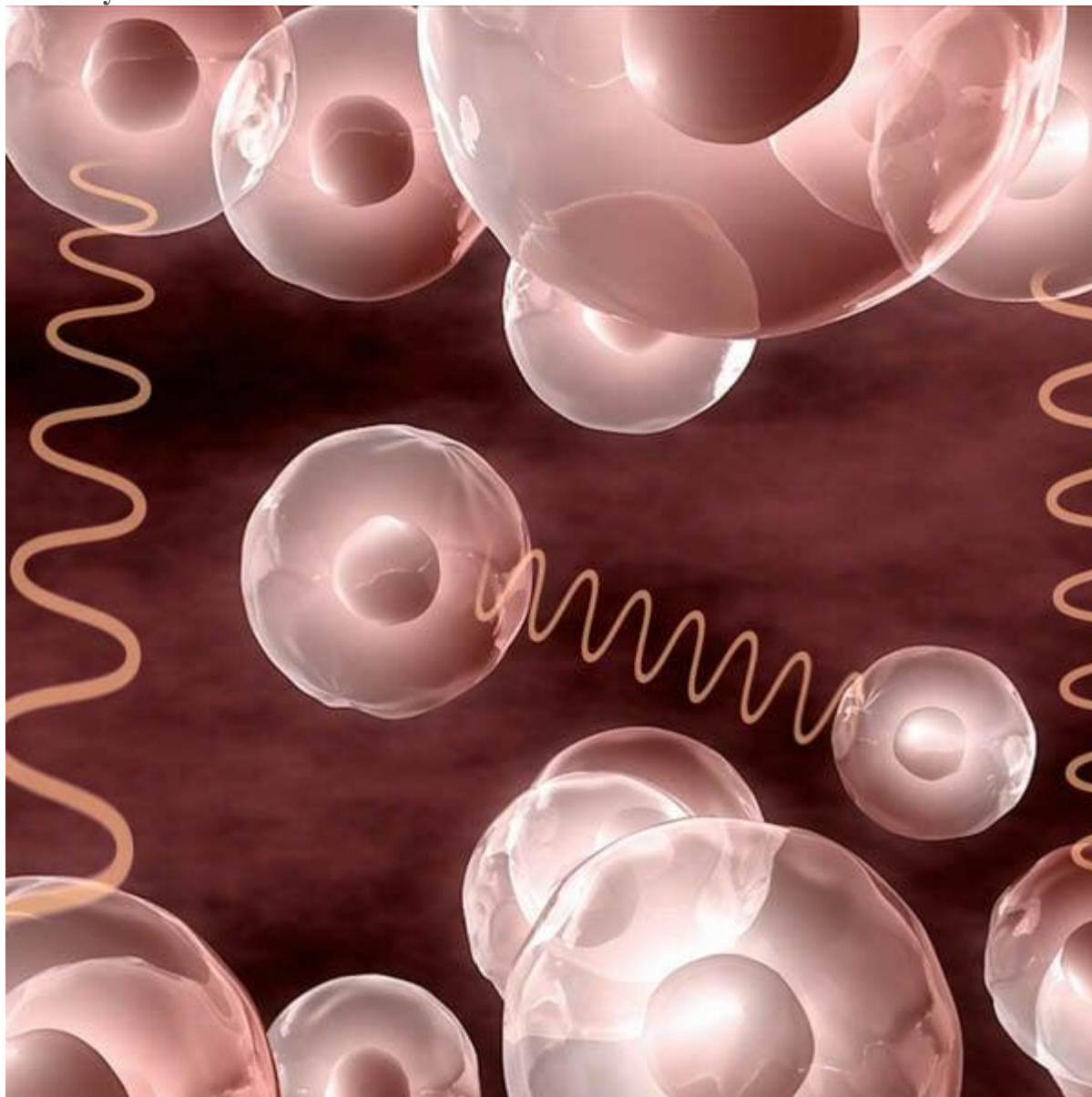
- 1 The user selects a journey in the BetterGuide software which generates specific sound frequencies.



- 2 The sound frequencies are amplified via the custom designed amplifier.



3 The coil delivers the amplified sound frequencies via pulsed electromagnetic field (PEMF) throughout the body.



4 The PEMF and sound frequencies assist in tuning cells back to their natural resonance to create

harmony and homeostasis.

[CHAT WITH US](#)

## Pulsed ElectroMagnetic Field (PEMF)

Devices that utilize PEMF technology emit electromagnetic fields at different frequencies in order to stimulate the body's natural recovery process and encourage homeostasis.

**Benefits of PEMF include:**

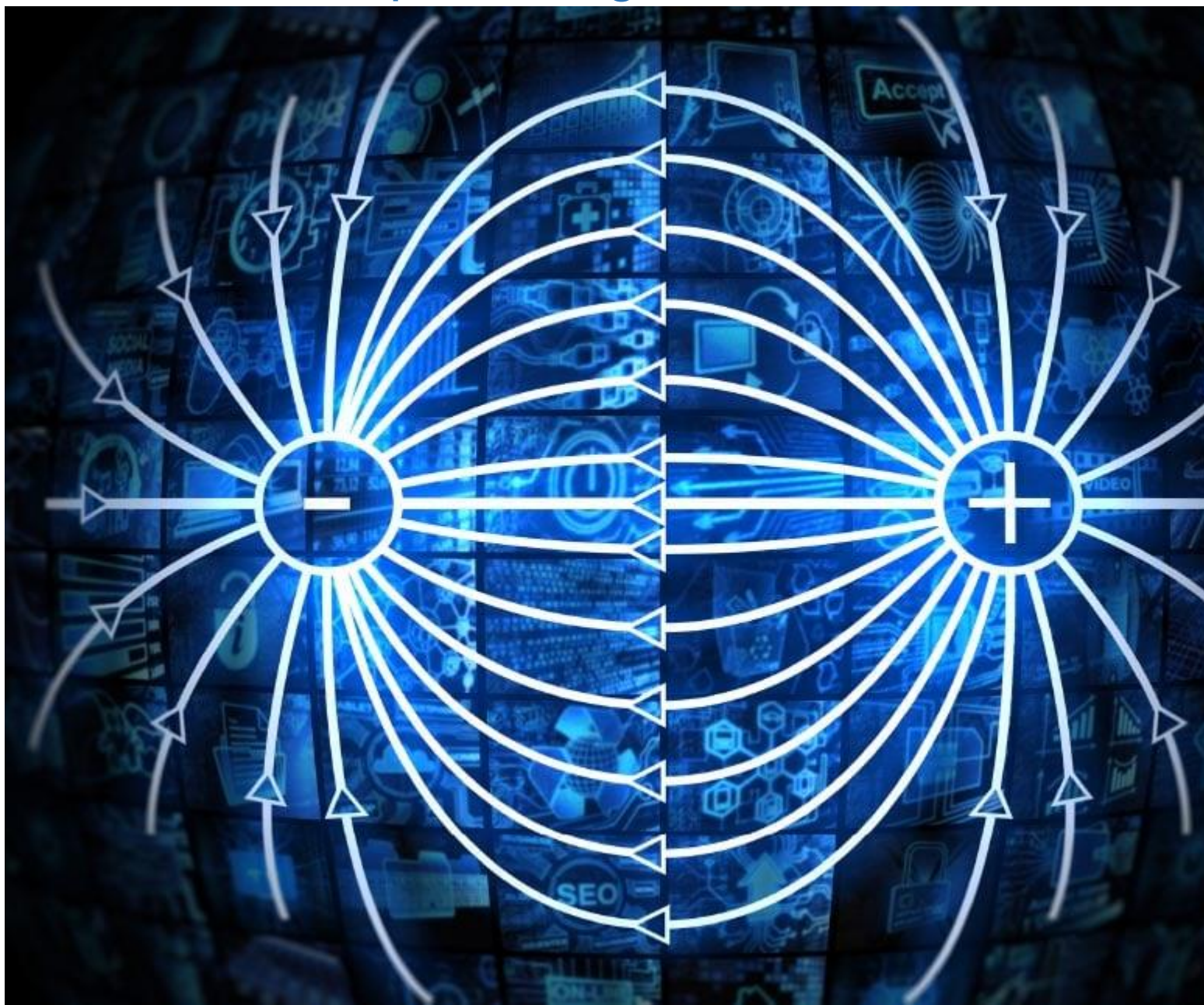
- Improved Cellular Respiration
- Balanced PH
- Increased Energy
- Refined Immune Response
- Alleviation of Depression
- Better Microcirculation

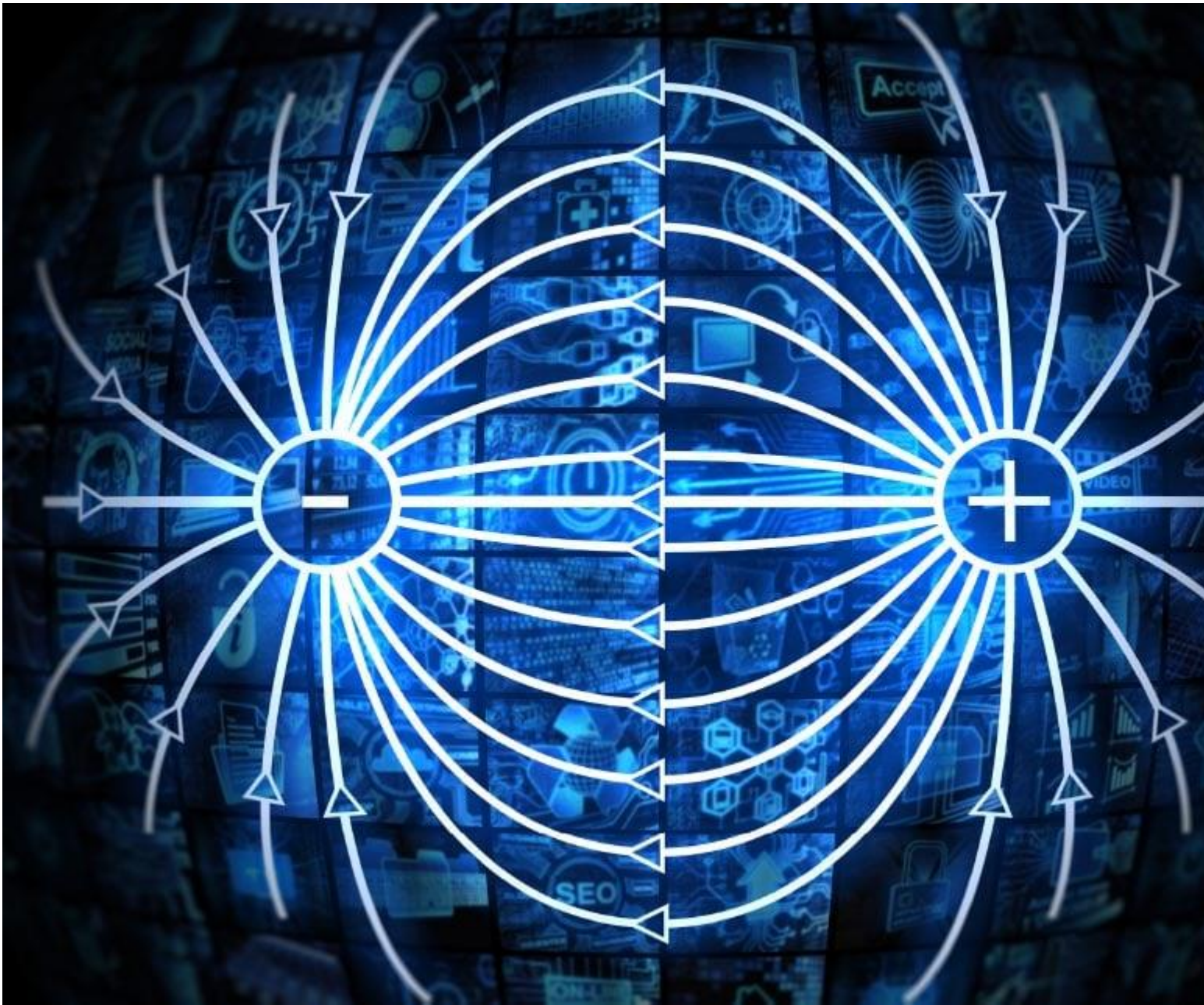


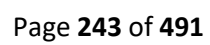
The huge difference between AmpCoil and other PEMF systems on the market is that AmpCoil uses the magnetic field from the coil as a delivery system for the sound frequencies created by the BetterGuide software.

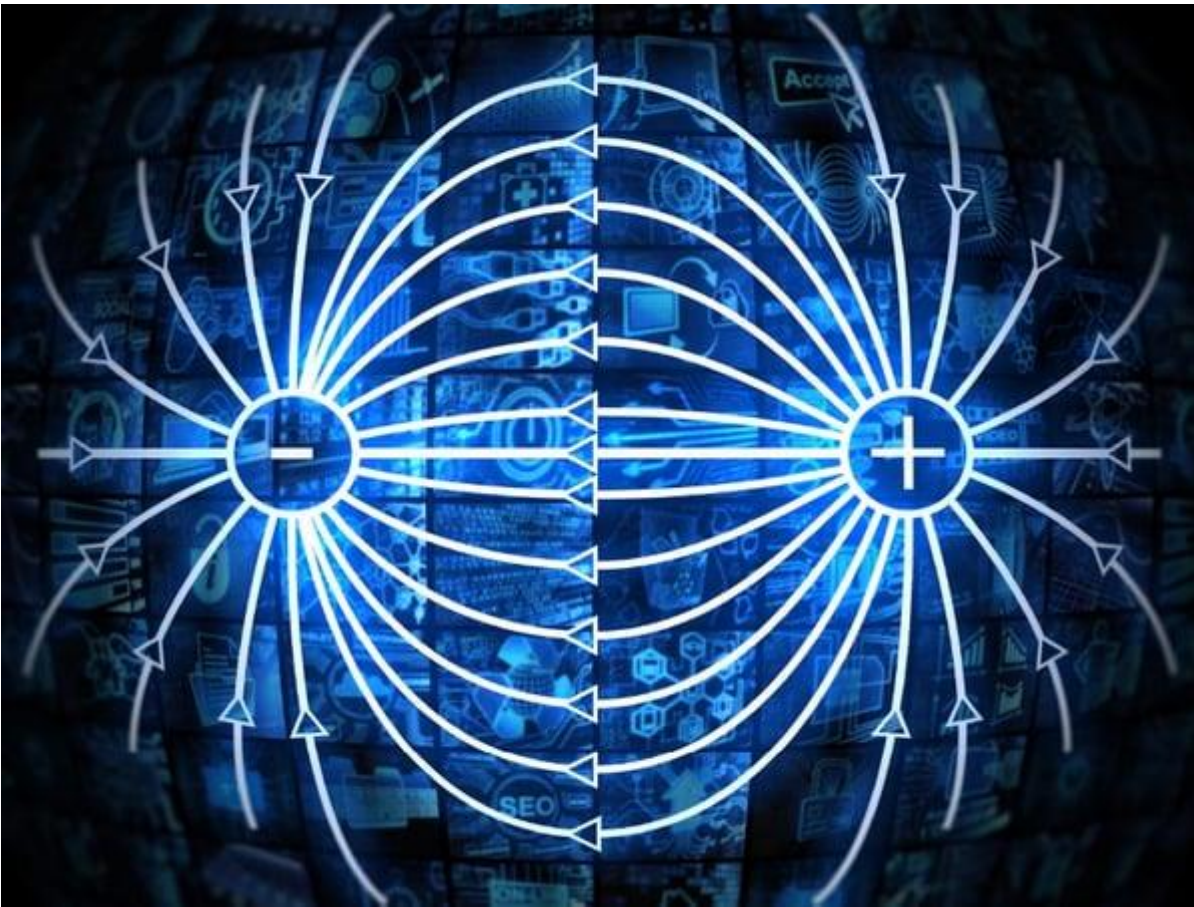
This is an engineering breakthrough that transforms our modified Tesla coil into a virtual instructor for every cell in the body to help tune back to their natural resonance.

# BioAcoustic AmpCoil Magnetic Field









AmpCoil uses sound to create and deliver a BioAcoustic AmpCoil Magnetic Field. It's PEMF without the "forcing" of a strong mechanical wave repeating at the same frequency. To be more specific, the AmpCoil produces Sine Waves which are very smooth rolling magnetic waves delivered with no abrupt changes in amplitude. The body receives that information and turns it back into sound incredibly enough through optimizing the process of entrainment.

The nature of sound delivery through a magnetic field is such that as the frequency range goes up we don't need the same strength of magnetic density to work with the body, and the magnetic power diminishes. However when in a lower frequency range the AmpCoil amplifier's intuitive design boosts the magnetic field power to achieve an optimum consistency of output among a wide frequency range for optimal user experience.

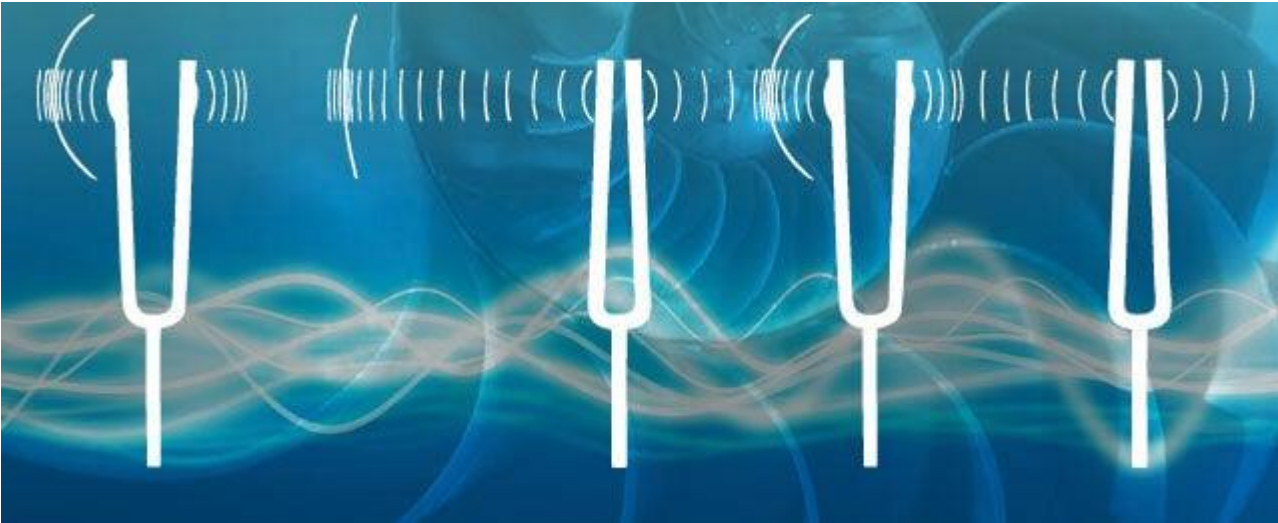
# Learn more about AmpCoil and how to Tune Into The Best You!

Video player - Learn more about AmpCoil and how to Tune Into The Best You! - Click to play video

[BUY AMPCOIL NOW](#)




## Bioresonance

Human cells and organs emit electromagnetic sound frequencies as a result of their metabolic process. Cells can lose their healthy resonance in the presence of stress, toxicity, and trauma. AmpCoil's bioresonant sound therapy helps tune the cells' resonance back to its natural state and restore harmony in the energetic body, allowing for healthy homeostasis.



## BetterGuide = Better Results

The irreplaceable value of the AmpCoil System resides in the BetterGuide software. Our research and development team has decades of experience in frequency delivery.

 <p><b>General Detox</b></p>	<p><b>General Detox</b></p> <p>Contains frequencies associated with detoxification of comm associated with each organ/system. 30 Steps.</p> <p>(contains detox codes)</p> <p><b>30 steps</b></p>
 <p><b>Balance the Mind</b></p>	<p><b>Balance the Mind</b></p> <p>Contains frequencies associated with mental clarity, motivation outlook.</p> <p><b>30:26</b></p>
 <p><b>Brain Reboot</b></p>	<p><b>Brain Reboot</b></p> <p>Contains frequencies associated with central nervous system nervous system, peripheral nervous system, frontal, temporal, occipital, cerebellum, medulla, amygdala, hippocampus, basal hypothalamus, pituitary, pineal, spinal.</p> <p><b>15:05</b></p>

AmpCoil's proprietary software takes the guesswork out of what frequencies to play, for how long, and at what amplitude. BetterGuide includes a comprehensive library with hundreds of different programs and limitless combinations of customized sound journeys.

BetterGuide journeys include frequency sets and vibrational patterns commonly associated with the widely held and researched theory of cellular resonance.

[BUY AMPCOIL NOW](#)

## BetterGuide VoicePrint



Whatever is happening in and around you has a powerful effect on you. Fear, news, active infections, stress, and the environment all cause reactions in the physical, emotional, and energetic body.

Imagine you were in a heated argument with your partner and then quickly called a friend on the phone. The emotional charge, or out of balance frequencies in your voice, would easily be registered by your friend from the energy in your voice.

In a similar fashion, the Voice-Print can also distinguish how the body is reacting to environmental stressors. The Voice Print function of the BetterGuide app samples the sound input from your voice and specifies the areas most out of tune and a need to be harmonized so that the AmpCoil can customize your journey with extreme focus.



## AmpCoil Academy - Your Private Instructor

To empower and support each and every user we have developed **AmpCoil Academy**.

The Academy is a 9 part video series that covers all aspects of the technical components, software, customization, and device care in a series of easy to follow video tutorials.

Video player - AmpCoil Academy - Your Private Instructor - [Click to play video](#)

## A JOURNEY INTO THE ANIMAL MIND

What science can tell us about how other creatures experience the world

By Ross Andersen

[MARCH 2019 ISSUE](#)

SHARE

<sup>6</sup>AMID THE HUMAN CRUSH of Old Delhi, on the edge of a medieval bazaar, a red structure with cages on its roof rises three stories above the labyrinth of neon-lit stalls and narrow alleyways, its top floor emblazoned with two words: BIRDS HOSPITAL.

*To hear more feature stories, [see our full list](#) or get the Audm iPhone app.*

On a hot day last spring, I removed my shoes at the hospital's entrance and walked up to the second-floor lobby, where a clerk in his late 20s was processing patients. An older woman placed a shoebox before him and lifted off its lid, revealing a bloody white parakeet, the victim of a cat attack. The man in front of me in line held, in a small cage, a dove that had collided with a glass tower in the financial district. A girl no older than 7 came in behind me clutching, in her bare hands, a white hen with a slumped neck.

The hospital's main ward is a narrow, 40-foot-long room with cages stacked four high along the walls and fans on the ceiling, their blades covered with grates, lest they ensnare a flapping wing. I strolled the room's length, conducting a rough census. Many of the cages looked empty at first, but leaning closer, I'd find a bird, usually a pigeon, sitting back in the gloom.

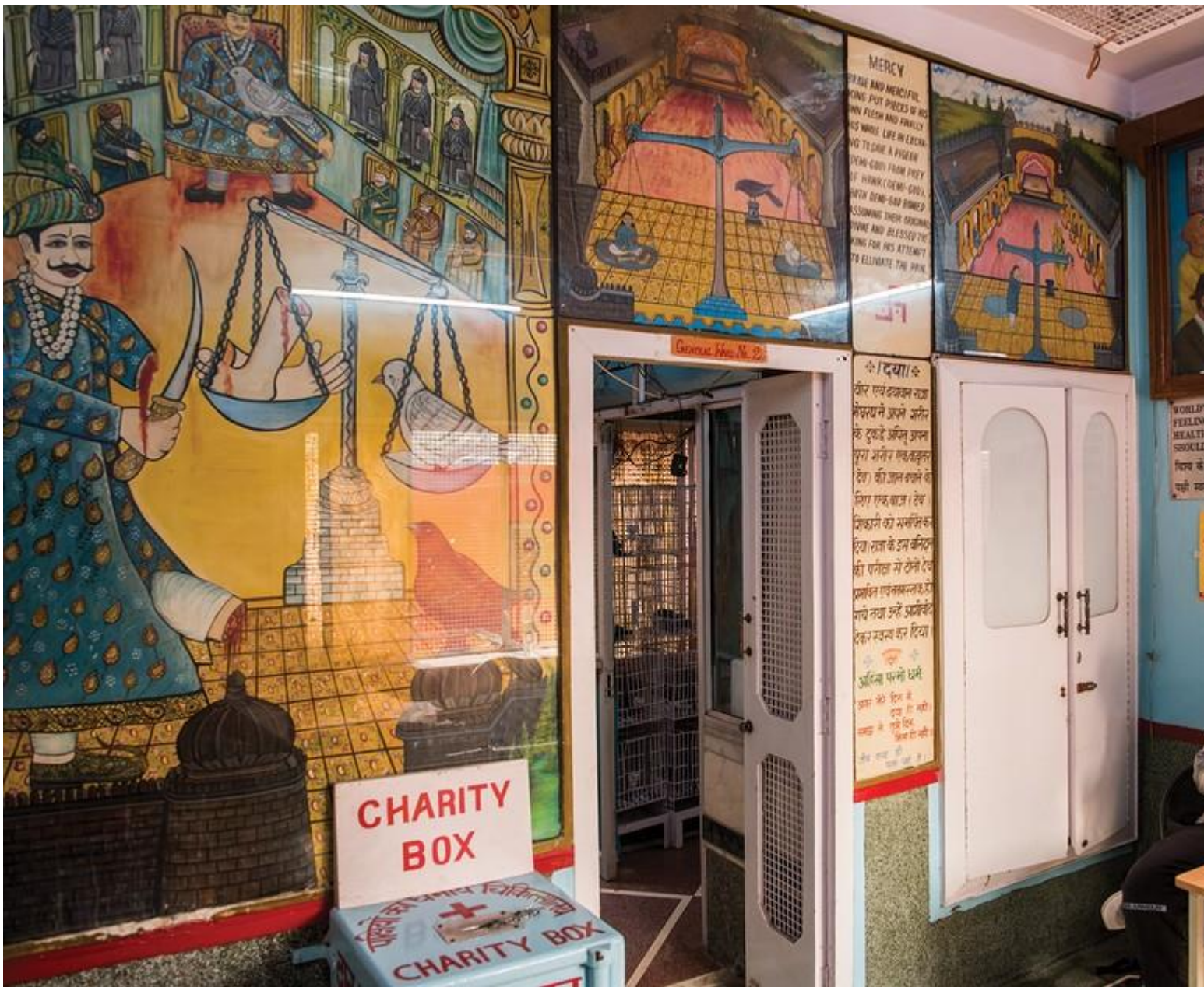
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<sup>6</sup><https://www.theatlantic.com/magazine/archive/2019/03/what-the-crow-knows/580726/>



The youngest of the hospital's vets, Dheeraj Kumar Singh, was making his rounds in jeans and a surgical mask. The oldest vet here has worked the night shift for more than a quarter century, spending tens of thousands of hours removing tumors from birds, easing their pain with medication, administering antibiotics. Singh is a rookie by comparison, but you wouldn't know it from the way he inspects a pigeon, flipping it over in his hands, quickly but gently, the way you might handle your cellphone. As we talked, he motioned to an assistant, who handed him a nylon bandage that he stretched twice around the pigeon's wing, setting it with an unsentimental *pop*.

The bird hospital is one of several built by devotees of Jainism, an ancient religion whose highest commandment forbids violence not only against humans, but also against animals. A series of paintings in the hospital's lobby illustrates the extremes to which some Jains take this prohibition. In them, a medieval king in blue robes gazes through a palace window at an approaching pigeon, its wing bloodied by the talons of a brown hawk still in pursuit. The king pulls the smaller bird into the palace, infuriating the hawk, which demands replacement for its lost meal, so he slices off his own arm and foot to feed it.



Jainism's highest commandment forbids violence not only against humans, but also against animals; at a bird hospital in Old Delhi, vets treat broken wings, administer medicine, remove tumors, and more. (Hashim Badani)

I'd come to the bird hospital, and to India, to see firsthand the Jains' moral system at work in the world. Jains make up less than 1 percent of India's population. Despite millennia spent criticizing the Hindu majority, the Jains have sometimes gained the ear of power. During the 13th century, they converted a Hindu king, and persuaded him to enact the subcontinent's first animal-welfare laws. There is evidence that the Jains influenced the Buddha himself. And when Gandhi developed his most radical ideas about nonviolence, a Jain friend played philosophical muse.

In the state of Gujarat, where Gandhi grew up, I saw Jain monks walking barefoot in the cool morning hours to avoid car travel, an activity they regard as irredeemably violent, given the damage it inflicts on living organisms, from insects to larger animals. The monks refuse to eat root vegetables, lest their removal from the earth disturb delicate subterranean ecosystems. Their white robes are cotton, not silk, which would require the destruction of silkworms. During monsoon season, they forgo travel, to avoid splashing through puddles filled with microbes, whose existence Jains posited well before they appeared under Western microscopes.

For many scientists, the resonant mystery is no longer which animals are conscious, but which are not. Jains move through the world in this gentle way because they believe animals are conscious beings that experience, in varying degrees, emotions analogous to human desire, fear, pain, sorrow, and joy. This idea that animals are conscious was long unpopular in the West, but it has lately found favor among scientists who study animal cognition. And not just the obvious cases—primates, dogs, elephants, whales, and others. Scientists are now finding evidence of an inner life in alien-seeming creatures that evolved on ever-more-distant limbs of life's tree. In recent years, it has become common to flip through a magazine like this one and read about an octopus using its tentacles to twist off a jar's lid or squirt aquarium water into a postdoc's face. For many scientists, the resonant mystery is no longer which animals are conscious, but which are not.

NO ASPECT OF OUR WORLD is as mysterious as consciousness, the state of awareness that animates our every waking moment, the sense of being located in a body that exists within a larger world of color, sound, and touch, all of it filtered through our thoughts and imbued by emotion.

Even in a secular age, consciousness retains a mystical sheen. It is alternatively described as the last frontier of science, and as a kind of immaterial magic beyond science's reckoning. David Chalmers, one of the world's most respected philosophers on the subject, once told me that consciousness could be a fundamental feature of the universe, like space-time or energy. He said it might be tied to the diaphanous, indeterminate workings of the quantum world, or something nonphysical.

These metaphysical accounts are in play because scientists have yet to furnish a satisfactory explanation of consciousness. We know the body's sensory systems beam information about the external world into our brain, where it's processed, sequentially, by increasingly sophisticated neural layers. But we don't know how those signals are integrated into a smooth, continuous world picture, a flow of moments experienced by a roving locus of attention—a “witness,” as Hindu philosophers call it.



Hashim Badani

In the West, consciousness was long thought to be a divine gift bestowed solely on humans. Western philosophers historically conceived of nonhuman animals as unfeeling automatons. Even after Darwin demonstrated our kinship with animals, many scientists

believed that the evolution of consciousness was a recent event. They thought the first mind sparked awake sometime after we split from chimps and bonobos. In his 1976 book, *The Origin of Consciousness in the Breakdown of the Bicameral Mind*, Julian Jaynes argued that it was later still. He said the development of language led us, like Virgil, into the deep cognitive states capable of constructing experiential worlds.

This notion that consciousness was of recent vintage began to change in the decades following the Second World War, when more scientists were systematically studying the behaviors and brain states of Earth's creatures. Now each year brings a raft of new research papers, which, taken together, suggest that a great many animals are conscious.

It was likely more than half a billion years ago that some sea-floor arms race between predator and prey roused Earth's first conscious animal. That moment, when the first mind winked into being, was a cosmic event, opening up possibilities not previously contained in nature.

There now appears to exist, alongside the human world, a whole universe of vivid animal experience. Scientists deserve credit for illuminating, if only partially, this new dimension of our reality. But they can't tell us how to do right by the trillions of minds with which we share the Earth's surface. That's a philosophical problem, and like most philosophical problems, it will be with us for a long time to come.

Apart from Pythagoras and a few others, ancient Western philosophers did not hand down a rich tradition of thinking about animal consciousness. But Eastern thinkers have long been haunted by its implications—especially the Jains, who have taken animal consciousness seriously as a moral matter for nearly 3,000 years.

Many orthodox Jain beliefs do not stand up to scientific scrutiny. The faith does not enjoy privileged access to truth, mystical or otherwise. But as perhaps the world's first culture to extend mercy to animals, the Jains pioneered a profound expansion of the human moral imagination. The places where they worship and tend to animals seemed, to me, like good places to contemplate the current frontier of animal-consciousness research.



AT THE BIRD HOSPITAL, I asked Singh whether any of his patients gave him trouble. He said that one refused to be fed by hand and sometimes drew blood when he tried to pick it up. He led me to another room to see the offending bird, an Indian crow whose feathers were record-groove black but for a sash of latte-colored plumage around its neck. The crow kept fanning one of its wings out. Light from a nearby window filtered through the feathers, as though the wing were a venetian blind. Singh told me it was broken.

“A few days after the crow arrived, it started using a special call when it wanted food,” Singh said. “None of the other birds do that.” The bird’s call was not an entirely unique case of bird-to-human communication. A grey parrot once amassed a 900-word vocabulary, and in India, a few have been trained to recite the Vedic mantras. But birds have only rarely assembled verbal symbols into their own, original proto-sentences. And, of course, none has declared itself conscious.

That’s too bad, because philosophers tend to regard such statements as the best possible evidence of another being’s consciousness, even among humans. Without one, no matter how long I stared into the crow’s black pupil, wishing I could see into the phantasmagoria of its mind, I could never *really* know whether it was conscious. I’d have to be content with circumstantial evidence.

In Japan, one crow population uses traffic to crack open walnuts: The crows drop a nut in front of cars at intersections, and then when the light turns red, they swoop in to scoop up the exposed flesh.

Crows have an unusually large brain for their size, and their neurons are packed densely relative to other animals’. Neuroscientists can measure the computational complexity of brain activity, but no brain scan has yet revealed a precise neural signature of consciousness. And so it’s difficult to make a knockdown argument that a particular animal is conscious based strictly on its neuroanatomy. It is suggestive, though, when an

animal's brain closely resembles ours, as is the case with primates, the first animals to be knighted with consciousness by something approaching a scientific consensus.

Mammals in general are widely thought to be conscious, because they share our relatively large brain size, and also have a cerebral cortex, the place where our most complex feats of cognition seem to take place. Birds don't have a cortex. In the 300 million years that have passed since the avian gene pool separated from ours, their brains have evolved different structures. But one of those structures appears to be networked in cortexlike ways, a tantalizing clue that nature may have more than one method of making a conscious brain.



At the bird hospital in Old Delhi (Hashim Badani)

Other clues can be found in an animal's behavior, though sifting out conscious acts from those that are evolved and mindless can be difficult. Tool use is an instructive case. Australian “firehawk” raptors sometimes fly bundles of flaming sticks out of forest fires and into neighboring landscapes, to flush out prey. Maybe that means the raptors are capable of considering a piece of the physical environment, and imagining a new purpose for it. Or maybe something more rote is going on.

Crows are among the most sophisticated avian technologists. They have long been known to shape sticks into hooks, and just last year, members of one crow species were observed constructing tools out of three separate sticklike parts. In Japan, one crow population has figured out how to use traffic to crack open walnuts: The crows drop a nut in front of cars at intersections, and then when the light turns red, they swoop in to scoop up the exposed flesh.

As Singh and I talked, the crow grew bored with us and turned back to the window, as though to inspect its faint reflection. In 2008, a magpie—a member of crows’ extended family of corvids, or “feathered apes”—became the first non-mammal to pass the “mirror test.” The magpie’s neck was marked with a bright dot in a place that could be seen only in a mirror. When the magpie caught sight of its reflection, it immediately tried to check its neck.

Read: What mirrors tell us about animal minds

Singh told me this crow would soon move upstairs, to one of the roof’s exposed cages, where the birds have more space to test their still-fragile wings, in view of an open sky that must surely loom large in a bird’s consciousness. With luck, it would quickly return to the spirited life preferred by wild crows, which sometimes play like acrobats in high winds and ski down snowy surfaces. (Birds that die at this hospital are buried along a riverbed outside Delhi, an apt touch in the case of the crows, which sometimes hold funerals—or, if not funerals, postmortems, where they gather around their dead like homicide detectives discerning cause of death.)

I asked Singh how he felt when he released birds on the rooftop. “We are here to serve them,” he said, and then noted that not all the birds leave right away. “Some of them come back and sit on our shoulders.”



According to the Jains, all animals are conscious beings, capable of experiencing emotion.  
(Hashim Badani)

Crows are not among the shoulder-perchers, but Singh sometimes sees former crow patients hovering around the hospital. They might be looking for him. Crows recognize individual human faces. They are known to blare vicious caws at people they dislike, but for favored humans, they sometimes leave gifts—buttons or shiny bits of glass—where the person will be sure to notice, like votive offerings.

If these behaviors add up to consciousness, it means one of two things: Either consciousness evolved twice, at least, across the long course of evolutionary history, or it evolved sometime before birds and mammals went on their separate evolutionary journeys. Both scenarios would give us reason to believe that nature can knit molecules into waking minds more easily than previously guessed. This would mean that all across the planet, animals large and small are constantly generating vivid experiences that bear some relationship to our own.

THE DAY AFTER I visited the bird hospital, I left Delhi by car, on a road that follows the Yamuna River south and east, away from its icy source among the serrated ridges of the Himalayas. Delhi's sewage has blackened long stretches of the Yamuna, making it one of the world's most polluted rivers. From the road, I could see plastic bottles floating on its surface. In India, where rivers have a special place in the spiritual imagination, this is a metaphysical defilement.

Millions of fish once swam in the Yamuna River, before it was desecrated by the human technosphere, which now reaches into nearly every body of water on Earth. Even the deepest point in the ocean is littered with trash: A grocery bag was recently seen drifting along the bottom of the Mariana Trench.

We last swam in the same gene pool with the animals that evolved into fish about 460 million years ago, more than 100 million years before we split from birds. The notion that we are kin across this expanse of time has proved too radical for some, which is one reason the ever-changing universe described by Darwin has been slow to lodge in the collective human consciousness. And yet, our hands are converted fins, our hiccups the relics of gill-breathing.

Scientists have sometimes seemed to judge fish for their refusal to join our exodus out of the water and into the atmosphere's more ethereal realm of gases. Their inability to see far in their murky environment is sometimes thought to be a cognitive impairment. But new evidence indicates that fish have minds rich with memories; some are able to recall associations from more than 10 days earlier.

Read: A classic test of animals' minds has a fish problem

They also seem to be capable of deception. Female trout “fake orgasms,” quivering as though they're about to lay eggs, perhaps so that undesired males will release their sperm and be on their way. We have high-definition footage of grouper fish teaming up with eels to scare prey out of reefs, the two coordinating their actions with sophisticated head signals. This behavior suggests that fish possess a theory of mind, an ability to speculate about the mental states of other beings.

A more troubling set of behaviors has emerged from experiments designed to determine whether fish feel pain. One of the most intense states of consciousness, pain is something beyond the mere detection of damage. Even the simplest of bacteria have sensors on their external membranes; when the sensors detect trace amounts of dangerous chemicals, the bacteria respond with a programmed flight reflex. But bacteria have no central nervous

system where these signals are integrated into a three-dimensional experience of the chemical environment.



Delhi's sewage has made the Yamuna, once home to millions of fish, one of the world's most polluted rivers. (Hashim Badani)

Fish have many more kinds of sensors than bacteria do. Their sensors flare when the water temperature spikes, when they come into contact with corrosive chemicals, when a

hook rips through their scales and into their flesh. In the lab, when trout lips are injected with acid, the fish do not merely respond at the site. They rock their entire bodies back and forth, hyperventilating, rubbing their mouths against their tanks' sides or gravel bottoms. These behaviors cease when the fish are given morphine.

Read: How much pain should animals endure for science?

Such actions call the ethics of the research itself into question. But the experiences of lab fish are nothing compared with those endured by the trillions of aquatic animals that humans yank, unceremoniously, out of oceans and rivers and lakes every year. Some fish are still alive, hours later, when they're shoveled into the sickly lit, refrigerated intake tubes of the global seafood supply chain.

Fish pain is something different from our own pain. In the elaborate mirrored hall that is human consciousness, pain takes on existential dimensions. Because we know that death looms, and grieve for the loss of richly imagined futures, it's tempting to imagine that our pain is the most profound of all suffering. But we would do well to remember that our perspective can make our pain easier to bear, if only by giving it an expiration date. When we pull a less cognitively blessed fish up from the pressured depths too quickly, and barometric trauma fills its bloodstream with tissue-burning acid, its on-deck thrashing might be a silent scream, born of the fish's belief that it has entered a permanent state of extreme suffering.

The Jains tell a story about Neminath, a man from deep antiquity who is said to have been sensitive to the distress calls of other animals. He developed his unusual fondness for animals while tending cattle in pastures on the banks of the Yamuna River, in his home village of Shauripur, which I reached four hours after leaving Delhi.

Neminath is one of 24 Jain “Fordmakers,” prophetlike figures who crossed a metaphorical river, freeing themselves from the cycle of birth and rebirth, before showing others the way to enlightenment. The Fordmakers’ life stories tend to emphasize their nonviolent natures. One is said to have floated perfectly still in the womb, sending not so much as a ripple through the amniotic fluid, to avoid harming his mother.

Only a few Fordmakers are confirmed historical figures, and Neminath is not one of them. The Jains say Neminath left his village for good on the day of his wedding. That morning, he mounted an elephant, intent on riding it to the temple where he was to be wed. On the way, he heard a series of agonized screams, and demanded to know their origin. Neminath’s elephant guide explained that the screams came from animals that were being slaughtered for his wedding feast.

This moment transformed Neminath. Some versions of this story say he freed the surviving animals, including a fish that he carried, in his hands, back to the river. Others say he fled. All agree that he renounced his former life. Rather than marry his bride, he set out for Girnar, a sacred mountain in Gujarat, 40 miles from the Arabian Sea.



Jain pilgrims climb Girnar, a sacred mountain in Gujarat, 40 miles from the Arabian Sea.  
(Hashim Badani)

MY OWN ASCENT up Girnar began before dawn. It followed the usual topography of enlightenment. I was to climb 7,000 steps, all built into the mountain, by nine in the morning, so as not to be late for a ritual at an ancient temple near the peak.

The trail was only 50 miles from Gir National Park, where, the day before, I'd seen two Asiatic lions, nearly indistinguishable cousins of Africa's lions. Once the region's apex predator, the Asiatic lion almost went extinct during the British empire's colonization of India, when no viceroy could visit a maharaja's palace without a hunt in the local forest. Even today, the Asiatic lion still ranks among the rarest of the large feline predators, rarer even than its neighbor to the north, the snow leopard, which is so scarce that a glimpse of one padding down a jagged Himalayan crag is said to consummate a spiritual pilgrimage.

I did my best to put the lions, which have recently expanded to Girnar's forests, out of my mind as I passed small huts and tents in the dark, at the trail's base. Daylight brought langur monkeys onto the trailside boulders. One watched a vendor set up his stall to offer food and water to passing Jain pilgrims. The monkey waited until the man's back was turned, at which point he scampered in to grab a banana. In Gir National Park, I'd seen deer using these monkeys as a treetop surveillance system. The monkeys sat high in the trees, keeping watch for leopards and lions, which blend into the woodland's pre-monsoon palette of amber and gold. Monkeys that spotted a stalking cat let out a specific call. Deer weren't the only ones that recognized and used these calls; the lion tracker who had been with me in the park did too.

On the hike up Girnar, barefoot women kept passing me, wearing iridescent saris in bright shades of orange, green, or pink. Their delicate silver anklets tinkled as they went. When I reached a trail marker that said I was still 1,000 steps from the temple, I removed my pack and hopped up onto a wall, letting my legs dangle.



Hashim Badani

Two switchbacks below, an aged Jain monk in a white robe was struggling up the steps. He looked lonely, and seemed to be having trouble breathing. When Jain monks and nuns renounce worldly life, they sever all family ties. They embrace their children one last time,

and vow never to see them again, unless chance brings them together on the rural back roads where the monks and nuns wander for the rest of their lives, carrying all their possessions on their back.

The monk and I had the trail to ourselves for a moment. All was silent but for a buzzing sound that I traced to a spindly black wasp bobbing above a dense clump of bougainvillea. The last ancestor this wasp and I shared likely lived more than 700 million years ago. The insect's appearance reinforced this sense of evolutionary remoteness. The elongated shape and micro-tiled matte finish of its eyes made it seem too alien to be conscious. But appearances can deceive: Some wasps are thought to have evolved large eyes to observe social cues, and members of certain wasp species can learn the facial features of individual colony members.

Lab-bound honeybees can learn to recognize abstract concepts, including “similar to,” “different from,” and “zero.” Wasps, like bees and ants, are hymenopterans, an order of animals that displays strikingly sophisticated behaviors. Ants build body-to-body bridges that allow whole colonies to cross gaps in their terrain. Lab-bound honeybees can learn to recognize abstract concepts, including “similar to,” “different from,” and “zero.” Honeybees also learn from one another. If one picks up a novel nectar-extraction technique, surrounding bees may mimic the behavior, causing it to cascade across the colony, or even through generations.

In one experiment, honeybees were attracted to a boat at the center of a lake, which scientists had stocked with sugar water. When the bees flew back to the hive, they communicated the boat's location with waggle dances. The hive's other bees would usually set out immediately for a newly revealed nectar lode. But in this case, they stayed put, as though they'd consulted a mental map and dismissed the possibility of flowers in the middle of a lake. Other scientists were not able to replicate this result, but different experiments suggest that bees are capable of consulting a mental map in this way.

Andrew Barron, a neuroscientist from Macquarie University, in Australia, has spent the past decade identifying fine neural structures in honeybee brains. He thinks structures in the bee brain integrate spatial information in a way that is analogous to processes in the human midbrain. That may sound surprising, given that the honeybee brain contains only 1 million neurons to our brains' 85 billion, but artificial-intelligence research tells us that complex tasks can sometimes be executed by relatively simple neuronal circuits. Fruit flies have only 250,000 neurons, and they too display complex behaviors. In lab experiments, when faced with dim mating prospects, some seek out alcohol, the consciousness-altering substance that's available to them in nature in broken-open, fermenting fruit.

Read: Bees love getting high on caffeine

Many invertebrate lineages never developed anything beyond a rudimentary nervous system, a network of neurons dispersed evenly through a wormlike form. But more than half a billion years ago, natural selection began to shape other squirming blobs into arthropods with distinct appendages and newly specialized sensory organs, which they used to achieve liberation from a drifting life of stimulus and response.

The first animals to direct themselves through three-dimensional space would have encountered a new set of problems whose solution may have been the evolution of consciousness. Take the black wasp. As it hovered above the bougainvillea's tissue-thin petals, a great deal of information—sunlight, sound vibrations, floral scents—rushed into its fibrous exoskull. But these information streams arrived in its brain at different times. To form an accurate and continuous account of the external world, the wasp needed to sync these signals. And it needed to correct any errors introduced by its own movements, a difficult trick given that some of its sensors are mounted on body parts that are themselves mobile, not least its swiveling head.

If one of the wasp's aquatic ancestors experienced Earth's first consciousness, it would have been nothing like our own. The neuroscientist Björn Merker has suggested that early animal brains solved these problems by generating an internal model of the world, with an avatar of the body at its center. Merker says that consciousness is just the multisensory view from inside this model. The syncing processes and the jangle and noise from our mobile bodies are all missing from this conscious view—some invisible, algorithmic Stanley Kubrick seems to edit them out. Nor do we experience the mechanisms that convert our desires into movements. When I wished to begin hiking up the mountain again, I would simply set off, without thinking about the individual muscle contractions that each step required. When a wasp flies, it is probably not aware of its every wing beat. It may simply will itself through space.

If one of the wasp's aquatic ancestors experienced Earth's first embryonic consciousness, it would have been nothing like our own consciousness. It may have been colorless and barren of sharply defined objects. It may have been episodic, flickering on in some situations and off in others. It may have been a murkily sensed perimeter of binary feelings, a bubble of good and bad experienced by something central and unitary. To those of us who have seen stars shining on the far side of the cosmos, this existence would be claustrophobic to a degree that is scarcely imaginable. But that doesn't mean it wasn't conscious.



A Jain temple near the top of Girnar, the mountain where an ancient "Fordmaker" is said to have achieved total consciousness, with access to all animal minds. (Hashim Badani)

WHEN THE MONK ARRIVED at the wall where I was resting, the wasp flew away, rising up toward the sun until I lost it in the light. The monk was wearing a white mask like

those that some Jains wear to avoid inhaling insects and other tiny creatures. I nodded to him as he passed, and lay back against the warm stone of the mountain.

The monk was a white dot some six switchbacks up by the time I hopped off the wall and continued the climb, my legs stiffened by the break. I reached the entrance to the temple complex with only 15 minutes to spare. Its marble courtyard shone brilliant white, as though bleached by the mountain sun.

Ducking under a row of elegant golden medallions, I entered the temple's interior chamber, where dozens of candles flickered in intricately carved wall niches, and on platforms that hung from the ceiling on chains. The stone ceiling was carved into a lotus flower, its delicate unfurling petals symbolizing the emergence of a pure, ethereal soul from the Earth's muddy materials.



A Jain temple near the top of Girnar (Hashim Badani)

Forty Jains were sitting on the floor in neat rows, their legs crossed in the lotus position. The women wore fresh saris they'd carried up the mountain for the occasion. The men were dressed in all white. I wedged into a spot in the back.

We faced a dark, tunnel-like space lined by two sets of columns. At the far end, candlelight illuminated a black marble statue of a seated male figure. Its barrel chest was inlaid with gemstones, as were its eyes, which appeared to float, serenely, in the dark space, inducing a hypnotic effect, broken only when the man sitting next to me tugged my shirt. "Neminath," he said, nodding toward the statue.

It was here on this mountain that Neminath is said to have achieved a state of total, unimpeded consciousness, with perceptual access to the entire universe, including every kind of animal mind. Jains believe that humans are special because, in our natural state, we are nearest to this experience of enlightenment. Among Earth's creatures, no other finds it so easy to see into the consciousness of a fellow being.

## Jain Studies And Science: Universe (Lok)



Author: [Dr. Mahavir Raj Gelra](#)

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22Jains envision the entire universe to be comprised of six entities (we have christened them as **mattereals**)-

1. *Dharm-astikaya* (Medium of movement)
2. *Adharm-astikaya* (Medium of rest)
3. *Akash-astikaya* (space<sup>[19]</sup>)
4. *Pudgal-astikaya* (Sthul-matter & Sukshma-energy)
5. *Jiva-astikaya* (conscience/intelligence)
6. *Kaal*<sup>[14]</sup> (time)

All these six entities (mattereals) co-exist simultaneously to manifest the Universe. Interestingly, science<sup>[18]</sup> even today cannot add or subtract anything from this all

exhaustive list cited above. Jain literatures call the universe as *Lok*. Excluding this

finite *Lok* is said to be infinite *Alok*. Jain philosophy<sup>[12]</sup> has laid a logical foundation to the ever enigmatic questions of creation of universe, its extent, its composition and its time factor. Founding postulates of Jains are-

- There is a **finite and tangible *Lok*** situated in the midst of an **infinite void called *Alok***.
- *Alok* is infinite, yet the relative positioning of *Lok* with respect to *Alok* is well defined as the **directions travel in the *Alok* as well**.
- *Lok* has a **well defined and stable geometrical shape**.
- *Lok* has fixed basic constituents which are **finite and maintain a constant sum**.
- Activities within the *Lok* are so spontaneous that **it is not created by anybody**.
- *Lok* possesses **default intelligence and not the designed one**.

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<sup>22</sup> <https://www.herenow4u.net/index.php?id=67824>

- Periods in *Lok* have starts and ends, but **cycles of periods are eternal** - having neither beginning nor end.
- Matter present in the Universe is dynamic by way of transportation and transformation, which is the very basis of LIFE.

Mahapragya<sup>[15]</sup> explains that the Jains could find above universal Laws as they do not believe in the authority of GOD as the creator or perpetuator.

According to him, modern science<sup>[18]</sup> also does not support the idea of universe being created and conducted by any supreme-power.

## **Statements of Einstein<sup>[7]</sup> and Hawking**

**"God is left with nothing to do, as the disciplined Nature is governed by its own laws and principles"** -

how close Einstein<sup>[7]</sup> is to the Jain view point! Bestseller physicist and well known contemporary scientist

Hawking, too, believes that the cosmos is no- beginning no-end phenomenon. A lot of scientific investigations are going on today in the field of astrophysics. Largest of the

large and smallest of the small are keenly scrutinised by the modern scientists who are equipped with latest electronic telescopes and fastest computers to analyse the enormous data. While at one end they are eager to know massive black-holes, on the other hand they are enthusiastic to study the minutest particles like quarks and gluons. It would therefore be relevant to undertake a comparative study of Jain Philosophy<sup>[12]</sup> vis-a-vis Science<sup>[18]</sup>. To start with, we shall first chronologically arrange the history of cosmic studies.

## History of Universal Exploration by Scientists

1. Scientific study is presumed to have started with Copernicus in 1514 when he, for the first time, declared the sun as the centre of our planet system contrary to the then prevailing idea of Earth being at the centre as proposed by the Greek philosopher Aristotle<sup>[2]</sup>.
  - **This established the first fact - Orbits of our solar system are sun-centric and not geo-centric.**
2. Unlike our modern times, where a new concept is introduced every year, it took almost 100 years for Galileo to confirm it way back in the year

1609.

3. Around the year 1687, an idea was mooted by Sir Newton<sup>[16]</sup> about having an infinite static universe. But his own theory of gravitation contradicted it. Owing to the gravitational force, the stars in static universe will fall into one another and the universe would have collapsed.
4. As the Solar system was thoroughly understood and mathematical orbits were established solidly, scientists turned their attention to the outer universe. Arguments

kept on waging about whether the universe had a beginning or is eternal. We shall see later in this chapter, how Jainism[13] solves this dilemma.

5. After another 100 years, in the middle of nineteenth century the idea of eternal universe was discarded by scientific fraternity. It was because of a very simple logic. Had the stars around us were shining since infinite time, rays from all the stars would have reached us by now and the earth would have received so much of energy that it would have been blown up by now. By the same argument all the other cosmic bodies too would be infinitely heated up.
  - **This established the second fact - the Universe had a beginning.**
6. Next milestone in this journey came relatively faster in the year 1929. This only confirmed the fact that the universe had beginning. Edwin Hubble observed that the cosmos is expanding as the galaxies are rocketing away from each other.
  - **This established the third fact - the Universe is expanding.**
7. The immediate conclusion was that these galaxies were near to each other sometime in past. In fact, so near to each other that the universe occupied

near zero space<sup>[19]</sup> and possessed near infinite density.

- **This established the fourth fact - the Universe started with Big Bang.**

8. However several important questions still remained unanswered. Having consensus on the beginning, question now nagging the scientists was about the end? How long will the universe expand? Will it collapse after the momentum of big bang is reduced and the forces of gravitation take over?
9. By the turn of twentieth century, the study of universe was fully transferred from philosophers and meta-physicists to the scientists and astronomers.
10. In twenty-first century, this study is now employing complicated electronics, advance mathematics and latest space<sup>[19]</sup> technology. The concentration<sup>[4]</sup> is on - 'Cosmic Microwave Background' - the ultra high frequency radiations emitting from a hot body<sup>[3]</sup>. Since the universe is presumed to be extremely hot at the time of big-bang, the frequencies emitted then can reveal the correct picture, if detected.
11. **To sum up - the present cosmological picture painted by scientists is as follows:**
  - Age of the universe is around 14 billion years and it is by and large

homogeneous.

- It is full of lightest elements, like hydrogen, helium and lithium.
- It has abundance of cold dark matter[5] - huge clouds of particles that are detectable by their gravitational effect only. This finding is astonishingly close to Jain philosophy[12].
- Within a fraction of a second, the universe inflated at a tremendously accelerated rate simultaneously releasing burst of radiation.
- Soon after inflation, the regions of high density were acted upon by the cold dark matter[5] to form the galaxies.

12. **What Scientists have failed to explain:**

- Boundary, shape and size of the universe?
- What was before Big Bang and what initiated it?
- As the three space[19] co-ordinates can be drawn by assigning a suitable zero, time-factor too, can be described in terms of elapsed time with respect to some

reference. But when we are talking about universe, we need to know the absolute zero co-ordinates of space[19] and an absolute zero moment of start of time. Both are eluding science[18].

- If it is expanding, how far will it expand? OR will it collapse after the momentum of far off galaxies diminishes?
- If all the matter was together at one point of time (Big Bang), and no matter can travel faster than speed of light (as predicted by quantum mechanics[17] and the general theory of relativity), why stars and galaxies are out of our sight?

## **Answers from Jainism[13]**

### **1. *Dharmastikaya*[6] (dynaons) & *Adharmastikaya*[1] (statons) Duo:**

The description of this duo, comprehensively answers the dilemma of Universe's boundary. According to Jainism[13], the spatial extent of this pair is finite, has a

defined shape and outlines the boundary of universe. We shall discuss more about the shape of Lok later in this book. Continuing the discussion about the six (interestingly, these are divided into three pairs) matterials, the first one is *Dharmastikaya*<sup>[6]</sup> (dynaons)

& *Adharmastikaya*<sup>[1]</sup> (statons). Both are metaphysical in nature, omni present and static. They cohabitate only as a passive, seamless and continuous media. They are entirely absent in the *Alok*. The other two pairs viz., *Akash-Kaal*<sup>[14]</sup> and *Jiva-Pudgal* exist only up to the limits earmarked by dynaons-statons. We can understand it with the analogy of a swimmer in water. Water is just a medium. This analogy is crude with the difference that dynaons and statons do not themselves get disturbed due to any material activity.

Scientific fraternity has always wondered as to what exists between the nucleus and the orbiting electrons or between one atom/molecule and the other. At one time the concept of ether<sup>[8]</sup> was in vogue, but present day scientists deny its existence.

#### **a. Dynaons (*Dharmastikaya*<sup>[6]</sup>)**

Dynaons are omnipresent throughout the universe. They are supposedly cubical particles interleaved in such a

manner that they form a continuous, monolithic medium and the *Gatil*<sup>[9]</sup> (dynamism - that is why we have named it 'dynaons') of all the other matterials is attributed to them. They, in other words, are super highways of energy transportation. Even electromagnetic and light waves traverse in the presence of Dynaons (*Dharmastikaya*<sup>[6]</sup>). Since they act as a medium, they do not participate or interact nor do they themselves get disturbed. Therefore, the energy travelling through the medium of dynaons remains undiminished until it interacts with other forms of matter.

Mahapragya<sup>[15]</sup> observed that if we listened to a science<sup>[18]</sup> teacher explaining the rules of motions, we felt as if a Jain scholar was giving discourse on Dyanons-statons.

However, it must be noted that the science<sup>[18]</sup>, during the Newton<sup>[16]</sup> era, believed in presence of 'Ether<sup>[8]</sup>' **as a medium of motion**. But later on, Einstein<sup>[7]</sup>, on the basis of Michelson-Morley experiment, ruled out its existence. He argued that since the velocity of light remains a constant to all observers whether dynamic or static, the very presence of ether<sup>[8]</sup> is dispensable. All arguments of ether<sup>[8]</sup> being a metaphysical entity were discarded and Einstein<sup>[7]</sup>'s view prevailed. But, believers of Jainism<sup>[13]</sup> will find it interesting to note that the things have come to the full circle as scientist now need a 'medium' to explain the way gravitational forces act!

#### **b. Statons (*Adharmastikaya*<sup>[1]</sup>)**

An anti-matter to dynaons, these particles co-exist with them and are medium to gravitation (*sthithee*). Their

presence actually completes the picture of universe. Scientifically, we all know the matter would collapse under gravity if the gravitational forces are not counter balanced by forces of velocity. Electrons are orbiting to avoid collapsing into the nucleus. Earth is orbiting so that its centrifugal force is equal to the gravitational force of sun. The solar system, in turn is rotating and so is our galaxy, the Milky Way. Even all the other galaxies, which we know of, are spinning presumably to prevent fall under gravity. Jainism<sup>[13]</sup> states that all forms of matter take **SHAPE** only when the forces of energy are at equilibrium with the forces of

gravity. Jainism<sup>[13]</sup> therefore does not believe in Designed Intelligence but proclaims **Default Intelligence**. In the former case, the universe becomes somebody's discretion, whereas in the latter case, it spontaneously exists under certain fundamental rules.

It is amazing that no other religion on this earth has promulgated the presence of all encompassing matterials as is done by Jainism<sup>[13]</sup>. And as we have understood so far, how near the Jain philosophy<sup>[12]</sup> is to the modern science<sup>[18]</sup>! It even can extend helping solutions to some of the enigmas faced by the scientists regarding the boundaries of universe and the extent of time.

## **Conclusions of Science<sup>[18]</sup> (so far):**

Scientific evidences point an explosive start by Big-bang and extrapolate a catastrophic end of universe by Big-crunch. Though many questions remain unanswered in between

the two. Prominent among them are - what before beginning and what after the end? These questions have compelled scientists to think like philosophers!

According to Einstein<sup>[7]</sup> the moment of beginning is singular and unique, thus laws of physics come into force only after the big-bang. Dr. Hawkins explains that anything which existed before is destroyed by the big-bang and so there is no need to know whatsoever existed before it. Succinctly, anything before big-bang has no consequence in the present universe.

### **Conclusions of Jainism<sup>[13]</sup>:**

Among all extensively followed religions like Hinduism<sup>[10]</sup>, Jews, Christians, Islam<sup>[11]</sup>, the universe is presumed to be created (by GOD). For the first time in the known history, famous philosopher, Aristotle<sup>[2]</sup> put forward the notion of no-beginning-no-

end. Mahapragya<sup>[15]</sup> too has written in his earlier literary works that Jainism<sup>[13]</sup> does not support 'beginning' and

'end' theory. He writes that central to entire 'Jain' theme is:

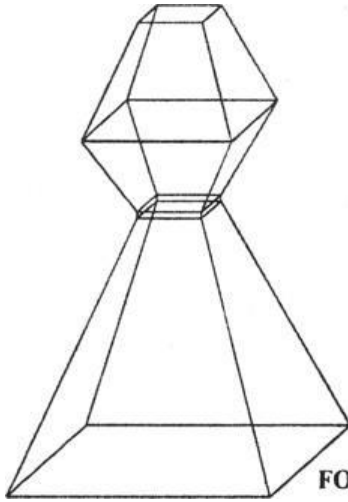
- Everything in the universe is
  - dynamic
  - finite
  - cyclic

Accordingly, the universe neither gets completely destroyed nor is created out of nothing. The following time-energy-matter graph clearly depicts the Jain ideology.

As is manifested above, the matter of universe appears to vanish into pure energy at the end of each era (descend). According to the Jain philosophy<sup>[12]</sup>, it is sixth frame of descending cycle (called *Avasarpani*). It remotely resembles what we know as moment of destruction or big-crunch. From the second frame of ascending cycle

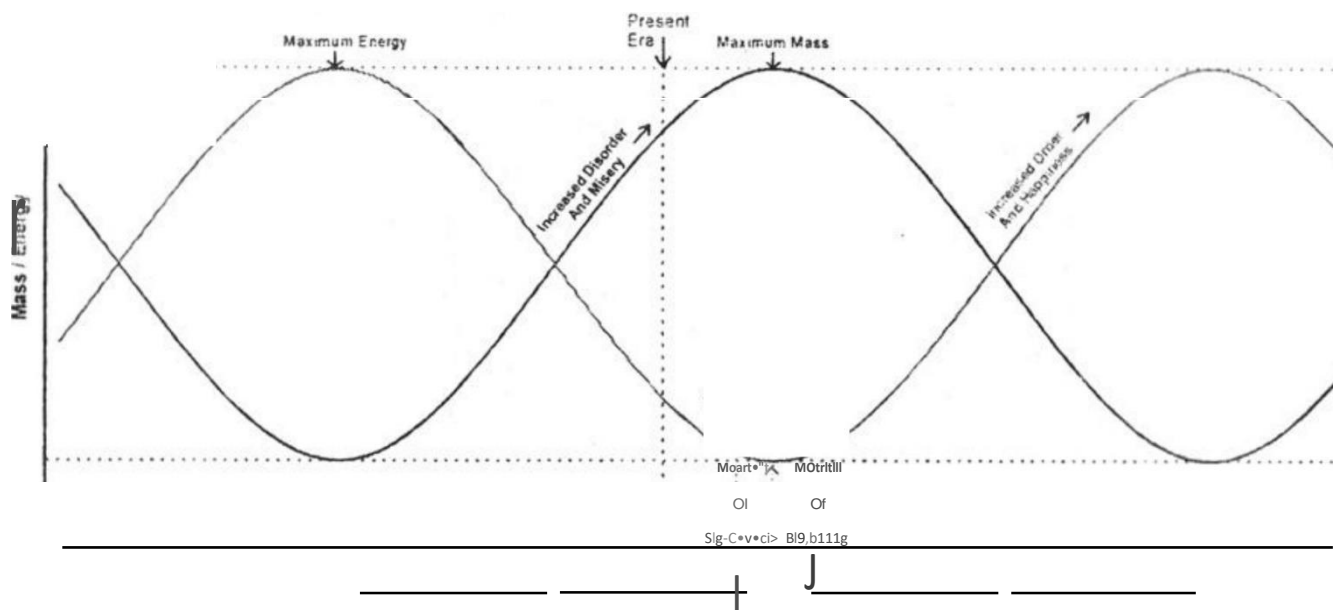
(called *Utsarpani*) the creation of matter starts again. This resembles the moment of creation or big-bang. This cycle of ascend and descend is perennial. Jains have designated a period of five *Bharats* and five *Airavats* to each of these cycles. As is clearly depicted, the matter and energy transmute into each other but in totality no destruction or creation takes place. Here, the Jain

philosophy<sup>[12]</sup> explains what science<sup>[18]</sup> could not - the state of universe before 'the beginning' and after 'the end'.



**FOUR SIDED FIGURE OF UNIVERSE**

Sum of mass+ mass equivalent of energy = constant( Y1 + Y2)



Cycle Of Descend  
(Avsarpani)


Cycle Of Ascend  
(Uls:11panl)

End 01 Preceding Ara  
& Beginning Of Ntw Ara.

beginningfess / Endless Cycles Of Time -

## Moola-Achar Granth Lok Vichaar

इस लोकमें ये जीव अपने कर्मों से उपार्जन किये सुख-दुःख को भोगते हैं और भयंकर इस भवसागरमें जन्म-मरण को बारंबार अनुभव करते हैं ॥715॥ इस संसारमें माता है, वह पुत्री हो जाती है, पुत्री माता हो जाती है। पुरुष स्त्री हो जाता है और स्त्री पुरुष और नपुंसक हो जाती है ॥716॥ प्रताप सुंदरता से अधिक बल वीर्ययुक्त इनसे परिपूर्ण राजा भी कर्मवश अशुचि (मैले) स्थान में लट होता है। इसलिए ऐसे संसारमें रहने को धिक्कार हो ॥717॥ इस प्रकार लोक के स्वभाव को धिक्कार हो जिससे कि देव और महान् ऋद्धिवाले इंद्र अनुपम सुख को भोग कर पश्चात् दुःख भोगनेवाले होते हैं ॥718॥ इस प्रकार लोक को निस्सार (तुच्छ) जानकर तथा उस संसार को अनंत जानकर अनंत सुख का स्थान ऐसे मोक्ष का यत्न से ध्यान कर ॥719॥



Swasti Jain

In this world, these living beings experience the happiness and sorrow they have earned by their deeds and again and again experience birth and death in this terrible ocean of existence ॥715॥ There is a mother in this world, she becomes a daughter, a daughter becomes a mother. Man becomes woman and woman becomes man ॥716॥ Even a king, who is powerful, hangs in an unclean place due to action. So be ashamed to live in such a world ॥717॥ In this way, the nature of the people should be cursed so that Deva and Indra with the great Riddhis, after enjoying the unparalleled happiness, are the ones to suffer sorrow. ॥718॥ In this way, knowing the world as vain (insignificant) and knowing that world to be infinite, the place of infinite happiness. ॥719॥


“

Chodah raaju utang nubh, lok purush santhhan  
tame jeev anadi se, bharmat he bin gyan

Bahrah Bhavana By: Bhudhar Das ji

”

This Universe is 14 Raju in height and resembles the shape of a man, In this Universe, Without Real knowledge, Infinite living beings are wandering from eternity



Swasti Jain

I find it fascinating that the universe is 14. Raju is in height and resembles the shape of a man. In the early '70s, I read an interesting article that I never forgot. This article was on astronomy and the universe. The interviewer asked the question at the very last end of the conversation. He said that breathing insinuates that the universe is alive.

The scientist said exactly. Yes, the universe is breathing.

Lord Brahma only lives for the duration of one  
breath, and according to our time scale  
4,320,000,000 years constitute only twelve hours of  
Brahma, and Brahma lives one hundred of his years

For the past 50 years, I am absolutely convinced that the universe is alive and conscious. The same breath that we take is the same breath the universe takes. Mind you, one single breath of the universe is an extremely long time.

The same breath that is keeping you alive is keeping the entire universe alive.

The following is from my friend Amar who told me about this course.

The Jain Tirthankaras taught atomic theory to mankind and this can be found in the Jain scriptures. See the Tattvartha Sutra chapter 5, for example.

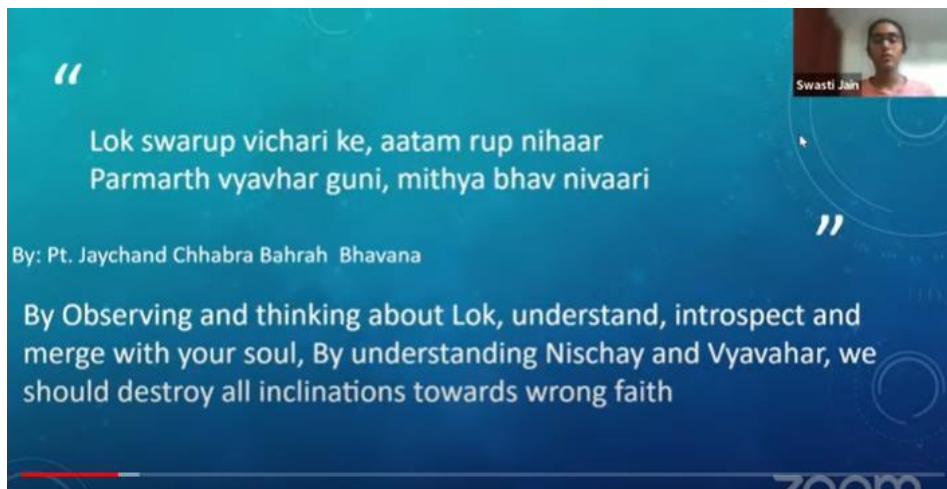
The Jains accurately described the nature of atoms, molecules, subatomic particles, and the two forms of fundamental particles, known as Paramanu. The Jains explicated the conditions under which these particles can combine, and the conditions under which they separate.

They also revealed for the first time in history, thousands of years ago, that matter and energy are part of the same continuing, and that the two are inter-convertible. Einstein would state this only many centuries later in the form  $E=mc^2$

1. Jain cosmography appears to accurately describe the proportions of the Milky Way galaxy and our approximate location in it, and even states that all of the stars, planets, and constellations that we see in the sky are actually all rotating about a massive distant center.
2. This ancient philosophy of Jainism also teaches that the world is filled with microorganisms and that these are the agents of decay and disease (at a time when much of the world believed that disease was caused by evil spirits). It's all in the Jain scriptures.

So, remarkably, things that centuries of generations of people had to take on faith in Jainism, are now being verified by science. There are even scientific studies of reincarnation going on. It's all pretty mind-blowing.

<https://iothishi.com/jain-cosmology/>  
[https://en.m.wikipedia.org/wiki/Jain\\_cosmology](https://en.m.wikipedia.org/wiki/Jain_cosmology)



“

Lok swarup vichari ke, aatam rup nihaar  
Parmarth vyavhar guni, mithya bhav nivaari

By: Pt. Jaychand Chhabra Bahrah Bhavana

By Observing and thinking about Lok, understand, introspect and  
merge with your soul, By understanding Nischay and Vyavahar, we  
should destroy all inclinations towards wrong faith

”

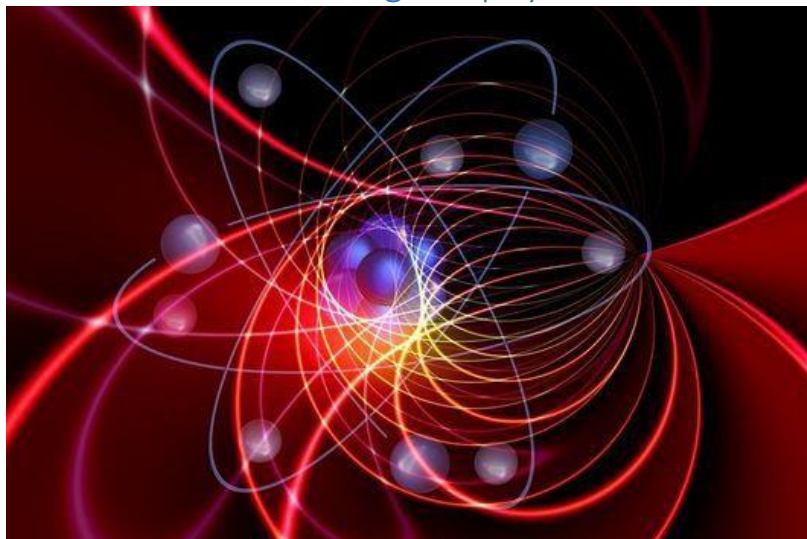
Swasti Jain

zoom

What could be simpler? The more attention you pay to something, the more attention it pays attention to you.

How much attention are you placing in every moment towards your true essence and being? That will determine where you are at this present moment.

## Invisible forces influencing the physical



<sup>23</sup>The term field in quantum physics represents invisible moving forces that influence the physical world. Spirituality represents invisible moving forces that influence the physical world.

Yoga arrived in the West when people were starting to explore quantum physics. Prior to this time, Western people did not have a language to understand the energy and consciousness aspects of yoga.

The yogic science teaches that everything is connected by an unseen force which exist in the universe, the unified field. The supreme revelation of the individual very essence is that «the Self, the Consciousness» reveals itself only to itself. A constant practice of yoga and meditation reveals the pure awareness of our eternal shining soul, in other words the «Atman». In yoga Atman is also Prana, they come from the

same Sanskrit root, which means breath, life force, vital principle. The primordial cosmic breath.

Today's scientist and ancient vedic texts are making the same claim: In every

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<https://www.yogawithperumal.tv/quantum-physics-spirituality><sup>23</sup>

person there exists a mini universe, a microcosmic replica of the macrocosmos.

Albert Einstein said: “The idea that there is separateness is but an illusion, we are all one thing in this universe, and our job is to widen our circles of compassion till it surrounds everything in the universe.”

But if it would not have been for Einstein to say so, most of the Western people would not trust the revelation that self-study, the discovery of thyself is the essence of freeing oneself of fears, the essence of freedom.

In the book *Tao of The Physics*, Fritjof Capra claims to see strong parallels between Hinduism, Buddhism, Taoism, and modern physics—especially quantum mechanics. The word “tao” derives from “way” or “path” and in Chinese philosophy it refers to the underlying organization and unfolding of events in the universe. In Capra’s view, this connection is in “perfect harmony with those of the Eastern mystical traditions which have always regarded consciousness as an integral part of the universe.” Capra said: “When I refer to mysticism, I mean the religious philosophies of Hinduism, Taoism and Buddhism...”, adding that although these three eastern avenues differ and are each open onto a large

number of pathways, “the basic features of the world view are the same”.

The main emphasis is on intuitive knowledge, the direct experience of reality which, in Eastern mysticism, “transcends not only intellectual thinking but also sensory perception” Of course, physicists themselves are concerned with rational knowledge, but Capra shows that both types of knowledge may occur in both fields - science and eastern traditions. Capra illustrates the main features of “Hinduism”, from the old Vedic traditions to the Bhagavad Gita, from the relationship between Brahman and Atman, to the notions of yoga. The idea that all is interconnected. The common congruity of all these traditions, according to Capra, “is the awareness of the unity and mutual interrelation of all things and events, the experience of all phenomena ... as manifestations of a basic oneness”. Duality between subject and object based on quantum physics, shows that separation can not hold. The dual character of light and darkness, yin and yang, the concept of complementarity.

“The dance of Shiva” taken as a metaphor for the dance of continuous transformations of particles and that matter equal energy. Thus Capra concludes that the ancient Eastern and modern Western thought are in harmony in its general philosophy and its specific view of matter.

Nowadays we are capable to see that the brain is flexible and able to change. Throughout a yoga and a meditation practice the brain is receiving more blood flow and can grow thicker and stronger, like muscles do when we train them. Even though the brain is not a muscle, the more often we go to that place where we sit still and quite the more that part of the brain gets receptive. Throughout a heartfelt thought and emotion our heart can grow thicker and stronger. If you are new to yoga or meditation you may think nothing is happening but be confident, yoga and meditation can make this change happen. Do not give up that quickly, convincing yourself you are not good in practising yoga or meditation. Just keep on with the practice and be patient, the results will show, often sooner than you expect.

Through yoga and meditation we go beyond our present identity and personality, and we feel more joyful, refreshed, relaxed, stronger, and whole. We feel that logical connection between the heart and the brain. We balance the energy flow

between our physical, mental and energy bodies. By practicing we get beyond our very own selves and can release present and past pains, worries and fears. The practice of yoga and meditation shows the path where behaviours match intentions, and actions match thoughts. When more energy goes to the brain, we achieve a greater level of awareness and a higher state of consciousness. We make better decisions, we finally think beyond our conditions or environment. Each time we practise we gain new experiences, feel new heartfelt emotions and can create a future where we exist without fear.

Asana (body posture) in its origin meant to sit still in a meditation pose and only at later stage in hatha yoga broadened to approximately 5 million standing, twisting, balancing, reclined, and inverted postures. Through some specific asana and pranayama (breathing) techniques we preserve Bindu (the nectar of life) and achieve health and longevity. I dare to say that the Bindu today also could be

translated in metabolism (maintaining alive the nerve-, muscle-, and gland cells, as well the human microbiome and telomeres). Through yoga and meditation we grow new neurons (nerve cells) which release neurotransmitters (chemical messengers) that transmit a signal from a neuron to another neuron, muscle cell, or gland cell. We create new brain circuits (the path that the electrical or chemical signal follows as it moves from one neuron to the next neuron).

A higher state of consciousness can as well be attained through the practice of bandha and mudra techniques. Bandha are body energy locks and mudra are body, hand, and head gestures which avoid the dissipation of prana into the outer world but redirecting the energy within to body. Both are considered yogangas (an independent branch of yoga) and shall only be taught to the practitioner after a certain proficiency of the asana and pranayama techniques have been attained.

Neuroscientist, Doctor of Chiropractic and researcher Dr Joe Dispenza claims that practicing yoga and meditation on a frequent, almost daily basis, does influence a person's future. He says that even may say that we can provoke a quantum phenomenon. Many people are able to reverse serious health conditions or rare genetic disorders that medical science yet

has not found a solution for. People are upregulating new genes and downregulating genes that have to do with disease or imbalance by changing their inner state. We are not cursed by our genes, but we are our own genetic engineer. Every time a cell divides, about 50-75 times, the telomeres shortens in lengths. Telomeres prevent the DNA double helix from unwinding, an action that would cause the double helix to be degraded by enzymes. The telomeres allow the DNA to be copied without losing genetic information. Stress is causing hormones of stress to accelerate the degeneration of the telomeres. But telomeres can lengthen as well. We understood that they need time to grow. Dr Joe Dispenza as well claims that his researches show that in rare cases people increase the length of telomeres within 4 days by meditating and feeling heartfelt elevated emotions. This is a quantum phenomenon. Energy influencing matter, happening in an instant and it is not time-dependent. When people have highly charged emotional experiences, it begins to change their emotional state, and it changes their brain structure, it changes the mapping of the brain, it selects and instructs new genes to change. A heartfelt elevated emotion creates an experience that neurologically wire and enriches the circuits

in the brain, and it sends a chemical emotional signal to the body, it emotionally and chemically changes the body and a person's state of being. Life is not easy and not linear. Every day learn how to be still and quite, and elevate your emotional state.

In 2006 William J. Cromie writes in the Harvard Gazette: Meditation found to increase brain size. People who meditate grow bigger brains than those who don't. Researchers at Harvard, Yale, and the Massachusetts Institute of Technology have found the first evidence that meditation can alter the physical structure of our brains. Brain scans they conducted reveal that experienced meditators boasted increased thickness in parts of the brain that deal with attention and processing sensory input. "Our data suggest that meditation practice can promote cortical plasticity in adults in areas important for cognitive and emotional processing and well-being," says Sara Lazar, leader of the study and a psychologist at Harvard Medical School. "These findings are consistent with other studies that demonstrated increased thickness of music areas in the brains of musicians, and visual and motor areas in the brains of jugglers. In other words, the structure of an adult brain can change in response to repeated practice." Stem Cell Biologist, PhD, Bruce H. Lipton claims that telomeres are the

fountain of youth.

Death is no ending to our existence. An assessment of our cell membrane's population of protein receptors suggests that a part of us survives after death, an energy that implies the existence of a spiritual realm. Science of genetics for years tried to identify the genes that presumably control aging. But aging is not a genetic character. The ends of a chromosome could not be replicated when the cell divided. A segment of the terminal DNA sequences in a chromosome are lost every time a cell replicates. When the loss of the DNA strand reaches a critical level, the cell can no longer replicate, and it dies. Further research reveals that there are extensions of non-coding DNA at the terminal of the ends of the chromosome. Telomeres, which prevent the DNA double helix from unwinding, an action that would cause the double helix to be degraded by enzymes. The telomeres allow the DNA to be copied without losing genetic information. The DNA copying enzyme DNA polymerase is what duplicates DNA molecules. Physical limitations prevent it from reading and copying a short stretch of the DNA at the

terminal end of the DNA strand. Imagine a DNA molecule as a railroad track. The enzyme DNA polymerase which copies the DNA is an engine moving down the railroad track. As the DNA polymerase moves down the track, it leaves behind in its trail a duplicate copy of the DNA on which the engine was riding. The enzyme cannot copy the DNA piece on which it is sitting, and can not copy it, thus there is a loss of telomere. That means every time you copy the DNA, it gets a little shorter than the original version. So every replication of DNA reduces the length of that DNA molecule. This leads to aging, depression, and disease. Nature allows us to extend the replication time by adding a piece of DNA at the end of the DNA strand that does not code for anything, it is just a piece of DNA track. The DNA is stable as a double helix, but if the DNA starts to unfold, and the helix starts to separate, then the free end of the DNA are opened to digestion by enzymes, and destroy the DNA molecule. The telomeres, the little extensions at the end of the DNA, protect the DNA's double helix from unwinding and being broken down by enzymes and being degraded. Imagine the plastic capsule, the aglet, at the end of a shoelace. If the aglet is missing the shoelace unwinds and the end of the strand flares out and it is difficult to push it through the eyelet in the shoes.

But the primary function of the telomeres turns out that it makes an extension of the DNA that allows the DNA to be shortened every time the DNA is copied without affecting the gene programs. This allows so many divisions before we run out of telomeres. The lifetime of an organism is based on how many times a cell can be divided before it loses those telomeres extension and then cuts into the DNA program.

In 1961 Scientist Leonard Hayflick said that a cell can divide 60 times before losing its telomeres. Putting that information into our biology he accounts that a human can live for approximately 90 years, before the telomeres are lost and then subsequent replications of the DNA interfere with the gene programs. That said we could say that the lifespan as a human is limited.

In 1984, scientist Elizabeth Blackburn, discovered an enzyme, telomerase, that can extend the length of telomeres, which translated means to extend the human

lifespan. Telomerase can be activated or inhibited based on what we are experiencing in our life. Things which will inhibit that enzyme, include things such as bad nutrition, verbal and physical childhood abuse, domestic violence, PTSD, no self-love or loss of love, not seeing the purpose in life.

Things that will activate telomerase are good nutrition, exercise, gratitude and happiness supported by elevated heartfelt emotions, self-love and love, a purpose in life.

In Newtonian terms an individual life is terminated by its death, but the realm of quantum physics suggest that for the realm of energy is neither created nor destroyed. Our potential spirituality is linked to a unique biological identity. No two people are biological the same. We can not just exchange cells, tissue, or organs with one another, as our immune system will distinguish our cells from foreign cells. Our unique identity sits on our cell membrane that the immune system can recognize and distinguish self from not self. It is not in the nuclei of the cells, indeed researches show that a cell even can survive or weeks without the nucleus. Protein receptors, self receptors on the outer surface of the cells membrane's are responsible. Identity is related to the

protein receptors, they function like a group of personal antennas who read a broadcast from the the field (the environment) like a tv set does. This is what the doctors look for if the have to transplant an organ, the self receptors on the donor's and reciepent's organs to find the most possible overlaps of the self receptors, for the immune system of the receipient does not attack the new organ but accept it. The self receptors on a cell read an energy field outside of the cell, the self. So if we die, the identity is still there, the show goes on, the broadcast goes on, we just need to change the tv, another body with the same set of self receptors as we have. Our identity is still a part of that energy field in the environment. We have a perpetual field that identifies us. Bodies come and go. We cannot die, because we are not even in here. We are not the physical entities, that is the mechanism that translates our identity so we can communicate in this physical world. We are a broadcast field, we are broadcast through the environment.

C.I.A. polygraph expert Cleve Baxter (Emotional Intelligence) found, that cells taken from a person and placed in a culture dish, still respond electrochemically to the donor's emotional states, even when the donor is out of the room, out of the building, or out of the state. Same happens to mothers knowing when their child is in danger, even if the child is on the other side of the world, the mother might experience distress. Mothers receive stem cells from the child still in the womb, the child's stem cells migrate in to the maternal system and end up in the nervous system of the mother. The mother is the equivalent of the culture dish.

Our identities come from an energy field, that is connected to the sun the moon and planets. The behaviour of living beings is tight to the gravity of the planet, and the gravity of the planet is altered by the movement and the phases of the moon. An understanding of how extraterrestrial structures can alter life on this planet. We are an energy field, we are part of the unified field, and we are coming all from the same source.

The real scientific foundation for spirituality is related to the nature of quantum physics. Consciousness is influencing the character of our lives, our personality. We are spiritual,

mental entities creating our lives. As long we can replicate our stem cells, replacing the cells that are dying on a daily basis, we can stay alive. The realization of a spiritual identity that transcends life would influence the character of our lives and how we relate to the planet, all living beings and especially to other humans.

## Dr Joe Dispenza



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0:00 Introduction 8:48 Meditation We all have our own personal limits — whether they are related to our ability to create abundance ..

## TRANSCRIPT - Joe Dispenza Retreat Recap: The Pineal Gland, DMT, & Sunlight Worship W/ Matt Maruca #333

[Luke Storey](#)

Joe Dispenza Retreat Recap: The Pineal Gland, DMT ...



Joe Dispenza Retreat Recap: The Pineal Gland, DMT, & Sunlight Worship W/ Matt Maruca #333 - 08:48 - 15:47 - 41:0...

YouTube - Luke Storey - Feb 26, 2021

[February 26, 2021](#)

<sup>24</sup>[00:00:02]**Luke Storey:** Sons of bitches.

Alright. There we go. [00:00:02]**Matt Maruca:**

It's fine.

[00:00:04]**Luke Storey:** So, here we are, this was meant to be the final installment of the field report, and I just realized that such a funny double, what do they call it, double?

[00:00:12]**Matt Maruca:**

Entendre. [00:00:13]**Luke**

**Storey:** Entendre.

[00:00:13]**Matt Maruca:** That means

meaning in French. [00:00:15]**Luke**

**Storey:** Oh, it does? Thank you.

[00:00:15]**Matt Maruca:** Yeah.

[00:00:16]**Luke Storey:** We're learning how to be in the field of consciousness, the quantum field with Joe Dispenza this week, but we're also out in the field doing immersive journalism, as I like to do. So, we're here with none other than Matt Maruca. And I didn't even know Matty was coming, ran into him and a couple other friends here, and I thought, oh, Matt's going to fully understand Joe's teachings on the pineal gland, the neurotransmitters, the serotonin, melatonin, dopamine, dimethyltryptamine, all the things that activate one's consciousness and how they relate to light.

[00:00:48] And so, I was like, oh, Matty, take good notes, man, and we'll do a recording. We'll do a basic fundamental breakdown of this. So, that's we're going to

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<https://www.lukestorey.com/transcripts/joe-dispenza-retreat-recap-the-pineal-gland-dmt-sunlight-worship-w/-matt-maruca-333><sup>24</sup>

do. But before we do that, like we don't have too much time, because I got to drive to Miami right now, or after this, but what was the overall experience for you this week, Matt, at the Joe Dispenza weeklong intensive retreat, advance retreat, I guess he calls it?

[00:01:12]**Matt Maruca:** It was amazing. I mean, I came here knowing that there is more on the other side, right? I've done one psychedelics ceremony in my life three years ago, San Pedro in Ecuador. And am I allowed to talk on that on the air?

[00:01:28]**Luke Storey:** Yes, of

course. [00:01:29]**Matt Maruca:**

Of course.

[00:01:30]**Luke Storey:** I've done a lot of them, and they weren't in Ecuador. I just always say in an undisclosed location, if it happens to be technically illegal.

[00:01:36]**Matt Maruca:** Undisclosed

location. [00:01:37]**Luke Storey:** You can

talk about whatever you want.

[00:01:40]**Matt Maruca:** So, that is, I've done meditation, I've done a lot of things, and just being young, my childhood wasn't that long ago, of course, and it's still occurring when things were all play, right? But I sort of feel like I lost a lot of that youth through the last couple of years of feeling this grind on my business. And being here was sort of like 100% reassuring me of the fact that that other way of existing is real.

[00:02:10] And it doesn't have to be chronic stress or challenges after challenges, there is a way to be living that's so far beyond the physical patterns of the three dimensional world that is so easy to fall into. So, I mean, we were doing day after day, as you know, there is 6:00 AM, the first three days and we're up at 4:00 AM, doing four-and-a-half-hour meditations two days in a row. We're doing teaching, then meditation teaching, then meditation.

[00:02:39] Joe sets up a model on, he's basically subconsciously programming our brains to both logically understand and subconsciously understand the experience he's setting us up for in the meditation. So, he'll explain the energy centers, and then he'll put us

through a blessing of the energy centers meditation. He'll explain the pineal gland and he'll put us through a pineal meditation. He'll explain the way that our prana moves through our spinal cord, or really, up this channel and how when we do this certain breath where we suck in our stomach, and squeeze our perineum, and squeeze our core, we pump, we push that fluid up to our brain, and then he'll put us through that breath.

[00:03:23] So, any doubt anyone has from their logical brain about how is the science-based or is this just woo-woo is eliminated because the science, which we're going to talk about here, is so robustly solid that there's literally no ability, you just can't deny it unless you're being unscientific. And the funny thing is in a lot of yogic traditions, they do these things and they just have faith because of the masters who figured it out.

[00:03:50] And that's cool. But sciences is real and it has some good implications like we have these phones and things like these Zoom headsets that occur because of scientific advancements. So, when you can put those two together, it's like modern science is finally proving the stuff that people have known for five, 10, or more thousands of years. And that's what Dr. Joe really is bringing to the world, which for me is like nothing is more interesting to me than that.

[00:04:16] **Luke Storey:** I agree. It's funny you talk about the yogic traditions. I've talked to you about Kundalini yoga, and I don't know, I go through phases with things.

That phase was eight or nine years of doing that quite regularly and with much devotion, and did teacher training and things like that. The man who brought, he's quite controversial now because there were all these allegations about his misbehavior, and I've honestly not looked that deep into it.

[00:04:39] I never followed the man. I just follow the teachings and I still maintain that. And for the record, if anyone was harmed by this man, I find that to be very unfortunate, as someone who was also victimized in ways that are much similar to the accusations being made against Mr. Yogi Bajan. However, the teachings are there. The yoga is there. I was doing it for years. And in those teachings, he would always talk about, in this crucial magnetic field, this big 10-foot magnetic field, and I'm like, really?

[00:05:09] Like how do you know? Like where's the proof? How do you know that? Where is he coming up with this shit? I would always think in class. And I just think, you know what, I'm going to suspend judgment and the analytical mind because that got me to where I am, which was not a great place in some cases, and I'm just going to do the yoga. And after every class, I would be so elated. I would have, sometimes, fractal visions, almost psychedelic experiences doing the Kundalini yoga.

[00:05:34] And much of the practices were very similar to what Joe's doing, the energy centers, and the chakras, and moving the spinal fluid up into your brain. And he would talk about the hypothalamus, the pituitary gland, the pineal gland. And this is all teachings in the yoga. But I'm like, this guy is not a doctor. I don't see any studies. There's no proof. I just know that spiritually, it awakened me.

[00:06:02] Over time, it moved the energy out of my lower chakras of survival, and sexual conquest, and this kind of things that were driving me in many cases when I was younger, and I became much more open in my heart, and capable of intimacy, and on, and on, and on, just so many awakenings as a result of that Kundalini yoga. But still, even though it worked and I kept doing it, I was like, yeah, but where's the proof? Like where's the empirical evidence? And so, with you, I think it's so fascinating what Joe's done, is he's like, cool, here's brain scans. Here's H.V. Here's blood work. Here's this. Here's that. I mean, so many different metrics by which-

[00:06:38]**Matt Maruca:** Oh, this could get interesting. If we want to talk about the COVID research [making sounds] . We'll save that for later.

[00:06:44]**Luke Storey:** I don't think we could say that word, and not opting to be deplat. Everyone's getting censored. This week, I deleted Twitter off my phone. I'm like, I'm out, I'm done with this shit.

[00:06:51]**Matt Maruca:** But this is the first time, this is science. Like there's a lot of the stuff people are saying is nice. But anyway, Kundalini has gotten you huge leaps and bounds.

[00:06:59]**Luke Storey:** Yeah. So, that's that. Point is I just had faith because the evidence to me was quantified by my subjective experience, and the ways in which I grew and continue to grow spiritually, and the ways that I was able to access consciousness, working with the energy of the human protoplasmic meat suit system, the bioenergetics, the morphogenesis field, everything that makes up the human body as this sort of interpreter of reality right through our senses. We actually create our reality.

[00:07:28] And I started to really learn that in a more esoteric, far out way through the yoga. Now, I'm seeing, oh, my God, actually, this is the blueprint of the entire universe. This is the blueprint of existence that the field creates matter, right? And that has everything to do with light. And so, that's where I want to go with you in this conversation, is really, I mean, this might end up not be a 20-minute segment, but a three-hour podcast. It is what it is.

[00:07:56]**Matt Maruca:** We'll do what we can.

[00:07:57]**Luke Storey:** Alyson's over here going, really? We've got to get to Miami, no three-hour podcast. But we'll sow it up. But I think what I want to cover with you is biochemistry of the brain and how these things affect our mood. And ultimately, our mood creates our reality and our destiny. And then, also, the physics of light, and how light affects the brain, and all of the sciencey stuff that we're learning here that supports these practices in their ability to allow us to self-heal, and

to transform our reality, and also, to not only transform our current reality based on our perception of it, but actually, to draw out of the field the reality in the world of matter that we seek to experience as sentient beings here in this incarnation. And we can probably cover that in about eight minutes.

[00:08:47]**Matt Maruca:** Well, no, but seriously, I would just say as Joe would joke, I'm sure there's a potential in the quantum field that we could have a very robust conversation about all these subjects in under an hour. So, there's a couple of things that come up right off the bat. First of all, I completely agree with you. I want to get into how the field effects matter, and how Einstein said, the field is the sole governing agent of the particle. In other words, like energy always drives matter, whether it's sound energy, vibrational energy.

[00:09:18] When the Big Bang Theory erupted, I was reading about it recently and that's the standing idea of the best concept of how the universe began in Western science. Believe it or not, there were other energies

besides even light, like just pure forms of sort of like magnetism, electromagnetism, and different nuclear forces that led to the creation of the first matter before even light was really a thing. And that kind of shocked me because I kind of always thought light was really at the core, but light is an electromagnetic wave, which is a manifestation of even more fundamental energetic principles in the universe. And so, what I got from that-

[00:10:02]**Luke Storey:** Oh, my God, I'm so sorry. I just thought of the biblical reference, and then there was light, right? And it says, and then, it was like, there's something before light.

[00:10:13]**Matt Maruca:** So, in the ancient eastern traditions, they call it sound. They refer to it as sound, but it's really more like vibration, because sound is a movement of matter. What we call sound is a movement of matter. And the matter came after the light. So, it wasn't really sound, but that's how the easterners could best explain it. But it's just vibration. It's an energy that's more fundamental. It's almost like the prerequisite to electromagnetic energy.

[00:10:36] So, the verses in the beginning. Actually, how does it go? The Genesis one through six, it's in the beginning, God created the heavens, and the earth. And the Earth was without form and darkness was upon the

surface of the deep. And God said, let there be light, and there was light. So, the first thing was God spoke, and the speech came. So, that was the vibration in the Old Testament. You know what I'm saying?

[00:11:05]**Luke Storey:** Got it, yeah.

[00:11:05]**Matt Maruca:** So, light came after God spoke, which is the original. So, now, whether we're going to say that the biblical account of creation is exactly accurate or not, that's not what we're trying to do here. But it's just that that represents this concept similarly to the way that the easterners portrayed it and the way that Dr. Dispenza is portraying it, is that there's this single unified field, singularity, source, oneness, all is one. You know what he calls it?

[00:11:32] There's a million names, or God. And from that, manifests down through these some would call the laws of physics, some would call it creation, whatever you want to use, but it manifests down from these sort of, what Joe calls higher frequencies, and it slowly condenses this energy and it becomes matter. So, that's where matter comes from. That's what the point is. All the matter that exists is a result of changes in the energy of the field that governs the matter. Hence, Einstein saying, the field is the sole governing agent of the particle.

[00:12:03] So, this is like, now, supresseic, not esoteric, but not clear exactly to what we're talking about. The reason this is relevant for listeners is because when Dr. Joe is teaching, it's all about changing our field through changing our beliefs, which are electromagnetic waves essentially in the quantum field. And by doing that, by really unwinding beliefs, he believes more effectively than any psychedelic, any diet, anything like that, we can change our physiology completely by changing the field. And he always says, matter trying to change matter doesn't really work, but energy trying to change matter works.

[00:12:43]**Luke Storey:** For that matter, when you're in the dense energy of matter, when the particle has become separate from the wave or are concentrated in that way, it's not that matter can't affect matter, it just takes a long time. And then, you're in the realm of space and time. So, if I want to get from here over to the beach and I'm only in the world of matter, then there is time and space.

[00:13:03] There's a distance there. But if I'm in the field and I'm within consciousness, this is where remote viewing and these types of consciousness phenomenon take place, is when we center our focus and energy in the sense of who and what we are in the field, then manifestation of matter is much faster because we're then above the speed of light.

[00:13:25]**Matt Maruca:** It's very interesting. So, Joe says, you go from space and time to time and space, is sort of the shift he's explaining. And it kind of makes sense in a way. I'm still trying to wrap my head around it. But if you're in the eternal present moment, you have the thought of the experience of being on the beach. That is a year one point of consciousness in the universe and that's the other point of consciousness in the universe.

[00:13:47] You might say that you're walking to go to the beach, but he argues, based on the way that we perceive the world, and this is 180 view of the world from what I've entirely lived in, what we all live in, is that you don't walk to the beach, you're drawing the beach to you and the eternal present moment in your eternal present moment, you are drawing the beach to you because you have the intention to get there. Yes, you're moving your body and so on, but the way he explains it, it's such that by ideating our future and creating our future in our head, we can literally attune ourselves to what he says frequency at which that future resonates.

[00:14:25] And again, this is still hard for me to really wrap my head around and accept. But essentially, he's saying that in the quantum field, we're actually bringing that future to us if we're living in the eternal present moment, because I'm just this being that's here. Sure, I might move my arms and my legs, but I'm in this eternal present moment, which is me all the time, everywhere in some sense. And these things can only come to you if you really have a clear picture of what it is, and then you hold that picture, whereas if we live in this constant state

of the old patterns, the old energetic blockages in our field, then we are energetic patterns.

[00:14:59] We can call them not even just blockages. Then, we will constantly keep drawing in the same experiences. Like you could have a hard time with your friends in one place because you're maybe not being a kind person. You go somewhere else, and then you just find the same issues there. It's not the places, it's the field that you are carrying and the reality you're attuned to. It's what you're accepting and believing.

[00:15:22]**Luke Storey:** It's like that saying, wherever you go, there you are. [00:15:25]**Matt Maruca:** Exactly. That's exactly it.

[00:15:26]**Luke Storey:** So, if you is the same you, then you know what? I hate this town. I'm moving out of this town. I'm getting a divorce. I'm quitting my job. And then, you recreate that same experience with a different face or a different GPS location, right?

[00:15:38]**Matt Maruca:** So, think about this, you've gone somewhere else, but you're still in the same reality. So, when you put it in that context, Joe's explanation of staying in one place which is the eternal

present and drawing your future to you actually can make more sense because it's not so much about physically where we are. It's about the experience we're having in the quantum field.

[00:15:56] It doesn't mean I could sit here all day and just hope that food's going to appear on this table, but if you're living in the eternal present moment, the food will get to this table and it won't feel like it was a really hard process to get up and get it or get the waiter. That's kind of what I'm taking away from that, is when we're in the

eternal present and this is something I have not lived in for most of my life, I've been living in these emotions of fear.

[00:16:19] And my biggest takeaway was that I've had this sort of just not almost in my first to third centers. Joe calls them energy centers. They're also known as chakras and even mentioned that, but he doesn't use those terms because some people get triggered by terms like that that have certain meanings that people have assigned to them. But I'm aware of that now and I'm not giving it all of my energy anymore, which is a huge shift for me. It's not fully dissolve, but it's on that path.

[00:16:47] And that'll be huge for me. So, there's a couple of things I want to say in regards to what you said about Kundalini earlier on, and then we should just get straight into DMT light melatonin. So, first of all, the magnetic field around the body, anyone who doubts that science should look up heart math because he talks about them a lot. They're actually measuring the magnetic fields created by the heart. When the heart's in coherence, the field is bigger. When it's not, smaller.

[00:17:09] And currently, according to the measuring technology that they have developed or acquired, it's measurable up to 50 feet away, right?

[00:17:20] Yeah, exactly. I heard 22 feet a couple of years ago, but this is the cool part, is that based on the laws of physics and this is where Joe's work gets really interesting, I really appreciate it, is that fields in the universe never stop. Like every electromagnetic field always continues—every field goes for an infinite distance actually. It's just whether it's detectable or not, you know what I'm saying?

[00:17:46]**Luke Storey:** Okay.

[00:17:47]**Matt Maruca:** So, the light emitted by any star, for example, is it goes forever. It's just so faint after a certain point that you could never even hope to detect it, but it's like the butterfly effect, like one flap of a butterfly's wings can move a little bit of air and it can change everything. Now, that's sort of the opposite effect because that's going from really small to really big, but I'm talking about something like a star's light going from really big to really small. So, the point is there's a guy named Robert O. Becker, who actually, anyone who's listening to this and finds it interesting should go back

and listen to the episode we recorded in September of 2017.

[00:18:20]**Luke Storey:** We'll put it in the show notes.

[00:18:21]**Matt Maruca:** Yeah, I was young and very excited and forgive my immaturity at the time, please, if you listen.

[00:18:26]**Luke Storey:** Hey, that was a very popular ep. Was that the one in New York?

[00:18:29]**Matt Maruca:** Yeah. It was the one in New York, and as you said, top download, like high up there.

[00:18:32]**Luke Storey:** That was my number one download for a couple of years after that. Eventually, I think you were taken out by Bruce Lipton. Fair enough. You know what I mean?

[00:18:41]**Matt Maruca:** Yeah, I'll take it, slightly more credible than you. On paper, of course. But yeah, you know what that really proved to me? I'll just digress for a second, was that, and this has really, actually informed the way that I envision and create this podcast is from one school of thought, it's like you need to get the biggest names on your podcast and that gives you credibility or helps you get other big names on your podcast. So, I'm sure it helped that I had had Bruce

Lipton on when I reached out to Joe's people to get Joe Dispenza on.

[00:19:10] And there's some truth to that. There's the credibility and having what I call an anchor guest. It's like if you buy a piece of commercial real estate, and you get a Target in there, and you want to open up a nail salon next door, your nail salon is going to do a lot better because there's an anchor property in there are an anchor business. So, you have an anchor guest. But your episode proved to me that it's more about the quality of the conversation and the energy of the conversation. And you were totally unknown. What were you, 19?

[00:19:35] Yeah, I was 18.

[00:19:35]**Luke Storey:** Eighteen, like no one knew who the hell you were. I didn't know who the hell you were, but I just liked you, and you seem really smart, and you just had such great energy. I was like, I'm going to give this kid a shot, like what the hell?

[00:19:44]**Matt Maruca:** I appreciate it. And you launched the business in doing so.

[00:19:46]**Luke Storey:** What do I have to lose? But now, I use that to inform my guest selection process. And I'm not tooting my own horn, but I get a lot of requests, I mean, daily, just I don't know, sometimes, a dozen emails a day of like, hey, this person wants to be in our podcast from, publicists or the people themselves. And I'm sure the vast majority of them are amazing, and would be great guests, and the show would be fine.

[00:20:13] But my sweet spot is selecting people and I have really loved now having people on that have never, ever been on a podcast before, but they've invented a really cool technology, or they have a teaching, or a point of view, or perspective that's just really unique, and I want to amplify their message, and help put them on the map, and get them more eyes and ears on what they're doing, because I think it could contribute not only to the quality of the show, to their life, but also, to humanity at large, because they've uncracked a code that I want to share. And so, anyway, thank you for being a guest that fit in the category of being unknown, and then the audience responded with, we like this. We don't want to hear the huge author or public speaker necessarily-

[00:20:59]**Matt Maruca:** That's been on 30 podcasts already, for example.

[00:21:00]**Luke Storey:** Yeah, exactly. They're like, oh, who's this interesting person with a very nuanced perspective that Luke found? So, I really, won't say pride myself, but it has become one of my superpowers that I

continue to cultivate, is really having an eye for the talent. And with that, I will apologize to anyone who's submitted themselves to be on the show, and you're like, why does he always say no? That's my secret sauce. Like, that's why the show has been successful or one of the reasons is in my ability, and also, my discernment on who exactly I have sit in that seat because you only really have one episode a week and there's millions of brilliant, talented people out there to have conversations with.

[00:21:37]**Matt Maruca:** And that's the energy. You're listening, as Joe might say, you're feeling the quantum field, what the energy you're getting off a person is in your soul—one might argue that your soul or your field knows before you even read the email, or if you see them, before you even talk to them if it's a good fit. I mean, that's interesting, but it's possible. So, this is why I want to talk about Becker. So, anyone who listens to that first podcast, I believe I talked about a guy named Robert O. Becker, and his protege, Andrew Marino.

[00:22:06] So, Robert O. Becker is very famous. Well, first, to keep this brief, he was a resident in medical school to be an orthopedic surgeon operating on bones during World War II. So, at the biggest hospital in Manhattan. So, if you can imagine what was happening, lots of men are coming back, getting their limbs cut off. And he took an interest in understanding why salamanders can regenerate their bones and why humans can't.

[00:22:31] So, he looked at all the past research, which he documents in his book, *The Body Electric*, and then began doing research himself, finding that the key component present in bone regeneration was electricity, opposing electrical currents occurring in the bone, and the sites of the injury, and so on. And any wound healing, not just bone. And he took this, and researched further, and found it wasn't just

wound healing, it was all cell differentiation. In other words, we started as an embryo with a bunch of stem cells, or blastocyst cells, or primordial cells, these cells all have the same genes.

[00:23:07] Think about that for a second. All the cells in an embryo have the same exact genetic code, they all have the same 23 chromosomes. How does one cell turn into like a kidney and the other turns into a liver. If we're just going off of the genetic code imprinted in this, it's completely impossible, because again, every single cell in the whole body has the same exact set of information. So, how do they know which information to turn on and off, which to express, and which not to express?

[00:23:39]**Luke Storey:** Is that gene expression?

[00:23:40]**Matt Maruca:** Its genetic expression. Do you get what I'm saying, kind of?

[00:23:43]**Luke Storey:** Yeah.

[00:23:44]**Matt Maruca:** So, what he found is it's the field. There's a field that's present that directs the growth of the organism. And the genetics are not so much the guides of the development of the organism so much as a record of the past that's basically setting things in motion to both express the field and to keep track of changes in the field. So, when we change our environment and we go through like Joe says, evolution, the genes are a record of the changes in the field in the environment.

[00:24:15] And this is a big thing that I learned from Dr. Jack Kruse. And it's a big thing, and even Darwin talked about that more important than what he called natural selection, which is the current theory of evolution, which is very gene-based, not field-based and environment-based, is that the more important thing than the natural selection is what Darwin, who's the father of all of the evolutionary theory, is that the conditions of existence, as he referred to them, were more important than the genes themselves, the natural selection.

[00:24:44] And this is something Dr. Kruse really hammers home a ton in his research. And we both know him pretty well and spoken a lot about his work. And you've interviewed him several times. Very, very smart guy. And so, he basically describes how when these

conditions of existence change, which is the environment changing, that's what affects genetic expression. That's what affects it. So, point is in the case of the embryo or a stem cell that turns into whatever it needs to, that's all directed by different fields.

[00:25:12] And Becker found this in his research. So, it just gives a whole new level of meaning for biology beyond just quantum physics, which is where Einstein was, that the field is the sole governing agent of the particle, because even in our cells, the field is what governs the matter. So, when Joe talks about doing this meditation and tapping into our field, we are literally, in Becker's book, there's a picture on the front of The Body Electric that shows basically a human body with the field around it.

[00:25:42] And he was one of the first researchers to really document that. So, when we're doing these meditations, we're doing this work with Dr. Joe, we're consciously using our energy and attention to identify and make changes in our field, and then that affects the body. And that's why people can have such crazy, tremendous healings when they really use their energy and focus it enough to overcome certain blockages.

[00:26:06] But the reason I bring up Becker was because in our discussion of heart math in the field, and the fields go on infinitely, he proposed at the end of the book after

doing all this research, and interestingly enough, his lab was shut down. He worked at the Veterans Administration in Syracuse, New York, and his lab was shut down, because his protege, Andrew Marino, was studying the health effects of high- voltage transmission power lines on these extremely subtle electromagnetic systems in our bodies.

[00:26:32] And that started presenting really controversial outcomes that did not look good for the Navy who needed radar to keep going through the Cold War and for the power companies who wanted to deliver power. So, because Becker and Marino were researching together, they closed Becker's lab as a result of the threat to the Navy, and he's at Veterans Administration lab. And so, they shut down his funding after a while, but he got enough research in where it really solidified things.

[00:26:58] But the point is, the end of the book, after all this deep science about how the field governs life, and that the field of study is called bioelectromagnetism. So, electromagnetic energy and biology basically. But he proposed, he said, things that have been previously thought to be absurd, impossible, crazy, such as telepathy, remote learning. There are studies that show that if an animal on one place learns a trait that the whole species didn't know before, but they get one animal to learn it in one place, the other animals on a

completely different place on the planet are much quicker to be able to learn that.

[00:27:37]**Luke Storey:** The Hundredth Monkey principle.

[00:27:38]**Matt Maruca:** Exactly. And that is the idea. So, based on this, what I just said earlier, that the fields really do travel to infinity, we might not be able to measure them, but how foolish would it be for us to say that it's impossible that that

could possibly happen when the research is so supportive of that? In other words, that there needs to be more research. So, when Dr. Joe has to sit in the room and do these coherence healings where we all channel our energy on certain points of attention, these pictures of some people who the healees who have some issue, and they're not in the room, they're elsewhere in the world, to say that that couldn't possibly work is just absurd and unscientific.

[00:28:16] So, people would say, oh, that's woo-woo you're talking about. But actually, any perspective that is not open to considering that possibility is unscientific because science is the art of challenging what you think you know, so you build hypotheses and you break them down. And anything that things can become a theory, things that are really, really well-tested could become a law, most things are just theories and hypotheses. So, the whole idea of something scientific is that you have to be able to disprove your hypothesis. In other words, in science, you make a hypothesis and you create experiments to try to disprove it. You don't create

experiments to try to prove your hypothesis. That's not what science is.

[00:28:53]**Luke Storey:** Oh, that's interesting.

[00:28:54]**Matt Maruca:** That's how science is supposed to run. So, anyone who comes on, and again, they say, oh, this is woo-woo, Dispenza's woo-woo, you're not operating on scientific principle if you just write something off as woo-woo because you're being close-minded and inconsistent.

[00:29:06]**Luke Storey:** It's so funny because I'm thinking about the cultural brainwashing meme, trust the science, trust the science, trust the science.

[00:29:14]**Matt Maruca:** And I want to go there next.

[00:29:15]**Luke Storey:** Yeah. I'm always thinking like, really, guy, really, lady? Have you looked at the science? Anyway, another topic altogether.

[00:29:22]**Matt Maruca:** And there's one more thing I want to bring up before we get in the light, melatonin, and DMT. Basically, that is what you said about your

subjective experience with Kundalini yoga. First of all, if you feel something and you experience it, that is, as far as I'm concerned, the best firsthand evidence you could possibly obtain. And there are all these people out there who are, in my opinion, intent on us being disconnected from ourselves.

[00:29:48] And so, they'll say something like, well, if it isn't proven by a research study, then it's bullshit, or if there isn't a clinical trial done that only large pharmaceutical companies can afford to do, then it's bullshit. To me, that level of thinking is bullshit. And the cool part, like Dr. Joe talks about again, is that it's not

my intention to change anyone's mind who believes that. It's just to say, dude, you think you're scientific? Literally, that you can't be less scientific if you believe these things we're talking about here. So, that brings me to Becker's protege.

[00:30:19]**Luke Storey:** But hold that thought, because you're really good at holding thoughts when I interject. Okay. When we're talking about the infinite distance with which a field can travel, let's say a magnetic field, what about the power of said field as it diminishes through the inverse square law? Right? So, if my cellphone is one foot from my head, the amount of radiation is however many fold greater than if it's six feet away from my head, right?

[00:30:47] It drops exponentially. And so, it's a logarithmic scale when you talk about the inverse square law. So, I wonder in terms of something like the remote energy healing where we're holding in mind and in feeling, and going into the field, and trying to affect someone who happens to be located in South Africa

right now versus someone who's just across Florida 100 miles away.

[00:31:11]**Matt Maruca:** Well, it's interesting you say that, because based on what you're saying, it's like the effects are, just like you said about the phone getting weaker when you even just put it six feet away, at the point that it would even get to 100 miles away, whatever field we're putting off is so exponentially smaller or weaker than it was when it left our body. But I believe, and this is what Becker proposed at the end of the book, I didn't really do it justice, he said there's something what he calls the biosphere, which is since all these organisms are electromagnetic, he said, we have all these layers of the atmosphere, and then there's the crust of the earth, and we go down.

[00:31:44] But he's saying like, living organisms create fields, electromagnetic fields, so we need to consider adding another layer to the Earth's layers from the core to the mantle to the crust, then to the atmosphere layers, the stratosphere, and the ionosphere, and whatnot. We need to add the biosphere, he said, because living organisms are literally electromagnetic and you have the entire surface of the planet covered in them.

[00:32:04] Don't you think that maybe there's some kind of energetic field that's present created by all these organisms, which if we could tap into it, we could affect it in such a way that even if it's some small impact, it could have a huge change in someone on the other side of the planet? And this goes against something Dr. Kruse talks about a lot, which is non-linear physics, which is basically to say that even with something like sunlight, a small dose of that light can have huge impacts on the body, tremendous impacts on the body.

[00:32:36] And in a similar way, it's possible, doesn't mean it's proven scientifically, but that we could have non-linear effects with this energy. In other words, a tiny change in the field, that intention that goes out and that energy, just a little bit could possibly be enough to heal someone on the other side of the planet, or have that moment of telepathy that many people have claimed to have had, or for people to basically divinate or intuit information from the biosphere, from the field of the universe even.

[00:33:10] Again, I'm not saying I believe that this is all 100% true and factual or science-based, I'm just saying it's possible, and that's for sure. It's very possible and there's even a lot of evidence that we've just gone through that makes it very possible. Doesn't mean it's even probable, it's very, very possible. There's evidence there. So, the last thing is regarding your subjective experience with Kundalini, I think that the subjective experience is very important.

[00:33:36] So, with this guy, Andrew Marino, who is Beckers protege, was studying was the effects of these fields from power lines on the body. Now, that's not something I really want to get into, but the name of his book was called Going Somewhere: Truth About a Life in Science. And the really relevant piece of that book that was so interesting to me was that when he would go to court to basically be a scientific witness, to defend people who were getting power lines built over their house, and he actually had gone and gotten a JD, a Juris Doctor, which is a doctor of law, and/or teacher of law, or something like that in law school.

[00:34:13] Basically, a law degree. So, he has a PhD and a lawyer. And the reason he got that was because he had some lawsuit in his own personal life that he had to deal with and he didn't want to be able to be taken advantage of by people who knew the law better than he did. So, in doing so, he was able to like present a very strong threat to the telecommunications world. Telecom didn't actually exist, the power industry at the time, in the '70s and '80s, really.

[00:34:38] In other words, when they would go up and grill him as a scientific witness, because he understood the law and how to talk like a lawyer, they couldn't knock him down. So, what they had to do is just basically hire, this is really interesting, we did talk about this on the three-year-ago episode because it's very

important to me, but they had to hire, these other companies had to hire as many researchers as they could afford to pay with Yale, and Princeton, and Harvard degrees to say that Marino's science, not that it was wrong, but all they had to say was that it's not generally accepted by the scientific community.

[00:35:11] So, until 1992, I believe, that was the standard for the admission of scientific evidence into a court of law, was that it has to be generally accepted by the scientific community. In other words, if most scientists believe the earth is flat in

spite of all evidence against it, it's true in a court of law in the United States of America until 1992, which is absurd, just to be clear, but that's basically to say that if enough people agree on something that's true, that's the standard.

[00:35:40] Until 1992 in our country, it's like we're living in the Middle Ages, the Dark Ages. And so, what happened was Marino lost all these court cases because that was the standard that they had. Now, what happened after his sort of—his career wasn't over. He's still been working on this stuff, but he sort of lost the battle, at least. The war has yet to be finished. The war is ongoing about EMFs and you know it's going to get big, but it was an early battle and it lost big time.

[00:36:04] So, cellphones exploded, and microwaves exploded, and a lot of other things exploded. Let me just check how we're doing on time. We're leaving in like 30 minutes, but we're going to the airport together. So, anyway, basically, let's go to Andrew Marino and—we might have to cut this out, but we were at Andrew

Marino and the scientific standard, okay, for admitting evidence in a court of law.

[00:36:31] So, after his whole thing was kind of done and he sort of retired from trying to help everyone who didn't want to be helped, basically, instead of just getting shut down, just like Snowden, and Julian Assange, and people like that who tried to help us, and then we just shoot them down, like the Plato's Allegory of the cave. So, it's like Socrates was this great leader. He was like the first sort of philosopher in Greece.

[00:36:51] And he was teaching people of a way of thinking and living similar to what Dr. Joe is talking about that was able to get them beyond their limited focus. And so, he was killed. They gave him a poison he had to eat for these beliefs in Greece. And then, Plato, who is his student, wrote this thing called the Allegory of the cave, where there's all these people in a cave and they have this experience of what they think the world is.

[00:37:14] They're in a cave, and it's dark, and there's sound, and there's not really any light, and that's it. And then, someone actually gets out, and shows them like, hey, guys, there's actually so much more out here, and then they kill him brutally. So, that's the Allegory of the cave. It's basically saying that the people who try to free

us are the ones who we crucify and we put on trial like Snowden and stuff like that or just people like the Dispenzas get all kinds of negative reports in the media.

[00:37:44] So, that is something Marino was trying to do. Anyway, his whole thing was passed. But then, in the '90s, there was a court case, Merrell Dow, which is a pharmaceutical company against a family called Daubert. I don't remember the woman's first name. I would guess it's Elizabeth or Melissa, something like that. But anyhow, she sued Merrell Dow because the drug she was taking for morning sickness

caused her child to have birth defects, whereas EMFs and it was really about the power industry, that wasn't something that the public had much of an eye on because people didn't understand the issue because cellphones didn't exist yet, it was just high voltage transmission lines and that was about it.

[00:38:20] So, when this much more emotionally charged lawsuit came about, the lawyers went to Andrew Marino, who was the expert in environmental law, is kind of what it was called, and sort of the dance between scientific evidence and the courtroom, because he had a PhD. and he had a law degree, and basically, they said, the judges are ready to rule in our favor, the Supreme Court, all the judges want to rule in our favor.

[00:38:46] They know we're right and they know Merrell Dow's drug caused this woman's baby's birth defects. And they just need to know, how do we want to argue the case so that they can make the ruling in such a way that it will allow this issue in the scientific legal system to be fixed. And what the change that occurred was

basically that he told them, truth is not a product of people, of something that people believe, it's a product of the method that's used to obtain it, a.k.a. science.

[00:39:17] In other words, something isn't true because people agree on it, it's true because you've proven it, or at least you've tried to disprove it a hundred times and you haven't been able to. And that was changed to be the standard. So, it used to be, I forget the name of the old standard, the Frye standard, F-R-Y-E, because that was the name of the judge who set it in place in the 1920s, was that it has to be generally accepted.

[00:39:36] And the reason they came up with that was because someone tried to get off a murder charge by using a lie detector box, which is obviously bullshit. They didn't know what else to say other than this isn't accepted by the scientific community in the 1920s or whatever it was, late 1800s, and so this is the standard and that stayed for most of the 1900s. Then, in this case, they said no. Now, the new standard is the Daubert standard, and this is called a precedent in law and the precedent is still being accepted.

[00:40:01] Get this, in almost every court case, the only people campaigning for the precedent to go back to the Frye standard are telecommunications companies. Yes, Because they want to be able to pay as many scientists

as they can to make it so that—and that's still happening. There are still ongoing lawsuits since the 2000s about telecom and they're campaigning for the Frye standard. So, the Daubert standard is in place and it's mostly used in these court cases.

[00:40:24] So, that's the deal with what Andrew Marino found. The reason I say this is regarding your experience with Kundalini, people are so closeminded about how

the world really works and how science really works to think that just because you have a little flag in your front yard that says science is science, and this is that, and this is that, that's complete bullshit. Science is not science. Most scientists and most research is completely driven by the agenda of the money that's funding it.

[00:40:51] So, when people say science is real or science is science, it's like saying, I don't know, anyone who's teaching anything is right because they're a teacher. It's a complete BS. Science is just a process to try to obtain truth, you still have to use your brain as an individual to discern what's true or not. So, you get what I'm saying? It's like this limited focus. And this is so relevant for Joe's work, and the stuff that many people call woo-woo, and the stuff even you talk about that I like to talk about a lot of the time, even though you might dabble more in the woo, as some would call it, than I would or than I do, but I love it all.

[00:41:24] But it's just people, we're close minded and that needs to stop because science isn't science. Science is

just a method to get stuff and it has to be done properly. And people have to each exert their own cognitive rationality and not just accept something because some PhD says it's true. So, that's really the point I want to get across and that's relevant for this subject. So, now, let's get into light melatonin and DMT.

[00:41:48]**Luke Storey:** That's so good. This is so fun. I always love talking to you. I mean, I'm glad we had the idea to turn on microphones. I'm just like checking the battery. Yeah, because we would sit and have this conversation, but probably not to the extent because there's people around and we're doing stuff. Let's go eat. Let's go here. Let's go there. So, when you're plugged into a microphone, it sort of forces you to dive a little bit deeper. So, super fun. We've got, I don't know, what, 20 minutes left before we both have to scram.

[00:41:59]**Matt Maruca:** Yeah, it's like, yeah, 20.

[00:42:19]**Luke Storey:** Okay. So, let's dive into exactly what you just indicated, which to me is almost the most fascinating part of this because I've had so many mystical experiences using just my body, and breath, and intention, and prayer, and mantra, and all the things, and also had very similar experiences, albeit quite a bit deeper and intense with exogenous helpers like the DMT toad, psilocybin, ayahuasca, whatever, right? Ketamine.

[00:42:57]**Matt Maruca:** I did a podcast with Ben Greenfield. He meant to do like a squirter of hape up his nose, two squirts of hape to clear up, he actually did intranasal ketamine. He talks about it. He was totally tripping balls on the beginning of that. I was at his house, and we were recording and he talks about it on the interview, so

there is the Light Diet podcast for anyone's who's interested in interviewing Ben Greenfield.

[00:43:17]**Luke Storey:** That's funny. I would not like to accidentally take ketamine. In fact, the first couple of times I did it, I didn't realise how important it was to be laying down when you administer it. So, I had a couple of times, I was like, oh, yeah, I'm going to go have a meditation. I actually do Joe's, or I haven't done a long time, but I do a microdose of ketamine and do a really long Dispenza meditation. A couple of times, I did a couple of sprays of the oxytocin ketamine in the nose, and then it's like, oh, I got to go do something.

[00:43:40] And then, I'm fiddling around in the house and I would be walking out to my hyperbaric chamber where I usually do these sessions and I'm halfway up the stairs going, oh, my God, I feel like the worst parts of alcohol, like [making sounds] just kind of nauseous, and groggy, can't walk straight, and I learned my lesson. It's kind of like MDMA. If you have to take it, like be laying down

ready to have your journey or sleep before you administer it. Anyway, I digress. Break it down for us.

[00:44:05]**Matt Maruca:** Alright. So, what do you want to really focus on? Let's talk it. Send me the agenda and I got you.

[00:44:09]**Luke Storey:** Okay. The agenda would be-

[00:44:12]**Matt Maruca:** O, what do you really want the audience to come away with or what do you really want to understand better about how this system works?

[00:44:17]**Luke Storey:** First part is the synovial spinal fluid pushing up into your brain.

[00:44:25]**Matt Maruca:** Yeah, cerebrospinal fluid. CSF, cerebrospinal.

[00:44:26]**Luke Storey:** Cerebrospinal fluid, pushing that up, smashing the pineal gland, the shit that happens with the crystals, the magnetic field, and then the release of those.

[00:44:36]**Matt Maruca:** Yeah, I love this. This is so much fun. So, I get goosebumps just like thinking about this, because this is my passion. Like this is what I'm so interested in. There's this energetic field that Becker described, right? And wouldn't it make sense that if all these cells and organs are going to structure, I mean, think about this, too, how does this part of your body know to be there, and this part of your body know to be there, and this part of your body know to be there?

[00:45:03] Not only is the field governing which genes are turned off and what, but where they're going. And that field starts the moment the sperm and the egg meet. The field of each of those cells, half cells really meets, and that field unwinds as the proteins start to unwind, and as it develops as a baby, it unwinds, and it's being governed by—as the proteins, and genes, and everything unwind in the water, and the light, and the energy, that is a field, that is creating a field.

[00:45:29] And then, the field is governing the changes in the gene. So, it's like stimulus response, stimulus response, stimulus response. And the organism unwinds literally. From that set of DNA, it unwinds. It takes 26 years for full development, and then we start aging more. I mean, we're aging anyway, so I got five more years of this brain developing. So, it's, again, stimulus response, stimulus response. And that's how the field really is unwinding.

[00:45:51] So, it would make sense then as a more developed human besides just an embryo, but even in the

more formative phases of a life form that you would be able to see certain maybe energy centers that sort of direct the different functions in the different places, right? If you think about what we're talking about, Becker found this field, and studied it, and measured it. He didn't go so far as to measure each of the energy centers necessarily. His work was cut off by the Navy.

[00:46:18] So, it makes sense that there would be some of these potentially centers that govern what's where, because otherwise, everything would just be everywhere. It wouldn't really work. The organism can be structured. So, sure enough, the Indians found 5,000 years ago or more that we have what they refer to as eight centers from the perineum, which is the core, the base center, which is our sex organs, basically, our sexual energy, and that's down there.

[00:46:46] Then, we have our second center, which is our digestive system. Basically, our gut. Third center is our solar plexus. And I forget exactly which organ this actually correlates to, the third center. I'm not sure if it's the—I believe it's the adrenal glands because that gives us our energy, and our power, and push their back behind, so it makes sense. And our kidneys, I believe, are also related to the third center. I believe they're both in the same spot.

[00:47:11] The adrenals are tucked down to the kidneys, if I'm not mistaken. But I'm not an anatomy expert. But anyhow, so going up, we have the heart, the center chakra, which is the fourth center or the fourth chakra, is right in the center. I don't know the Sanskrit names, but anyone who's watching this could list all the Sanskrit name, some woman did last night. So, that's the heart center.

[00:47:29] And then, that's the gateway, as Joe says, between the three lower centers, which are more primitive survival and the higher faculties of the human being, which

are the throat, which is the fifth center or chakra. And then, the sixth, which is the pineal gland, which is located sort of like in between the eyes, and then back towards the back of the brain, or Joe describes it as the between the back of the throat and the top or, I should say, the back of the head.

[00:47:53] So, it's kind of like in there, right in the middle, really, and then we have the seventh center, which is the fontanelle or like the crown of the head, the crown chakra. And then, we have the eighth center, which is about 16 inches above the top of the head. And the energy, the cool part about it is as frequency and energy goes, each of these has a correlating light wavelength. So, it's red, orange, yellow, green, blue, indigo, violet, and white is the crown.

[00:48:21] And so, it's like as you go up, like the humans, we're sort of just like an increasing frequency system of energy. So, anyway, now, your question was about this flaming sword of consciousness, as someone's described it to me as. This energy is sort of related to the

cerebrospinal fluid moving up the spine. So, when Joe has us doing these breaths, we're literally squeezing our parent. We're taking a breath in while we pull the energy up along these centers using our breath, which you can do with your breath.

[00:48:53] You can try it. You squeeze the perineum. You squeeze in the stomach as if you're taking a breath in or like pretending you're basically like a starving child.

It's kind of a weird way to put it, but if you're like sucking your ribs and all the way while squeezing your perineum, which is your sex organs, and then squeezing your core at the same time, that's really what that motion is like. And then, you basically have your breath, and you have to relax your neck and your shoulders completely, and extend your spine for the best effect, and then you pump.

[00:49:17] And you can actually move the energy up. Now, I personally am not an expert master in that breath. You've been doing Kundalini a lot longer than I have, so I don't feel it quite as much as I think I will as I practice, but a lot of people do. And this is an ancient yogic breath as well. But it makes sense based on the evidence that Joe presents, and why I understand, that when we squeeze, we are pumping that fluid up. And I think it cycles every couple of hours, the whole cerebrospinal fluid, which bathes.

[00:49:48] It goes from the bottom of our spinal cord. It bathes our entire spinal cord. It's basically, there's the spine, the bone, then there's cerebrospinal fluid, which is sort of like a cushy fluid that cushions the spinal cord, which is the core of the nervous system, which is like, one could argue, the center point of this energy centers that go up through our body. But really, it's just one physical manifestation of the energy centers because the energy centers are just energy.

[00:50:09] They're not matter. So, this is representative of that flaming sword of consciousness, which I believe is represented in some depictions as literally like two serpents or two flames that are spiraling like serpents around a sword. There's other depictions of it in different ways, but that's the idea. This is where life really exists in us. And so, when we do that squeeze, we push that cerebrospinal fluid up. And the cerebrospinal fluid doesn't just bathe the spinal cord, the entire brain is bathed in cerebrospinal fluid, including the pineal gland or pineal.

[00:50:40] Some people call it different things. Dr. Joe says pineal, pineal. I call it pineal. But basically, when you get a concussion, it's because you hit your head so hard that the cerebrospinal fluid wasn't enough to stop it, and so it banged against the side of the skull, and you got a bruise on your brain, essentially, as far as I understand. And this is interesting side note, based on the work of people like Dr.

Kruse, there is a potential that when we're getting more sunlight, we're drinking more structured, high-quality

water, our cerebrospinal fluid could be more viscous, and more strong and protective, and we'd be less prone.

[00:51:13] Therefore, to maybe concussions or back spinal cord injury versus people who are not getting any sun, the water is not as structured, and therefore, they might be more prone for issues like that damage and so on. But anyhow, so that fluid is bathing the pineal gland as well. So, what happens, as Dr. Joe's describing it, is literally, as we pump, it is basically rolling around the pineal gland. And first of all, he talks about these little hairs on the pineal gland, and it's sort of stimulating them, and basically activating the pineal gland.

[00:51:46] But the key thing he's saying is as the fluid moves around, we're kind of compressing the pineal gland just a little bit. And there's these crystals in the pineal gland which have been scientifically studied, found, imaged, and so on, that basically detect energy from the environment. That's just the best way to put it. And then, you start to step a little bit further into the domain of not woo-woo and unscientific, but just less studied. But basically, when you make these crystals compress because they're what he was calling piezoelectric or piezoelectric.

[00:52:19] And this is an effect that I read about in who but Dr. Robert O. Becker's books five or six years ago

when I was reading that stuff for the first time, and he described that bone as piezoelectric, too. And most of the body is. So, for example, compress your bone really hard, you push it in, and because it's an electromagnetic network of appetite, and collagen is what makes up bone, and then there's copper inside of there as to help it conduct energy better, but when you compress it in a certain way, the compression of those proteins basically causes a bit of a ripple in the field.

[00:52:56] In other words, if you bend something one way and it wants to bend back, that's sort of what happens. You bend it, and so the field around those proteins, because they all have a field around them from their electromagnetic energy, changes and that changed field stimulates further growth. That's why, for example, if I punch your arm a thousand times over, you would start having thicker growth in the bone of that arm, if you kept bruising it, and hurting it over, and over, and over again.

[00:53:21] So, that's piezoelectric. So, a lot of the body is piezoelectric in its nature. So, the whole idea Dr. Joe is presenting here is that when we actually compress those crystals in the pineal gland by doing this breath and squeezing that cerebrospinal fluid, it's compressing the crystals and creating because they're piezoelectric in nature as well, creating a field. And if we do it enough, it's really increasing the sensitivity and basically activating what he calls the radio receiver in our brain.

[00:53:49] Now, ideally, if our pineal glands weren't calcified from drinking fluoridated water, and that kind of thing, and other things that we do that harm ourselves, we would not necessarily have to do some really strong squeezing breath. We would just be able to just have it sort of active, as it's designed to be all the time for the even the things that the Native Americans and like different world wars were hired by the US Army because they had these phenomenal abilities to detect certain things, this could very likely be related to their increased function of the pineal gland.

[00:54:22] So, that's sort of the core, and the yogis have been doing this additionally for thousands of years because they know that it can activate higher states of consciousness. So, that's sort of the core of how this pineal breathworks, the Kundalini type of breathworks, and I don't need to really convince anyone here. It seems like I'm almost talking as if I do, but it isn't some unscientific woo-woo concept. There's actually a lot of supporting evidence based on what we're talking about here with the field, the cerebrospinal fluid, the field that that creates as it flows through the body because it's full of charged particles.

[00:54:58] And so, by doing the movement of that cerebrospinal fluid, we're increasing the strength of our field. It could even be that it has less to do with the pineal, although I can't say for sure whether that's the

case or not, and maybe more with just the flow getting that cerebrospinal fluid flowing because our field is related to that. In other words, even though the field governs the particles like we're talking about in the development of a child, the particles can also govern the field or affect the field if we use them in certain ways and move them in certain ways.

[00:55:29]**Luke Storey:** The other trippy thing about that activating of the pineal gland and moving those crystals is that it, and correct me if I got this wrong—and for the sake of this, and I probably have said this in the intro, this is just our interpretation of Joe's, we are not official Joe Dispenza's work teachers. We're trying

to hash it out so that we understand it. I just want to make that clear. But also, I remember him talking about that there is a polarity, a negative charge and a positive charge that's created within the space of that pineal gland, essentially turning it into a battery, right?

[00:56:02]**Matt Maruca:** Magnet.

[00:56:02]**Luke Storey:** I'm sorry, a magnet. A magnet that is then somehow facilitating our perception of consciousness or higher states of consciousness. So, it goes back to that kind of the antenna receiver part of the brain, where you're able to go, oh, there is more here than meets the eye. In the interest of time—

[00:56:23]**Matt Maruca:** Let's get into light and DMT.

[00:56:24]**Luke Storey:** We might have to hop on a Zoom call the last 30 minutes.

[00:56:29]**Matt Maruca:** When you compress the magnet, because it's piezoelectric, its field gets stronger and larger. That's the idea. So, by doing that compression with that breath, that field of that particular gland get stronger. But let's talk about melatonin, and DMT, and stuff.

[00:56:41]**Luke Storey:** Yeah, because this is really wild. Because I as I was telling you, I had a DMT ceremony two weeks ago now in Austin, and it just primed to the pump in such a major way that Joe's work now is like so deep, so easy, and I'm just like [making sounds] that space. And so, I don't know what that has to do with it other than just, wow, what's changed for me with the work that we're doing here, because like it's so much easier and I go to such a deeper place. But I think that some of the plant medicines, and psychedelics, and Joe's work, and all this, they're really taking us to the same peak of the mountain, they're just a different trail to get there or a different window into the mansion, right?

[00:57:21]**Matt Maruca:** Yeah.

[00:57:21]**Luke Storey:** So, I just find it so fascinating that regular people that would never be open to or where those experience wouldn't be appropriate can do this work, and trip balls, and elevate their consciousness and understanding of all of life. It's just

incredible. So, tell us about the biochemistry as you understand this.

[00:57:40]**Matt Maruca:** Yes. So, first of all, I want to say that there's a guy in the health world who started one of the really big health product companies out there. And he actually told me that in his opinion, taking something like psychedelic, it'll get you to the top of the mountain. It's like, for like skiing, you take it to the top of the mountain, and then you can ride all the way down, and you're going to get a

really strong ride when you take a psychedelic, whereas like meditation, he compared it more like surfing where you're going to go out, you might not catch a huge wave every time, but sometimes, you'll catch the greatest wave of your life.

[00:58:13] It's just a different approach. But I like Dr. Joe's work, because I think in a similar sense, if you take psychedelics, there's a lot of people, I feel, who take psychedelics a lot and are still not quite getting the type of changes they want in their life necessarily, because they get a sight of where they could be, but they're not putting in the work to get there necessarily. Although, again, some might very rightfully argue that using psychedelics, and again, I don't have a lot of experience with them, so this is not the most educated statement, but some would argue that that is what psychedelics do because it forces you to face a lot of the trauma and stuff. So, that might be, in reality, the case.

[00:58:51]**Luke Storey:** I think in my

experience, both are true. [00:58:52]**Matt**

**Maruca:** Yeah.

[00:58:53]**Luke Storey:** Having a psychological framework and understanding, and having tools to integrate the lessons that you learn in those experiences or in a meditation, I think, is really important. I was thinking about this, this morning. I thought, what would be the point of just getting the gateway into different realms of reality if you're not able to bring that back with you and have a model or a framework by which to effect change in your life and in your character? Otherwise, you're just a traumatized asshole that had a beautiful experience and you come back to being who you are, right?

[00:59:25]**Matt Maruca:** Or who you have become, because that's really not who they are, right?

[00:59:28]**Luke Storey:** Yeah, exactly. Exactly. But anyway, carry on.

[00:59:31]**Matt Maruca:** So, yeah. So, speaking about DMT, so I'm actually going to pull up the slide. I had taken notes on the slide of Dr. Joe's about what happens with serotonin and melatonin. But first of all, I want to

note that melatonin has all these benefits that Dr. Joe is talking about. And I've talked about a lot of these because my product, blue-blocking glasses from Ra Optics, people who wear these have higher levels of melatonin and get all of these benefits. So, I was loving the lecture. I know we were both stoked at the same time, listening like, oh, like I'm stoked, Luke and Alyson, I'm listening to this, and I'm stoked he's listening to this, and it's great.

[01:00:04]**Luke Storey:** I was thinking about it the whole time. I can't wait until break comes so I could talk to Matty about this.

[01:00:05]**Matt Maruca:** Yeah, it was so great. So, melatonin basically stops stress in studies. These are all the clinically studied things about melatonin. So, it lowers stress, stops stress, and improves carbohydrate metabolism, which, in other words, it makes our body better at using certain fuel sources, and therefore it lowers our triglycerides in the blood so that people aren't putting on as much fat, and inhibits in these studies gluconeogenesis—or I should say, atherosclerosis, pardon me, which is where the hardening of the stuff in the arteries that causes people to have heart disease.

[01:00:44] It heightens our immune response, very relevant at this present time in the world for those who are interested, decreases tumors, increases lifespan, reduces body weight, helps people lose weight. It's neuroprotective. It increases REM sleep, which is like our dreaming, lucid state, in which some would argue, we're

sort of like creating our reality or tapping into different layers of consciousness.

[01:01:05] It scavenges free radicals, which is huge and largely responsible for a lot of the other benefits here in our mitochondria and it promotes DNA repair. So, those are the things that Dr. Joe listed about melatonin. The other one that wasn't on there really is it helps repair our mitochondria by scavenging these free radicals and repairing DNA, but very specifically, mitochondrial DNA, as well as nuclear DNA to some extent. So, melatonin is this amazing thing, but what Dr. Joe's real interest is, is how it gets upgraded.

[01:01:35] So, before we get deeper into those upgrades, talking about the way melatonin is first created, there's a bit of a chart of, it goes from tryptophan. It goes through basically a couple of things, become serotonin, then it becomes melatonin. And one of the cool things about the research of Dr. Alexander Wunsch you interviewed a while back, and that's an amazing episode. I recommend people check out as well.

[01:01:55] He told me how when we're getting sunlight, basically, and this is something he studied and his predecessors have researched, when we get light from the sun, especially UVA light, it activates the eye and the optic nerve in the brain in such a way that our body is

stimulated to produce, take serotonin—or I should say tryptophan, the precursor amino acid, and turn it into serotonin, which can then be converted into melatonin.

[01:02:20] And this is an interesting thing about tryptophan is that it's an aromatic amino acid, which means that it has these structure in it that's called a benzene ring that specifically absorbs ultraviolet light. So, every biological molecule in the body,

we're beings of light, every single cell, every single molecule, every single thing we use as organisms, enzymes, everything, has specific absorption wavelengths of light.

[01:02:43] In other words, the way we're able to be so complex just to cut straight to the chase on this one is because we utilize every single possible frequency of light in the sun or as many as we can to develop different systems. In other words, different proteins, different biomolecules are all tuned to different frequencies of light. So, when people say, oh, get sun, like get vitamin D. I'm like, yeah, get vitamin D and a million other things, hundreds of which are researched, and then probably thousands of which, we don't even know. Does that kind of makes sense?

[01:03:13]**Luke Storey:** Yeah, totally.

[01:03:14]**Matt Maruca:** Because the sun is a continuous spectrum. We need these wavelengths of different

energies of the sun to do a lot of different things beyond just vitamin D production, although that's very important.

[01:03:22]**Luke Storey:** What's interesting about that, too, is within the visible light spectrum, you have the colors of the rainbow, which also coincide, as you were indicating earlier, with these energy centers in the body. That's what's really interesting to imagine. I don't even know what the connection is there, but the sun is activating something within those centers as well.

[01:03:40]**Matt Maruca:** Absolutely. And I would have to take some time to think about that, but yeah, certainly.

[01:03:44]**Luke Storey:** Maybe for the part two, but yeah, the coherence of that information, which light carries information.

[01:03:50]**Matt Maruca:** Think

about this. [01:03:54]**Luke Storey:**

It's wild.

[01:03:54]**Matt Maruca:** So, this is a great way to put it, is the most dominant amount of light in the sun that hits the earth is red and infrared. So, our most fundamental

functions, this is really interesting right now, whoa, it's like a download, our most fundamental energy system is our survival and reproduction. That's red.

That's the majority of sunlight energy. As you go up the centers, there's less and less of that light present in the sun, that particular component, so one might argue, which I always have for the last three years, people should listen to this podcast, that UV light, people say is bad for us, UV light is not bad for us.

[01:04:26] UV light is the highest energy, ultraviolet, so this is beyond violet, and that's the white light over the top of the head. But it's the least present in the sun, but that is what—again, people say it causes skin cancer because they're completely disillusioned and lacking in scientific understanding of what the sun does to our body. But as we grow, or I should say, basically, my theory now based on our conversation, and this is just a hypothesis, this is not proven in any sense, but is that our ability to become a more complex organism is dependent on greater amounts of sunlight present. In other words, higher frequencies of sunlight present.

[01:05:09] So, first of all, saying ultraviolet light causes skin cancer, I always respond to people, no, ultraviolet light is what allowed us to become complex organisms because our atmosphere allowed just a little bit more light from the sun of a higher wavelength to come through so that we're able to be just a little bit more like the sun, in a sense, a little bit more like that energy.

[01:05:29] So, it makes sense that a large part of our energy is centered in that base, and then there's a little bit less, I might be incorrect about this, but I believe this is accurate, there's a little bit less orange in the sun than there is red. There's a little bit less yellow in the sun than there is orange. There's a little bit less green in the sun than there is yellow and so on. Blue less than green. And then, indigo and violet less than blue. And then, ultraviolet less than visible violet.

[01:05:55] And so, it would make sense that the development of the human coincides with the proportion of the sun present or the light frequencies present in the sun. And I would go as far as saying, which I always have for the last couple of years, is that in order for us to have this high level of this high-functioning brain that allows us to have such a strong, powerful field and be sort of the apex predator in a very intellectual, high-level being is the power of the sun, the ultraviolet light that we take in from the sun.

[01:06:21] And this is why, again, people like Dr. Kruse—well, I can't say this is why he argues it, but he makes a very great point, that humans lost our hair in order to become solar panels and assimilate light. So, yeah, we got to roll it in there. So, basically, long story short, just to sum this up, melatonin is essential for health. Cool, like five minutes, we're good. Yeah. So, sound editor, you might want to cut that out.

[01:06:47] So, basically, to sum this all up, and we will have to follow up at some point, but basically, then from creating melatonin, which happens, melatonin's creation happens when we have tryptophan in our diet, we have sunlight, and then we have absence of light in the evening, which allows us to take serotonin, and really basically convert it into melatonin, and really secrete and release our melatonin, as both the light in the morning helps with that creation, and the secretion, the release of it occurs in darkness or at least absence of blue light, because blue light is the

particular wavelength that the receptors in the eye that communicate with the hypothalamus and the pineal gland absorb to know whether it's day or night.

[01:07:28] It's not all the colors, it's just blue. That's why the glasses we make block just blue light particularly, and green at night because the system is a little bit sensitive to green, but not nearly as much as it is to blue. So, anyway, what happens, though, when serotonin becomes melatonin, it actually turns into a bunch of different things. These include hallucinogenic effects, so like DMT. That's very interesting that that occurs.

[01:07:52] They convert into more potent forms of antioxidants than melatonin. It converts into sedatives like benzodiazepine that can be converted into these bioluminescent molecules. It can also be converted into something that allows us to hibernate, which is methoxytryptamine, which is similar to DMT. They're all very similar to one another. So, it's almost like melatonin. And this is what.

[01:08:16] Dr. Jack Kruse has taught, I don't want to misrepresent the way he describes these things, so what I'm saying isn't an exact representation of anything Dr. Kruse teaches, but as I've learned a lot of the stuff from him, he's always said, as I understand it, that melatonin is sort of like a carrier of light to do certain physiological things in the body. In other words, it isn't melatonin. Melatonin is just the messenger for the light information. Does it make sense?

[01:08:40]**Luke Storey:** Oh, wow.

[01:08:41]**Matt Maruca:** So, it makes sense, and melatonin is one of the most important molecules that our body has evolved using things like ultraviolet light. So, think of melatonin as a physical correlate to changes in the energy field. So, the sun changes our energy field. That affects melatonin and melatonin then is that representative for the sun to do certain things in our consciousness, in our body.

[01:09:03] So, since melatonin is one of the most evolved molecules in our body that was actually developed a long time ago when oxygen became abundant in our environment and was needed as a very potent antioxidant to combat the oxidative effects of oxygen so that we could use it as a fuel source. Because oxygen is very

volatile, but we use it fine, because we have melatonin to help us scavenge the oxidative effects of it. But anyway, it would make sense then that if you're able to just go a little bit higher frequency than this already super duper advanced biomolecule that's a good representative for really important stuff happening in the body, why couldn't it go a little further?

[01:09:41] Why couldn't it go to the next level, become a more potent antioxidant, become a giver of visions to see and understand the environment in ways that we're

typically not aware of? So, I don't think of it like on the chart Dr. Dispenza had on the screen, it was going down from serotonin, the melatonin, all these other things, personally, for my ideal representation, would be working up, because it's almost like these molecules are pinnacles representing higher levels of energy in our field and consciousness.

[01:10:09] And so, that pumping, based on the movement of the electromagnetic field, as far as I understand, can help us to convert that melatonin into the DMT. But I believe that living the light diet with the skin and a sunrise, sunset, daily light exposure throughout the day, good. Those are the first three steps of the light diet, avoiding on fluoridated water—or avoiding fluoridated water, I should say, because you calcify the pineal gland.

[01:10:33]**Luke Storey:** Which I want to add, in most of your bottled drinks, they're going to be made with tap water and you don't know what the filtration method was. And the molecule of fluoride is so hard to get out

of water that you really want to make sure the bottle drinks you're drinking on a regular basis, in my opinion, are without fluoride, which would have to take a reverse osmosis or some really hardcore filtration medium to get it out.

[01:10:58]**Matt Maruca:** Yeah. So, that's the deal. So, basically, we've covered pretty much everything we possibly could for the time we have.

[01:11:04]**Luke Storey:** Yeah. It's never enough with you, dude. Any time we sit down, we got to just got a three-hour block, but no, you've got to get to the airport. I think we tied a nice bow, and I hear, the moral of the story is this, that within our human biological system, whether it's biochemical, anatomical, whatever the case may be, if we're able to learn, and harness, and practice these methods and methods like this as a way of life, we can, in fact, increase our capacity for higher states of awareness, and consciousness, and the ability to heal our body, to heal emotional trauma, to become fully whole and integrated. And we don't need anything else except our intention, and an open mind, and a little bit of discipline, and exertion to learn the practices and to apply them, and the rest is done by source, God.

[01:11:56]**Matt Maruca:** Exactly. I agree. And there's one other thing, I think, that's just a download that just

came in for me is that these molecules, organisms are always evolving, right? How does that happen? Does it happen super slowly over generations or could it happen really quickly? And based on the model that I've learned about of epigenetics and all this stuff, evolution can happen very rapidly within an individual organism, and then that changes the function, a.k.a. the consciousness of the entire rest of the species.

[01:12:23] So, in other words, evolution isn't slow and stagnant. It's fast and reactive to changing environmental circumstances. So, we'll just tie it up in a bow with this. Is it possible that maybe as melatonin, it was a solution to a changing environment a long, long time ago that allowed us to sort of elevate our function, consciousness, as you could describe it, function of the organism in one way is consciousness, is it possible that DMT is sort of, and these other derivatives of melatonin, as I'm putting them up on a pedestal like the pinnacle of human evolution, if you saw my hands, I'm putting them up, that these are the molecules that are signaling the next stage of human evolution into a greater level of consciousness, that those are the next, and that DMT could become the next melatonin? In other words, it's just a normal way that we live as multidimensional, energetic beings at a higher level of consciousness and awareness. I don't know.

[01:13:18]**Luke Storey:** I love you, dude.

[01:13:18]**Matt Maruca:** Love you, too. That

was pretty fun. [01:13:21]**Luke Storey:** Get to  
the airport.

[01:13:22]**Matt Maruca:** Yeah. I got to go. So, you're a  
champion, dude. Thank you so much.

[01:13:25]**Luke Storey:** Alright. I'm going to unpack this  
conversation and we'll continue at another time.

[01:13:29]**Matt Maruca:** Yeah.

[01:13:29]**Luke Storey:** Yeah. Come to

Austin, hang out. [01:13:31]**Matt Maruca:**

I'm stoked. I'm going to. [01:13:35]**Luke**

**Storey:** Hang out with the crew there.

[01:13:36]**Matt Maruca:** I'm going to give you a hug before I go, but thanks, team.

Tagged: [Transcription](#), [Light Worship](#), [sunlight](#), [sunlight  
worship](#), [sun worship](#), [DMT](#), [joe dispenza](#), [dr. joe dispenza](#)

# A Practical Guide to Chasing the Mystical

*Dr. Joe Dispenza / 01 February 2019*



transcendental experience, it is as if your senses heighten to such a degree that the internal experience causes you to become more aware, more awake, and more conscious than any experience you have in your everyday, waking, 3D reality—but it's not the 3D world that you are awakening to. It's another entire world beyond the senses. It is as if you are having a full-on sensory experience without your senses.

You may have previously heard me say that the stronger the emotion you feel—that is, the stronger the change in your internal state—the more you begin to pay attention to whatever is causing it in your outer world. This is how we create long term memories. In a mystical experience, it's an increase in energy that makes us feel more like frequency and energy, and less like matter and chemistry. As a result of the increase in energy in the form of an elevated emotion, due to the internal experience, vivid, lucid images capture the brain's full attention, and it's the energy directing your awareness that begins to neurologically reshape the brain.

The elevated emotion or energy you experience from the internal event is what begins to condition the body to a new mind. In other words, it's what moves the body out of the past and more into the present moment—and the stronger you feel that ecstasy, energy, love, bliss, or whatever you want to call

<sup>25</sup><https://drjoedispenza.com/blogs/dr-joes-blog/a-practical-guide-to-chasing-the-mystical>

it, the more you want to experience the present moment. This is how the body begins to move out of the past. This is also why so many people heal in this work.

For the past ten years, at our workshops around the world we've been teaching our students how to do this. At the same time, we've been conducting the research to back up the results, as well as further developing and refining the methodology that produces these powerful outcomes. What all of this comes down to is that we are teaching our students how to get beyond themselves so they can enter the elegant present moment—the doorway to the mystical.

With that said, standing on the shoulders of *Dreamtime III*, the recent Advanced Follow-up workshop in Berlin, Germany, let's go over some simple steps you can take in order to have a mystical experience. This is going to require you

to align certain choices to perform certain functions.

Get up early in the morning.

If you want to have a mystical experience, you have to get up early (ideally between 1am to 4am). Why? Because this is when our brain chemistry is ripe for the mystical, meaning, this is when our melatonin levels are at their height. It's also when our brainwaves are at their best. For example, when you get up in the early morning hours, our brainwaves tend to be in a slower frequency like alpha and theta. As a result, you don't have to work as hard to get the body in a relaxed situation and into that particular brainwave state. If you don't want to get up early—if you don't want to be awakened in the middle of the night or disturb your sleep habit—then more than likely you're going to miss the opportunity.

Sit up in your meditation longer than you normally would.

When you do the pineal gland meditation to induce the mystical moment, sit up longer than you normally would. This is important because if you sit up past the point where your body wants to lie down, your body is going to surrender more deeply when you finally do lie down. It's in this state of relaxation and satisfaction when the door to the mystical opens. This is essential because if you want to operate in that realm between wakefulness and sleep, your body has to *feel* like it's asleep, while at the same time your mind has to be awake. As you pass through that little doorway, through that portal, it causes you to again enter another world. You become very conscious in your subconscious mind.

It's also important to add here that if you really want to have a great mystical experience, do your meditation somewhere other than your bed so you're not as likely to immediately fall asleep.

When you do lie down, it helps if you put a pillow

or a bolster under your knees so that you feel relaxed and comfortable, but it doesn't *feel* like you are in bed.

Set an alarm to wake up and record your dreams.

Every now and then, set an alarm to wake up in the middle of the laying down portion of your meditation to write down your dreams in a journal—or at least the last thing you remembered from your dreams. If you can recall the dream, you are literally learning how to stay conscious in the subconscious realm. Once you do that, the next step is to review the dream. As you get good at it, the dream becomes animate again, and now you're back in the dream world consciously. When you're conscious in your dream, this is when lucid dreaming starts to occur.

Do the breaths.

- Do the breath to pull the mind out of the body (pre-meditation breath)

The purpose of this pre-meditation breath is to pull the mind out of the body so as to draw the energy of the body's first three energy centers back up to

the brain. The application of this breath couples a slow, steady inhalation as you contract your intrinsic muscles at the same time. Meanwhile, follow your breath all the way to the pineal gland. When your awareness reaches your sixth center, hold your breath and further squeeze those intrinsic muscles again. As you push cerebral spinal fluid up against the crystals of the pineal gland, it activates latent systems that cause the pineal gland (the gland that's responsible for the transcendental experience) to become electrically stimulated. This electrical current causes the crystals in the pineal gland to begin to shimmer, and it's the vibration of the crystals that allows them to pick up frequencies beyond the senses. The pineal gland then transduces the frequencies into profound imageries. As we pull the mind out of the body and back into the brain, the brain can go into heightened brainwave states of gamma.

*(I describe this in detail in Chapter 5 of [Becoming Supernatural: How Common People Are Doing the Uncommon](#). Page 140 – 142)*

- Do the laying down breath to oxygenate the brain (post-meditation breath)  
If you want to linger in the doorway to the subconscious longer, there's a breath we teach at our Advance Workshops where you inhale deeply through your nose and push the air out of your mouth. The rapid, passionate repetition of this breath in cycles of 7 – 10 times (or however many times you like) oxygenates the brain, causing you to feel slightly lightheaded and euphoric. The purpose of this breath is to keep you a little longer in the alpha and theta brainwave state so you slowly descend the ladder of consciousness into delta brainwave states. This is when your body falls asleep but your mind stays awake.

If you are really interested—*and committed*—to having a mystical experience, it will most likely take you a couple of weeks to train yourself into the proper habits to have one. As you do this, it will also require you to change the beliefs you're tied to, such as you'll be too tired during the day

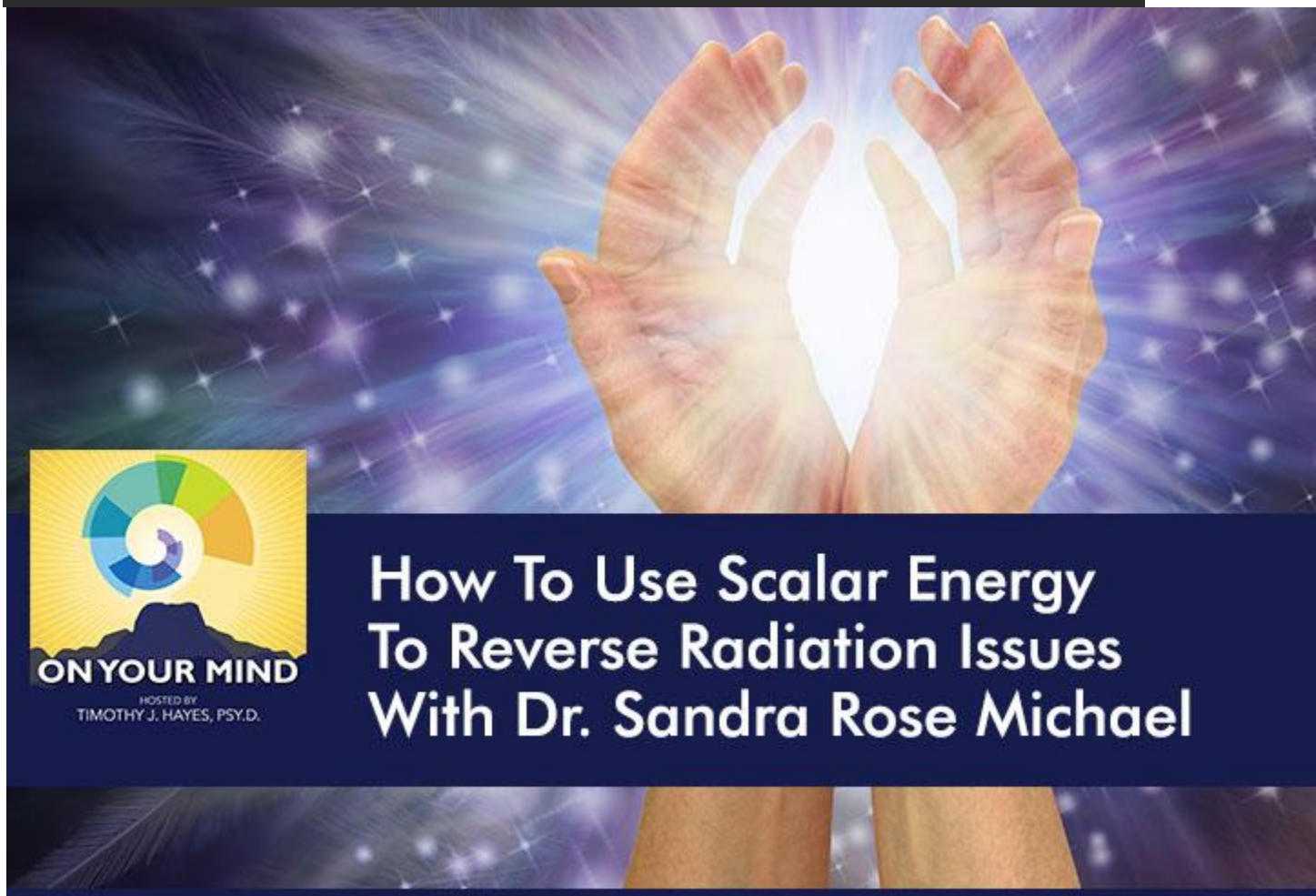
and/or that you'll be in

a bad mood as a result of not having what you previously considered to be enough sleep.

Once the door to the mystical opens to you, because you have been knocking on the door every morning, you will say what every person says when their moment comes: *"That was so worth it."* When the mystery of the unknown self is revealed to you, you will never be the same

# How To Use Scalar Energy To Reverse Radiation Issues With Dr. Sandra Rose Michael

By [Journey's Dream](#) April 26, 2022 [No Comments](#)



## How To Use Scalar Energy To Reverse Radiation Issues With Dr. Sandra Rose Michael

All of us suffer from radiation issues, most especially now in the advent of technology. Timothy J. Hayes, Psy.D sits with [Dr. Sandra Rose Michael](#), the Founder and Inventor of [Energy Enhanced System](#) (EESystem). Dr. Sandra explains how radiation unzips our DNA, causing tremendous damage. What Bio-Scalar Enhanced Energy Systems does is it reverses the damage.

When the right energy enters our bodies, healing takes place. Join the conversation to discover how scalar energy technology helps people get the healthy energy they need to recover. They've even helped many veterans struggling with PTSD. Tune in!

# How To Use Scalar Energy To Reverse Radiation Issues With Dr. Sandra Rose Michael

The Honorable **Dr. Sandra Rose Michael**, Doctor of Naturopathic Medicine and PhD, is an inventor, researcher, and Professor of Applied Integrative Biophysics. She was born to genius scientists who met in engineering physics. Dr. Michael has taught holistic health for several decades, including inventing the first effective Scalar Healing Light Chamber in 1978. Dr. Michael's lifelong award-winning work in applied integrative biophysics has earned prestigious recognition such as Presidential and International Who's Who. She has lectured at the United Nations, MIT, The World Health Summit, the Harvard Club, London's Royal Society of Medicine, and Mount Sinai Medical School. Also, Scalar Research Experts Conference, Tulsa Tech, Regenerative Technology, and Anti-aging congresses, as well as numerous medical schools and ministries of health worldwide. Dr. Michael has served on the board of the Global Foundation for Integrative Medicines and as a Commissioner for the International Tribunal for Natural Justice. She's on the Science Advisory Board for American Great Health.

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**Dr. Sandra Rose Michael**, thank you so much for joining us. It's a delight to see you face to face.

Thanks for having me on. I appreciate you inviting me onto your show to be able to share with people.

**I was hoping you could start us off by talking a little bit about how you've got into the work you do and what drives your passion for it.**

I want to heal the world and that has been my passion since I was a child. I have an interesting background. My mother was fissioning plutonium in the lab and working on the bomb the whole time she was pregnant with me. I remember that. She's a nuclear physicist. My parents met in engineering physics. My dad is an electrical, mechanical, structural, and aeronautical engineer. He was working on stealth bombers and Mach 3. I did all the top-secret government science experiments.

I grew up doing all of Tesla's work, all of Tesla's experiments, levitating things, magnets, transducers, and receivers. It was all about, "How do we heal all this?" I have been teaching holistic health for over 45 years. I started in 1971 in chiropractic, reflexology, nutrition, and Ayurveda. I dove into it. After all kinds of experiments and research, I built my first Scalar Healing Light Chamber in my spa in Monroeville, Pennsylvania of all places in 1978. That was one person at a time.

In the meantime, we have taught every aspect of holistic healing from dealing with photonics and everything else. We can talk about science and physics. It's biophysics but it's nuclear and quantum physics, metaphysics because it's more like spiritual science. What allows anything and everything to heal? The power that made the body heals the body. That's the basic principle that I have worked with for decades and decades.

I see the body as a combination of circuitry, structural, engineering, and physics. Everything is circuitry, circuit jams, and things like that. The body has consciousness. How do we plug the body back into that cosmic light socket to the universal unlimited power? I developed a technology that's wireless transmission. It's scalar but it's also polychromatic therapy as far as your ultimate light therapy, PEMF, Pulsed Electromagnetic Field Therapy. It has many layers of things combined, Fibonacci.

That helps trigger, activate, and mobilize the body's stem cells, which is our natural way of healing. It's designed to activate the light at the core of the DNA. The DNA is biophotonic. The prime function of DNA is the storage of photons. We are colliding photons and it activates the light within us. From that effect, it's raising the millivoltage in the cells, the cell membrane potential. I'm blessed that I have seen anything and everything completely healed.

The power that made the body heals the body.

The power that made the body, heals the body. When the body has the right energy, it wants to heal anything and everything. It wants to function perfectly and optimally. I have 30-some years of research in right-left brain synchronization, which is key to healing and brain function. One of the first things it does is balances the brain. We wanted to talk about mental health and things like that. That's my background.

**In this work, the scalar energy that you have, one of the statements you made was that the prime function of the DNA is the storage of photons.**

It's Fritz-Albert Popp's work.

**Help me understand whether this work that you are doing stimulates the photons that are there and brings them into the field. What is this energy field work that you provide? How does it work? What would it be like for somebody to experience it?**

It's activating the light at the core of the DNA. The core of the DNA is the stuff from the stars. It's the light within us. We are bodies of light, which is what my work was called for decades, Body of Light. It is about that embodiment of our light and that's what heals us. It's interesting. It's like turning the lights back on and it gives the body the energy to heal anything and everything.

You could call it cellular enlightenment, the way it raises the millivoltage and brings that cell membrane potential up. We are meant to be functioning at 70 to 90 millivoltage when healthy. Cancer doesn't exist even until that's below twenty. It takes so much energy when you are out of balance and stressed out when coping with stress. Everybody is stressed out. Sympathetic versus parasympathetic, flight or fight. All the body's energy is being put into survival mode to cope with what's considered a hostile environment or constant compensation for the imbalance of struggle.

The body is stressed out versus coming into alignment, that zero-point energy of balance. In Hawaiian, we call it pono. I like that term, too. It's that balance, that zero-point energy where you have all the energy. You are breathing all God's light. You have access to whatever you need to be able to function more perfectly. Also, it's to be able to respond to all the stressors because you have the energy to respond appropriately to any and all stressors versus being stressed out.

You've got the **EESystem**, Energy Enhanced System. I have only watched your videos and seen them set up but they are sold in four-unit packages minimum. Is it the idea that a person is surrounded by the light and the energy coming out of this?



Scalar Energy: A two-hour power nap gives the body more time to get to deeper healing states.

Ideally, yes. We are colliding photons and creating photonic fusion like a photonic nuclear fusion type event. That's part of what raises the millivoltage. We have seen the millivoltage in the cells. This is with AcuGraph testing. Things go from around 20 up to 70 or 80. We are meant to be at 70 to 90 in 1 hour. It's a quadrupled mitochondrial activity in one hour.

All anybody does is they go into this enhanced energetic environment where you have these field engine generators generating the fields and they are precisely aligned. Every installation is a custom installation because it's laser aligned and precise. That's what creates that nullification of detrimental fields, the notification of radiation, EMF, ELF, etc. It creates hyper-healthy energy in the system with the photons. That's all anybody does to get the optimum benefit.

Ideally, you would have it around your bed. Where you repair, rejuvenate, and regenerate is in the delta and theta brain states. Let's say you are going to one of our centers or clinic, you want to take that ultimate power nap. Say all your prayers because it creates ideal optimal brain states. In a clinic, rather than being in a bed, people might be in a zero gravity chair to take all the stress off their spine and be able to relax and kick back.

Some of the actual research is that you can go to a deeper meditational state than a Tibetan monk in seven minutes. It creates these ideal optimal brain states that are amazing to work with.

There's so much research on the benefits of meditation. I don't have to talk about that. We tell

people to go in, say all their prayers in seven minutes, go as deep as they can, and then take that ultimate power nap where everything is recharging.

It's a quadrupled mitochondrial activity in one hour. That explains a lot of the cell opening up all the neurotransmitters. It's a natural high because it's oxygenating the brain and opening up neural pathways. It's amazing to work with that way. Mostly, people go in and they go, "I slept better than I have ever slept."

**You keep referencing mitochondria. My limited exposure to biology says that's the energy center or the energy production center of the cell, so I'm going to experience an increase of vitality or energy after an hour in this energy field.**

It's your light force energy or life force energy. Mitochondria are the power plants of the cells. That's your ATP production. Quadrupled mitochondrial activity was in a pilot study that we did with electro interstitial scanning when I lectured at the Royal Society of Medicine in London. We did a pilot study with nine people. In one hour, every single one of them had quadrupled. That's four times the mitochondrial activity. That's your nerve cell regeneration. It's your energy production in the cells. The body has the energy to heal.

The first thing the body wants to do when it has more energy is it wants a clean house. When the body has this charge, it wants to discharge everything that doesn't belong like heavy metals, aluminum, and mercury, which are linked so much to autism, Alzheimer's, and things like that. Also, pesticides and things that might be linked to Parkinson's. The body starts trying to push out what doesn't belong. The world's easiest detox and how you optimize the time with our technology is you take this power nap.

When the body has the right energy, it wants to heal everything and function optimally.

I recommend two hours for a session. Give the body more time to get to the deeper healing states and more time to use the energy. When you go home, you do a detox salt bath. The bath I'm recommending is 2 cups of salt, 2 cups of baking soda for pulling radiation, and a cup of Borax. That's helping people cope with all these BiTE proteins and things that are in our environment now. What everybody is dealing with is radiation poisoning at this point. This helps reverse all that damage or all those issues.

This has been our research since the '90s when they found it was eliminating all the radiation and those effects. When we put it in with NASA for research in Houston, they found that our technology was repairing all the breaks in the DNA, the genetic damage, and lengthening the telomeres. What radiation does is unzips the DNA. Unify fields put it back together but also the release of the act of hydrogen repairs the covalent hydrogen bonds and then the lengthening of telomeres. That's a lot of your anti-aging research, etc. That's true age reversal.

**Have you seen that when people come in and they do an hour or two and they say their prayers as you are recommending and then they take their power nap, after the first seven minutes, they are reaching an elevated or relaxed state that's comparable to somebody who's meditated for years? Have you seen or have they reported that after that, it's easier to get to that meditative state? Do the effects of that mental-emotional relaxed state last after the treatment?**

Absolutely. After the treatment, they find they are sleeping better. One of our doctors talked about, "I don't have to teach anybody how to meditate anymore. We put them in the system and now they know how to meditate." The research is interesting. If people want to look at the

research, on [EESystem.com](https://www.eesystem.com), there's a [Research](#) page. You will see some of the peer-reviewed published studies on the mitigation of seizure disorder. That was published in the journal. Neurology research is an interesting study because it's with the University of Hawaii Medical School. This little girl, 4 years old, is having 8 to 10 grand mal seizures a day. They have already done the chelation. They have done dietary, allopathic, and naturopathic. They changed all her diet. They even bought their own hyperbaric chamber. She had her first seizure-free day after a 3rd one-hour session from having 8 to 10 grand mal seizures a day. That reduced down. We have seen a lot with autism. It's good for kids.

Also, a week or two-week-old little baby was in bad shape. The mother was on crack. This was a crack baby going through withdrawals. They put her in our system and watched her whole body relax and go to sleep. They are in a horrific state of stress. All their issues healed and they are doing fantastic. The kids are where it's at. I love the work with kids. Also, learning challenges and things like that. It's good for brain function and all the way around.

Also, brain function for the elderly because it implodes the plaque over the receptors in the cells or over the receptors in the brain. We have seen a lot of reversals of dementia and things like that. People can look at the initial clinical from 2001 with Dr. Victor Marcial-Vega. Over 132 patients study stuff like that. They can find that on the website if they want to read some of the things.

There's also a nice Doctor who's a Princeton trained MD and a professor of medicine. He did a pilot study for the veterans. Of course, we have done a lot with veterans dealing with PTSD with all their traumatic brain injuries and things like that and all their exposures, depleted uranium. We have had people go from having cancer, diabetes or whatever to healing and reversing. It has been years and years now.



Scalar Energy: If the eyes are open, more than 80% of the body's energy is being externalized. You need to close your eyes and internalize all the energy to repair, rejuvenate, and regenerate the organs.

**One of the things you mentioned before was a clinic that was in Utah where they are using this for drugs and alcohol.**

We have four new clinics in Utah. Ephraim, Utah has a large 24-unit system. One of my doctors say, "Why would anybody do less than 24? It's not like everybody has \$125,000 to put it in a 24-unit system." That's your ideal optimal. They have a 24-unit system publicly available in Ephraim, Utah. St. George has eight. They are doing another location with 24. They are doing drug and alcohol rehab programs with their clinics. The others are closer to Salt Lake and another one is further North. Those are some of the nice, and new centers that have opened up.

**When you say they are doing this for drug and alcohol rehab, are they holding group meetings in a room where there are 24 of these units around? Are they having 1 or 2-hour sessions?**

Both. We have had a number of drug and alcohol rehab counselors do their group meetings in the system and it's excellent for that. It's designed to bring any and every therapy to the highest potential, what it could be and should be doing. Also, you want the people to have their own healing. It's like rebooting a computer. That's why you want people to go to sleep. You want them to go to the delta and theta brain states.

It's like rebooting a computer and defrag, rather than people being reactive to everything, instead they respond appropriately. It's important that people have their own sleep time. As long as the eyes are open, you can do amazing therapy because they can grok it. People get what you are talking about and get it at a cellular knowing level versus a theoretical or intellectual.

They can know things at a deeper level. It's great for that. However, if the eyes are open, more than 80% of the body's energy is being externalized. You do want to close your eyes in the system and internalize all that energy to repair, rejuvenate, regenerate the organs, and internally give everything to the energy to heal.

**Is there any level at which this might be contraindicated because it's too energizing or activating?**

No. You can never have too much good energy. It's a hyper-healthy energetic environment. You can't look too good, feel too good, be too happy or healthy. There's never too much of it. One of my guys has 40 units in his home, 24 in 1 room, 8 around a bed, and 8 in his office. He goes, "There isn't anybody that doesn't feel better."

You are still connected with your departed loved ones in spirit.

He's in his 80s and he said that there's nobody over 50 that can touch him in tennis. He had severe prostate issues, tennis elbow injuries, hip injuries, and everything else when he went in. All of that is reversed. There isn't anybody that doesn't feel better. He also says that's probably the best thing in the universe for the prostate.

**How long has the current unit and its configuration been available?**

We started lending it out in 2001 other than putting it in for NASA and different things in the late '90s. That was a four-unit system. That went in for Dr. Victor Marcial-Vega in his clinic in Miami. That has been available. What's newer is what we call the **EEQube**. That's four units internally but it creates a photon fountain. You can't get in the middle of it. It's 2x2x2. Those are shipping all over the world. They don't have to be installed. People put it on their coffee table, in

their office, on a bed stand, on a calendar. They sit anywhere. Those are our baby systems. People are loving those.

We have seen crazy miracles with those. An 83-year-old woman with macular degeneration and inoperable cataracts was going in and hanging out with her friend's Qube a couple of times a week and realized she could see again. She went and had her eyes checked and the cataracts were gone and she could see. This was when we were doing the prototypes of the Qube.

I had another guy two doors down that had a gym, a veteran, who needed bilateral knee replacement surgery because it was bone on bone. The cartilage was gone. He's in excruciating pain. He realized in the first week that the Qube was in. He didn't have any more pain. He canceled his knee surgery. He squats 475 pounds on those bad knees. There are all kinds of crazy stories.

It works on retinal hemorrhage reversing. We have a doctor with an aortic aneurysm and atrial fib. It reversed to the point where his cardiologist could find no trace. We had another guy with a heart ejection fraction of 45 and it went up to 65. He was also a candidate for dialysis and his kidney is normalized. It's things like that. We are blessed that we have seen everything work.

Vision improvement is what we hear the most because of the small blood vessels and the microcirculation of the eyes. These are the smallest vessels. We had one guy that was 20/800 and went to 20/400 and then 20/60. It's corrected to 20/20 from 20/800. He was more than blind. It's pretty cool what we have seen.

**How many clinics do you know of that have these devices? As I read about it, they have at least four units.**

It's minimally four. The Qube is 4 units internally, 2x2x2. It's 2ft x 2ft and it sits anywhere.

That's another thing people do. They go to a center, for example. In Newport Beach, we have a beautiful center that's a 24-unit system. New Jersey has another 24-unit system. They are having fantastic results there. They can go to Long Island, there's a beautiful center there. We talked about Kentucky, that's nearer. There is supposed to be a big medical center going in with a doctor near Chicago. Ninety percent-some of our systems are in private homes around the bed.



Scalar Energy: We've seen everything work, and vision improvement is what we hear the most because of the small blood vessels.

We also know people who may not want to spend that much. The **EEMedallion** is the high tech and the low tech model. You wear the Medallions that are like a five-cocoon and help maintain the integrity of the DNA. It helps maintain the integrity of the red blood cells. Doughnut shape is the shape of red blood cells. It helps maintain integrity, fluidity, and things like that.

The actual lab research with the Medallions is hyper-charged with our technology. A piece of the technology can be worn and taken wherever you go, that and the bracelet. Twenty-eight percent increase in the electrical conductivity of the DNA itself is the actual lab research with our Stanford Harvard biophysicist. People grid their beds with it too. They put 4 around the corners of the bed and 1 in the middle and they find they sleep better. That's the cheaper version.

**If I remember correctly in some of the videos I have watched about this, you are measuring this and it indicates that they don't lose their charge over time.**

No. It's an infinity wave. It's nonlinear, non-Hertzian, fifth-dimensional standing column waves beyond relative time and space. We ask people, "How long does an infinity wave last?" It keeps going. The things that have been tested 10 or 20 years later have a greater charge 100% of the time. They don't need to be recharged or anything like that.

The bracelets are handy. People love that. You can restructure your water. You can taste the difference. What people enjoy too is putting a bracelet on a glass of water, bottled water or putting it on their wine. With champagne, you can watch the bubbles get smaller and faster. As it reduces the surface tension, it opens up the nose. It's incredible what it does. That's our fun science experiment.

**We have talked about the energy in the field that you generate, increasing the energy at the cellular level, at the photonic level in the body, and then having an experience of deep relaxation and clearing thoughts and then greater energy and healing potential. You have listed a whole bunch of things that you have had experience with where people had their bodies begin to heal all kinds of ailments. What's another aspect of this work that I haven't asked you about yet that you enjoy or a unique story that we want to get in here before we run out of time?**

Besides the wine tasting, people ask what I do for fun. I'm part of a small group because of what it does for wine. That's rather fun. Technology is all over the world. People need to know that we have a beautiful 24-unit system in Abu Dhabi with the Sultan, for example. It feels good. Also, I had somebody diagnosed with MS. He went in and said he had his spine fused. He had been an athlete. He flew in from Wisconsin because I was going to be here in Vegas. He said that when he went in, he felt like his feet were on fire. He then felt the energy going up through all his nerves and going to the places that were especially compromised. People feel the energy. You might feel a little bit of a tingle. They feel moving around old injuries or moving up and down their spine or across their brains. It's quite interesting what people describe.

You can't have too much good energy.

One of the unique aspects is also people that have lost a loved one. It seems to make it easy for them to communicate, which brings a lot of peace and healing to people. That's special.

Tempering completions and things like that or to know how they are doing. Let them know everything you want them to know and vice versa, the completions and communication. It's a transdimensional technology. It's fifth-dimensional.

There is no death. It's because they don't have their body, it doesn't mean that people aren't still connected with them in spirit. I have had people talking about all kinds of experiences like that or seeing their angels. It's a lot of healing. There are so many levels to healing. I find that to be a good aspect as well where people can finally come to peace with their father who abused them or the sexual abuse issues and come to a place of integration and peace and healing.

**Do they come to that after a period of time having multiple exposures to this work? Are you talking about 1 or 2 sessions?**

Sometimes it's 1 or 2 sessions but it's cumulative. You can't have too much good energy. Each time is a different experience for people. They have a variety of things. It's a supportive energetic environment. It doesn't impose or make people have any experience per se but it supports and allows them to have their own healing, whatever that means. For a lot of people, especially the first time in, they go deep. They are like a log. They go, "I have never slept that deep in my life." It's because the body is trying to heal. Sometimes it's later when they get more of the a-has or more of that communication.

**If you provide what the body needs to do the healing, at this level, you are providing an energy level or a photonic level. We have all kinds of different therapies that provide nutrients, gut biome, and all that other stuff. You are providing fundamental energy that the body needs to heal.**

It's the light force or life force energy. It's like Star Trek, Star Wars, and The Matrix got together and had a baby. It's unique because nothing touches the body. It's an energetic environment. Probably the easiest way for people to wrap their heads around it is CNN did a clip years ago. It's an old clip but it's about 4 or 5 minutes. That's the easiest way for people to see what it looks like and see some of the doctors and stuff, and get a concept. That's on the [EESystem.com](http://EESystem.com) website but it's also on [YouTube](https://www.youtube.com).

If people put my name, Dr. Sandra Rose Michael or if they put **EESystem** on YouTube, there's a lot more on YouTube than what's on our website. That's there. There are also some interesting scientists and things. The former head of science for the Pentagon brought a \$100,000 oscilloscope into the system. We are listening to him describe what he's seeing and what it means. Somebody recorded it. That's on our website as well. That's **John Orava**. People might enjoy the science part.

The bottom line is the technology works well whether it's the Medallions. The miracles with the Medallions were reported to the Vatican. It's crazy stuff like that. People pass them around instead of aspirin for pain. With the bracelets, the blood runs through it and it's on a pulse point. People like those. They are handy. You can pop them off and put them on things. We have lots of ways to support people.



Scalar Energy: Our technology reverses the radiation issue. If you don't have our technology, it's like living in a microwave, which creates accelerated aging.

We also have the hypercharged **EESalt**. When Fukushima happened, we got to get the radiation out of people's bodies. This formula was developed with hypercharged. A lot of what our technology does is the reversal of the radiation issues. With the 5G, Fukushima, and all that, if you don't have our technology, it's like you are living in a microwave and that creates accelerated aging. That's not a good thing.

**I greatly appreciate you taking the time to be with us. It's **EESystem.com**. I will look forward to following the work. I hope you are right that there's going to be one of these in the Chicago area before long. As we talked about before, the closest one is about an eight-hour drive away down in Lexington, Kentucky from here.**

A lot of people make that drive down, flight down or something and stay at one of these centers, or bed and breakfast or something with it. Some of the centers let people sleep overnight, which is good too because that's the best. That's where the magic is, sleeping in it. A little more time for the body to use the energy.

**Thank you so much for your time. I greatly appreciate it. I look forward to following the work.**

Thank you, Dr. Tim. Thanks for having me on and sharing with people.

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**The Honorable Dr. Sandra Rose Michael, Doctor of Naturopathic Medicine and PhD, is an inventor, researcher, and Professor of Applied Integrative Biophysics. She was born to genius scientists who met in engineering physics. Dr. Michael has taught holistic health for over four decades, including inventing the first effective Scalar Healing Light Chamber in 1978. Dr. Michael's lifelong award-winning work in applied integrative biophysics has earned prestigious recognition such as Presidential and International Who's Who. She has lectured at the United Nations, MIT, The World Health Summit, the Harvard Club, London's Royal Society of Medicine, and Mount Sinai Medical School. Also, Scalar Research Experts Conference, Tulsa Tech, Regenerative Technology, and Anti-aging congresses, as well as numerous medical schools and ministries of health worldwide. Dr. Michael has served on the board of the Global Foundation for Integrative Medicines and as a commissioner for the International Tribunal for Natural Justice. She's on the science advisory board for American Great Health.**

**Dr. Michael is featured globally in a variety of books, newspapers, and journal articles including a peer-reviewed University of Hawaii study on seizure disorder in autism. Her True Bio Scalar EESystem, Enhanced Energy System technology, has been broadcasted widely on radio and TV and seen on CNN, Fox News, The Doctors, Wall Street Journal, and The Beverly Hills Times. Also, it's being highlighted in a full-length movie titled The Grand Self.**

## Important Links

- [Dr. Sandra Rose Michael](#)
- [EESystem.com](#)
- [Research](#)
- [EEQube](#)
- [EEMedallion](#)
- [YouTube](#) – CNN Report Dr. Sandra Rose Michael and EESytem on Discovery Channel
- [John Orava](#) – YouTube John Orava Physicist scientific validation EESytem Dr. Sandra Rose Michael of EESystem.com
- [EESalt](#)

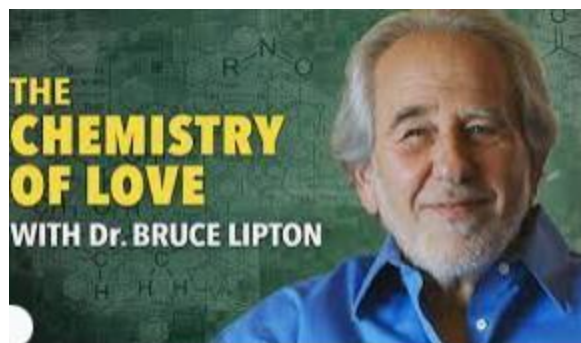
## About Dr. Sandra Rose Michael



Hon. Dr. Sandra Rose Michael, DNM, PhD, DCSJ, Inventor, Researcher, Professor – Applied Integrative Biophysics. Born to genius scientists who met in Engineering Physics, Dr. Michael has taught holistic health for over four decades, including inventing the 1st effective “Scalar Healing Light Chamber” in 1978. Dr. Michael’s lifelong, award-winning work in applied integrative biophysics has earned prestigious recognition, such as Presidential and International Who’s Who, lecturing at the United Nations, MIT, the World Health Summit, the Harvard Club, London’s Royal Society of Medicine, Mount Sinai Medical School, the Scalar Research Experts Conference, Tesla Tech, Regenerative Technology and Anti-aging Congresses, as well as numerous medical schools and Ministries of Health worldwide. Dr. Michael has served on the board of the Global Foundation for Integrative Medicines and as a Commissioner for the International Tribunal for Natural Justice, and is on the Scientific Advisory Board for American Great Health (stock ticker: AAGH).

Dr. Michael is featured globally in a variety of books, newspaper and journal articles, including a peer-reviewed University of Hawaii study on seizure disorder in autism. Her True Bio-Scalar EESystem Technology has been broadcasted widely on radio and TV, and seen on CNN, Fox News, The Doctors, Wall Street Journal, and the Beverly Hills Times, plus being highlighted in a full length movie, The Grand Self.

## Custom Designed By God



We are all custom-designed by God. Yesterday I heard an interesting interview with Bruce Lipton. He is a scientist and has a fascinating story to tell.

He wasn't interested in God, religion, or anything spiritual. His passion was science and biology.

He was studying the structures of cells. One day he discovered that our cells have antennas embedded on the surface of the cells. We have trillions of cells and each cell had an antenna. He thought to himself.

Mind you I'm paraphrasing what he said. He asked himself what these antennas are for. For what purpose do we have for them? In the real world, he thought of a TV set.

You have an antenna that receives signals from a broadcast. You can change the channel and a different TV program will appear on the screen.

At this point, it gets extremely interesting. Somehow he has an epiphany that our awareness and consciousness are being broadcasted from God or the quantum field.

Each one of us has a unique signature. He realized that the body will die yet our essence is always the same. We can never die. Our essence is eternal.

To his amazement, he discovered that God exists inside of us. The treasures exist inside. We are hardwired to discover the universe within.

Imagine all this took place within five minutes. From that point on his goal was to discover his true essence. The clues are there in plain sight. Bruce then as a scientist begins to use the lab within to discover his true nature.

In the interview, Bruce said that some Jesuits said gave me a child for seven years and I will tell you how the child will grow up. For the first seven years, a child will pick up the good bad, and ugly.

A child's brain wave is theta in which everything external gets sucked in from 0 to 7 years old. This goes directly into our subconscious. Now imagine that we live our lives 98% of the time from our subconscious. Our subconscious drives our life.

This means that our lives are being driven from our early childhood. Without pursuing ourselves and discovering our true nature we live most of our lives driven by our subconscious. We react like leaves blowing in the wind.

Our body is so entwined with our subconscious that we react automatically without being aware.

Imagine our subconscious is like a hard drive. It has tons of data stored for the ages of 0 to 7. When an event occurs the subconscious will go instantly to the hard drive and it knows how to react.

Notice we are oblivious to what's going on. This is mankind to a tee.

We have been fighting forever. The world is on fire. People flame each other on Facebook. We have a President who tweets whatever comes to his mind.

Humanity is on the verge of a breakthrough. The signs that we were built to discover are all around us. We have all the instruments inside of us to discover our true nature.

We are about to go from me to we which is the title of this book. Imagine every single person on earth is hardwired to discover we all came from the same place. We are all family regardless of race, color, or creed.

Our true nature is kindness. Our true nature is love and compassion. We are all a spark of the divine. We are the universe. We just don't know it. These are exciting times. You hold a piece of the puzzle of life inside of you.

You can change and discover your true nature. Millions of people are waking up. Recently science and religion are talking about the same thing. Discoveries that Bruce saw are major scientific breakthroughs for all of us.

Bruce saw in a flash of light that we are being broadcasted from the quantum field. We have our name that God knows and the universe knows. Every human life is special.

With our free choice and free will, we can moment by moment be on a conscious journey to discover our true essence. Ponder this over.

# An Interview with Glenn H. Mullin, Tibetologist



<sup>7</sup>Glenn Mullin lived in the Indian Himalayas between 1972 and 1984, where he studied philosophy, literature, meditation, yoga, and the enlightenment culture. His teachers include the Dalai Lama, Sakya Trizin Rinpoche, Kalu Rinpoche, Ngakpa Yeshe Dorje Rinpoche, Tai Situ Rinpoche, Khenchen Konchok Gyaltsen, Geshe Ngawang Dargyey, Geshey Rabten, and Gongsar Tulku.

Glenn is the author of “twenty-five or so” books on Tibetan Buddhism. Many of these focus on the lives and works of the early Dalai Lamas. Some of his other titles include Tsongkhapa’s *Six Yogas of Naropa* and *The Practice of Kalachakra*.

**Tibetan Museum Society:** *Could you tell us something about your personal background, and how it was that you began your journey as a Tibetologist, Buddhist writer, translator and meditation teacher?*

**Glenn Mullin:** In terms of the facilitating conditions of this lifetime, my mother was British and claimed that we were descended from Sir Francis Bacon, who wrote the Shakespeare plays. She always stressed that her children should look for less trodden paths, and for ways to make a contribution to world civilization, rather than make job or career the priorities. I suppose in that sense she was something of a bodhisattva.

Years later, when I wrote from India that I had met the Dalai Lama she replied saying, “Even if you die tomorrow, you have brought a greater honor to this family than could ever have been imagined.” She wasn’t a Buddhist, but somehow instinctively knew that the Dalai Lama was a great man.

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<sup>7</sup>[https://www.shambhala.com/snowlion\\_articles/an-interview-with-glenn-h-mullin-tibetologist/](https://www.shambhala.com/snowlion_articles/an-interview-with-glenn-h-mullin-tibetologist/)

**TMS:** *In addition to sharing with the world your travels and insights on Tibetan spiritual culture, you also reveal to us the sacred art of the region.*

**GM:** I fell in love with Buddhist art in my youth, and became intimately involved with it in my early days in Dharamsala. Our school there at the Tibetan Library also had a great museum.

In addition, I happened to live across the street from Jampa-la, one of the Dalai Lama's main artists. He also was the only art master in Dharamsala who accepted Western disciples. Because I lived across the street from him, I was asked to come over and translate several times a week for visiting students. Generally he would give them a task, supervise them at it for a few hours, and then send them away to work on it themselves for a few weeks.

I was able to learn a lot from these sessions. Of course many of those students knew a lot on art history, identification, cross fertilization of influences through the Silk Road, the anthropology of pigments, and many subjects that Tibetan painters rarely think of, so in a sense I learned almost as much from them as I did from him. That said, he really did embody the enlightenment qualities of a master artist as well as anyone I have ever met before or since. He was an exceptional man and teacher.

A serious problem these days is that a lot of Mongolian Buddhist art is being taken to China and Hong Kong, where it is sold as Tibetan. Tibetan art brings four or five times what Mongolian art does, because of the popularity of Tibet and the Dalai Lama.

This practice of purposely misrepresenting the source of the art in order to gain a greater profit is very disconcerting. It could have a devastating effect on how art history is written.

I would say that as much as 25% of all art sold as Tibetan in the last fifteen years is in fact Mongolian. And of course once a Mongolian painting is published in an art book and described as Tibetan, all pieces with the same characteristics that surface in future will be similarly misidentified in exhibitions and publications.

**TMS:** *Some time after the opening of an exhibit you curated, "The Flying Mystics in Tibetan Buddhism," you were quoted as saying, "Paranormal abilities of this nature are considered secondary to the primary goal of Tantric Buddhism, which is the inner realization of mahamudra." Can you further explain the complexities of such philosophical realizations?*

**GM:** Some of the curators at the Rubin Museum had argued against the “Flying Mystics” theme, because usually the flyers are shown as small vignettes in the background of a painting, as opposed to the central image. To me this is part of the charm of the exhibit, and not a flaw in it.

Buddhism always stresses inner accomplishment over external show. Thus in both Buddhist art and literature the performance of miraculous demonstrations is given a back seat to the inner miracle of enlightenment, which in tantra is called mahamudra. That said, Buddhist sages throughout the centuries have stepped out and spread their wings a bit from time to time. Buddha flew on numerous occasions, as did his two main disciples Shariputra and Maudgalyayana, as well as numerous members of the Sixteen Arhats. Then there was Nagarjuna, who seemed strained to keep his feet on the ground; and Asanga, who flew on a regular basis after his twelve year retreat. Shantideva continued the tradition by levitating out a window and disappearing in front of five hundred gaping monks.

Tibet, Bhutan and Mongolia very much continued the tradition, with Padma Sambhava, Yeshey Tsogyal, Namkha Nyingpo, Marpa, Milarepa, Machik Labdon and so forth.

Flying has always been big with the Mongolians. Back in the eleventh century, when the female mystic Machik Labdon was making waves in Tibet and the stories of a beautiful woman meditating naked in the snow mountains filtered down to India, the Nalanda abbot decided to send two monks to test the validity of her enlightenment. The only Nalanda monks who could fly were two Mongols, so he sent them. Paintings of Machik often depict one or both of these flying Mongols somewhere in the upper corners of the canvas.

**TMS:** *I understand that you have studied philosophy, literature, meditation, yoga, and other such matters of enlightenment under thirty-five masters of Tibetan Buddhism. Is it possible to share with us who may have been your most influential mentor?*

**GM:** I felt a deep connection to Buddhist literature from my childhood. I grew up in a small town in French Canada, but my mother always kept an international library. Her books on Asian spiritual culture fascinated me. Her dad had been a major in the British army in India, and she deeply loved all things Asian.

As a young man I moved to London, and while there I heard that the Dalai Lama was opening a Buddhist school in Dharamsala for Western students. I packed my bags and went.

I suppose the most impressive masters in my early days of Buddhist training were Kyabje Ling Rinpoche and Kyabje Trijang Dorje Chang, the two gurus of the Dalai Lama. They were the sun and moon of the Yellow School in India. All of us in those days received most of our major Tantric initiations from them. When they died in the early 1980s, the light of the world went markedly dim, and still has not come back to its full radiance.

Of course they were very old by then and did not do the work of the daily instructions. The Dalai Lama had appointed two great gesheys to teach to do this: Geshey Dargyey and Geshey Rabten. The enlightenment tradition shone in both of these men with an amazing clarity. They gave us our line-by-line readings of all the principal Indian Buddhist treatises, unpacking the meanings and bringing the texts into living experience. Lama Yeshey and Lama Zopa also came to Dharamsala twice a year in those days, and their main guru, Kyabje Trijang Rinpoche always pressed them into teaching us when they were there. Lama Yeshe had the most powerful public persona of anyone I ever met. It was hard to look at him without feeling like you were in the center of an earthquake.

Lamas of all schools came to Dharamsala to meet with the Dalai Lama, and he always had them give initiations and teach for a few days. Thus we were able to receive teachings and initiations from the heads of all the schools: Sakya Trizin, Karmapa, Dilgo Khyentsey, Drigung Chetsang, and many more. In addition, every winter we would all go down to Bodh Gaya or Sarnath, where lamas from all schools would come to escape the snows of the mountains. Naturally while there they would give teaching and initiations. I especially appreciate the links I established on those occasions with Kalu Rinpoche, Tai Situ Rinpoche, and Beru Khyentsey Rinpoche, all of whom represent the Karma Kargyu tradition.

During my Dharamsala days I developed a very strong relationship with the Nyingma lama Ngakpa Yeshey Dorje and his consort, Jetsunma Tenzin Dolkar. Both of them are wonderful examples of Buddhist practice and dedication. Their influence on my life has been very rewarding. In addition, I loved to go to Tashi Jong, where the great Khamtrul Rinpoche used to teach and give initiations. This great master really embodied the full range of realizations of the Drukpa Kagyu lineage.

After Kyabje Ling Rinpoche and Trijang Dorje Chang passed away I met the great Mongolian lama Lharam Geshey Sengey. From that time onward I mainly relied upon him and Denma Lobchu Rinpoche, the main Dharma Heir of both Kyabje Ling Rinpoche and Kyabje Trijang Dorje Chang.

Of course throughout all these years the Dalai Lama gave numerous teachings and initiations on an annual basis. Some years we would receive five or six hours of teachings from him a day for a month or more at a time. These were always very exciting and rewarding intensives. He usually taught for a few weeks in both spring and autumn, and then in mid-winter would do a few more weeks in somewhere warm, either Bodh Gaya or South India. The smaller events in his private temple in Dharamsala—not Namgyal but inside his residence—were especially engaging.

He usually gave one of these once a year to a select monastery. Other than that monastery only gesheys and tulkus were allowed to attend. In the mid-1970s I petitioned him directly and pointed out that this policy of qualifications for attendance was not fair and was in fact somewhat racist, because it automatically excluded all of us Westerners; no Westerner had been allowed to sit for a geshey exam at that time, nor had any been recognized as a tulku.

The Dalai Lama laughed and replied, “Then I guess we’ll have to open the sessions to any Westerner who can speak Tibetan and who has received the appropriate initiations.” From that year onward a half dozen or so of us attended.

**TMS:** *Can you tell us about your personal relationship as a disciple of HH the Dalai Lama?*

**GM:** The Dalai Lama was sort of like a godfather or big brother to all of us in Dharamsala. He established the training program for Westerners, appointed the lamas who were to teach us, chose what Indian texts and what Tibetan commentaries would be used, and oversaw the entire process. He even asked his own gurus to give us our initiations, and of course all visiting lamas from all schools of Buddhism were roped in. He watched over us like a captain over his ship.

Many of the older and more conservative members of the Tibetan community resented having their spiritual culture made available to us like this, but he always stood up to them for us. He even used his influence with the Indian government to see that we were all given good visas for the extent of our stay.

On a personal level I certainly received my fair share of blessings from him. In general Tibetans always treat writers well, and Dharma translators are granted something of a lama status. At least they were in the early days, when there were so few of us. Moreover, because in the early days the bulk of my research and writing was on the lives and works of the early Dalai Lamas—maybe my first dozen books or so—it created something of a unique link.

The Dalai Lama was always very kind to all of us during those days of training in Dharamsala. He really did live up to the mythology of Chenrezig, the Buddha of Compassion. No doubt his kindness for all of us continues to flow ever onward on unseen levels from afar.

As for me being a disciple, probably “devotee” is a better word. I love, admire and respect him very much. But the Dalai Lama is too big a figure on the world stage, and in terms of vision and enlightenment activity, to be weighed down by such a small concept as having me as disciple. I’m more like the cat that looks at the king, or in this case the Buddha.

I should also note, because you said HH the Dalai Lama, that I grew up as an Irish Protestant, and dislike these ostentatious honorifics that Tibetans have adopted from the Catholics. I find titles like “His Holiness” and “His Eminence” extremely distasteful and inappropriate.

The original Tibetan names for the Dalai Lama are so much better: Yishin Norbu, or “Wishfulfilling Gem”; Gyalwa Rinpochey, or “Precious Master”; and Kundun, or “Sublime Presence.” Even the Mongolian translation of his ordination name “Gyatso,” or “Oceanic,” which in Mongolian became “Dalai,” has a nice ring to it.

It is unfortunate that somehow the Tibetans looked to the Catholics for their translations of these charming and delightful epithets, and came up with such insipid and uninspiring proxies.

I’m not sure when the Tibetans began to adopt them. Probably in the 1960s, I presume, after coming into exile. One doesn’t see it in books or articles prior to that time. They might have indirectly picked it up from the Indians. Some Hindu swamis use it, I guess to send Christians the message that they are equal to the Pope. Of course to me that’s not a compliment, but there you go.

**TMS:** *Your background knowledge is remarkable. I wonder, having lived in the Indian Himalayas from 1972 to 1984, and having spent much of your time since then living in, or else writing about the greater region, what would you say over the years has most significantly changed in the landscape and in the Buddhist population at large?*

**GM:** Certainly the growth of Tibetan Buddhism in the West is remarkable. There were no study or practice centers in America or Europe of any significance whatsoever when the Tibetans fled into India in 1959. There now are almost a thousand on each side of the pond, with many being remarkably active. Similarly, at that time there were almost no authoritative books on Tibetan Buddhism, nor translations of Tibetan classics, whereas now there are well over a thousand. For

example, there was not a single translation of any major work of any of the early Dalai Lamas when I began my work, even though those Dalai Lamas were amazingly prolific and popular writers in Central Asia, with an audience of tens of millions.

It is interesting to see how strong Tibetan Buddhism has become throughout China these days. There are small study and practice centers almost everywhere in the country. Some have become explosively huge, like Khenpo Jigmeypuntsok's place in Kham, which always has well over 10,000 full time students and trainees in residence.



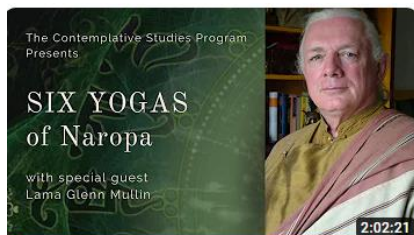
### Interview With Lama Glenn Mullin - Tibetan Buddhism, the Six Yogas of Naropa, Tummo & Karmamudra

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In this interview Lama Glenn talks about the transformation of Tibetan Buddhism coming to the modern age, the Six Yogas of ...

 Six Yogas of Naropa | The Six Yogas | Get over Desire by Avoiding Desire | Generation Stage... 14 moments ▾




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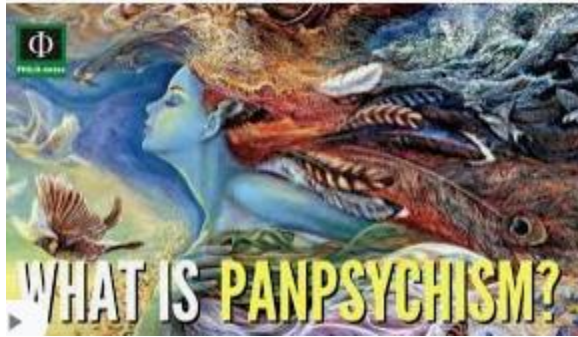
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The Contemplative Studies Program is honored to host Lama Glenn Mullin for this lecture on the Six Yogas of Naropa in our ...

 translating the first lamrim text | inner direction of certainty | the yoga of being a playful deity... 14 moments ▾

## What Is Panpsychism



Recently I read an incredible article that describes the nature of consciousness. It was talking about a term called Panpsychism. During the 1920s Bertrand Russell came up with this term.

It's kinda like what came first the chicken or the egg. What comes first a human

body and mind or is there an awareness beyond that?

Is the universe aware and conscious? Is there a cosmic quantum soup of consciousness? Does a rock or a flower aware? Does consciousness require a form? How big or how small can the form be to be aware?

Is dark matter aware? Is the sun in the sky aware? What denotes awareness?

Some people think which I also do that the foundation of the universe is consciousness. The entire universe is aware.

Before the big bang consciousness existed. This is not the first time a universe was created nor will it be the last time. Like the incoming of breath and the outflow of breath, the universe comes and goes.

Granted it takes billions of years. But still, that is a blink of an eye for eternity.

In this article, they described that even particles are alive and aware. These are part of a cosmic soup where everything is tied together. The entire universe is comprised of this soup.

Imagine making a homemade soup. You blend it all and combine milk or cream. Your family loves it.

Now can you take out a single ingredient? You can't. In the same way, there is a universal soup of consciousness of which we are a part. It is quantum. It is beyond time and space. We always think linearly.

In the quantum world the past, present, and future are melded together. There is a whole set of chaotic laws that we can't even conceive. Man thinks that by using logic that they can understand the quantum soup. But it's beyond logic and rational thinking.

I think the great mystics got a piece of the puzzle. Not the entire puzzle. But a piece of the puzzle contains the whole puzzle. It's like a hologram. A small piece contains the entire piece of the puzzle.

What if a person who meditates can be in a place where they are receptive to the inner light inside? Imagine this light is the same as the quantum universe.

Everything is a part of this light.  $E=Mc^2$ . Everything is energy and light. Everything is alive and aware.

Maybe, just maybe a meditator can see and feel the quantumness of the universe. Maybe the laboratory of life exists inside of us. Maybe we were created to find and discover this inside of ourselves.

I think we are in the beginning stages of development. Why we still are babies in emotional development?

We still fight and war with each other. We use our precious discoveries of the universe to make atomic bombs. We have a President who tweets my button is bigger than your button.

A thin thread is holding a knife over our heads and we are oblivious to it.

I have great hope for the future. I feel that science and the world inside will lead the way for humanity. Just think when a scientist truly begins to open the door inside.

They will begin to operate at a deeper level. They can embark on the scientific discoveries of the inner and the outer. Both of them will lead to the same place.

Life is a mystery. Both the scientist and the mystic are embarking on an incredible journey. The light particles that a mystic sees are the same light particles that a scientist uses in Cern Switzerland.

Both of them are in different laboratories. One is outer and the other is inner. I think the mystic has an advantage. The human body is wired for this experiment.

The human body has five senses and there are five eternal senses within. The human being can learn how to be aware of the consciousness of the universe. A human being is hardwired for this experience. Yet most of the time the car is sitting in the garage. The garage door needs to be open and you must back out the car and take it for a spin.

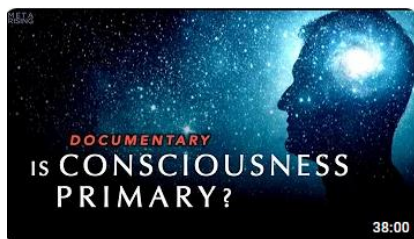
Humanity is just beginning to understand to open up the garage door within. When they do science will go to another completely different level.

There the universe can show humanity gifts we can never imagine. You see without kindness the universe will only show you so much.

It would be like handing a small child an atomic bomb. They wouldn't know the damage that it could do. We are in that state. Without humanity becoming a kind man we will never progress to our true potential.

You see the universe is kind and aware. The universe is love and compassion. Become like the mystic and discover your true nature.

You are the universe. You just don't know it.



Is Consciousness Primary to Reality? (Documentary)

126K views • 1 year ago

 metaRising

Is consciousness a fundamental aspect of reality? This documentary follows and the recent return of "panpsychism" as a ...

[2:32](#) Our story begins with one of the leading academic figures of that time, Bertrand Russell. A British polymath, Russell's inte...

CC

## Did Jainism Help Shape the American Civil Rights Movement?

By Andrew Bowen

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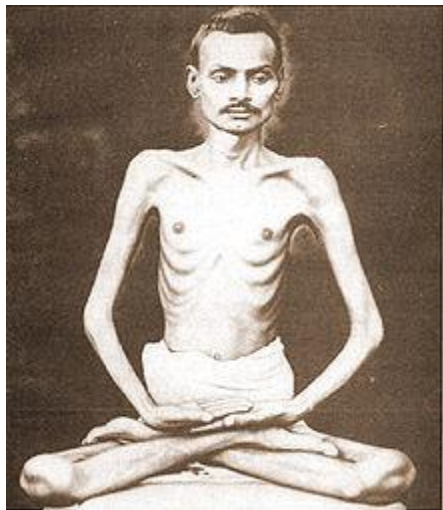
The American Civil Rights movement during the mid-1950s to early '70s marked one of the most tumultuous periods of social change and unrest in American history.

A wave of political and social conservatism consumed the national attention during the 1950s after the end of World War II and now with the African-American Civil Rights Movement in full swing, the fires of change swept through American culture.

So how could Jains, who are hardly known outside of academia in the United States at this time, have any influence on social movements in America?

As with many events in our lives, it isn't the impact that reaches you, but the ripple.

Meet our impact point. Shrimad Rajchandra



Shrimad Rajchandra was a Jain philosopher who lived in India between 1867 and 1901. After watching a funeral pyre at a young age, it is said that Shrimad Rajchandra suddenly recollected all of his past lives, thus gleaning all the knowledge and spiritual wisdom he attains in those periods.

He would go on to spend the rest of his life teaching and writing about spiritual concepts within the Jain framework until he died at the age of 32. His most important literary work, which bears his name, is highly regarded even today.

What is interesting about his story (among other things) is that Shrimad Rajchandra made a very special friendship with one of

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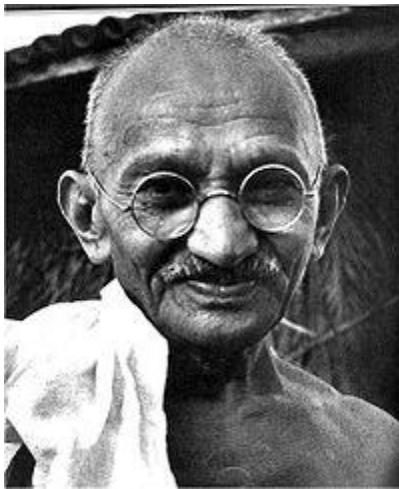
<sup>8</sup> <https://www.beliefnet.com/columnists/projectconversion/2011/11/did-jainism-help-shape-the-american-civil-rights-movement.html>

history's most endeared activists. Mahatma Gandhi. Gandhi himself regarded Shrimad Rajchandra as not only a friend but a spiritual guide.

***"I have drunk to my heart's content the nectar of religion that was offered to me by Shri Raichandbhai.***

***Raichandbhai hated the spread of irreligion in the name of religion and he condemned lies, hypocrisy, and other vices that were getting a free hand in his time.***

***He considered the whole world as his relative and his sympathy extended to all living beings of all ages."*** –Mahatma Gandhi



Mahatma Gandhi is who many of us think of regarding civil disobedience and non-violent resistance.

Under the influence of his native Hindu faith, his mentor Shrimad Rajchandra who preached ahimsa (non-injury), and a love for freedom,

Gandhi began civil rights and liberation movements in South Africa during his early years as an attorney before moving on to his native India.

Gandhi is known for his non-violent resistance against British rule in India which after years of struggle, led to its independence in 1947. He was assassinated in 1948.

***"The science of war leads one to dictatorship, pure and simple. The science of non-violence alone can lead one to pure democracy...Power based on love is a thousand times more effective and permanent than power derived from fear of punishment..."*** –Mahatma Gandhi



From America's South, its philosopher and propagator of non-violence and change soon rose. Martin Luther King Jr., Jr., a Baptist preacher from Georgia, was a tremendous personality.

An academic marvel with a flair for leadership and activism, he helped found the SCLC (Southern Christian Leadership Conference) and was a prominent leader in the NAACP.

King led the Montgomery Bus Boycott of 1955 which opposed the Montgomery Alabama transit segregation policy and played a pivotal role in

the 1963 March on Washington where he delivered his "I Have a Dream" speech.

While King cited many influences for his position on non-violent activism, he spoke warmly of none other than Mahatma Gandhi. King was greatly impacted by Gandhi's work after visiting India, a trip that may have helped shape the American political and social structure forever.

***"Since being in India, I am more convinced than ever before that the method of nonviolent resistance is the most potent weapon available to oppressed people in their struggle for justice and human dignity. In a real sense, Mahatma Gandhi embodied in his life certain universal principles that are inherent in the moral structure of the universe, and these principles are as inescapable as the law of gravitation."*** –Martin Luther King Jr., Jr.

With the help of King and many others in the struggle for racial equality, America eventually adopted the Civil Rights Act of 1964, the Voting Rights Act of 1965, the Immigration and National Services Act of 1965, and the Fair Housing Act of 1968 among others.

For his service to humanity, King was awarded the Nobel Peace Prize. He was assassinated in 1968.

Ripples. Martin Luther King Jr., Jr. was an American Christian. Gandhi was a Hindu. Shrimad Rajchandra was a Jain philosopher. Lord Mahavira taught his people 2,500 years ago in northern India.

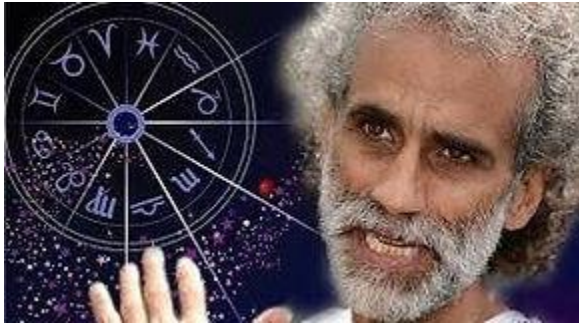
Each ripple reached out, inch by inch, and eventually covered the world. And the influence of non-violent activism is still alive today with our current Occupy Movement, which has spread globally.



So now we see how Jainism subtly influenced social change across centuries and nations without converting a single soul, without coercion, without force, but simply because it makes sense.

What sort of ripple will you form today?

# Santos Bonacci



Mr Astrothelology

<sup>9</sup>For over 30 years, Santos has been studying the ancient works, researching, compiling and translating the texts to produce an easier to understand compendium of AstroTheology.

This information has been brought together in a network of media platforms including YouTube, Facebook, Twitter and The Universal Truth School Website, where Santos' Syncretic music and products are also available.

Living on the East Coast of Australia, Santos regularly presents seminars and webinars and also has presented lectures and workshops in various countries around the world.

Syncretism shows how all the Ancient Legendary Stories, Myths, Bibles, Fairy Tales etc, all have one simple common origin. In all of these wonderful ancient classics, the Personae are always the same, under different names.

Find out more [HERE](#)

What is hell?

Who is Jesus & Satan?

Everything is Good & Evil

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<sup>9</sup><https://www.life-and-truth.com/santos-bonacci>

Do you want benefits or rights?

Do you believe that there are Natural cures for cancer?

and so much more..

Check out the other videos from Santos Bonacci [HERE](#)

These are my three favourite Santo's video's



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Raising the Christ | The Sacred Secret Of The Christ Within - Click [HERE](#)

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Study Of Language, Etymology - Astrological Wisdom - Click [HERE](#)

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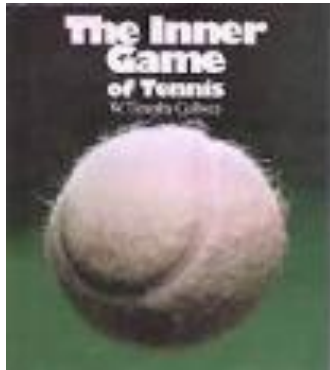
The Ancient Theology Astrology Part 2 - click [HERE](#)

Vegetarianism, raw foods, meat eating click [HERE](#) (turmeric is recommended go [HERE](#) for more info)

Bible Deciphered - click [HERE](#)

All is one - click [HERE](#)

## Tim Galloway



My dear friend Tim Galloway has been on the cutting edge for around 40 years. He wrote the inner game of tennis over forty years ago. Many famous coaches who have won world titles give tribute to Tim. You see a lot of playing the game is to overcome the hindrances of the mind.

The inner game is played and what you think gets brought into action. Have you ever witnessed a tennis game where the player is completely winning against his opponent?

Yet somewhere along the way the competitor makes a comeback and wins the game. It is often said that the inner game will dictate who wins the game. If you get super cocky and are beating your opponent what happens when your opponent starts to fight and win back.

Your mental state will change. There is a certain point where you are no longer cocky and you are holding on to dear life.

You see the mind, emotions, and body are integrated into playing the game. These also are represented by playing the game of life.

In my eyes, kindness will lead to better and more compassionate athletics. You will also be kind to your body. A kind person won't take steroids or sport-enhancement drugs.

Did you know that major sporting titles can be won by the team that gets the best sleep the night before? Recently a major study was done on this topic. Many people think that sleep is overrated.

Well if you get a good night's sleep the next day you will be aware and not drowsy. Just think that if your engine is just off a little you won't be at that level to win.

Just a little off can cause errors. A good night's sleep is giving kindness to your mind and body. If you party the night before the next day you will experience a hangover. Your mind is foggy and your body is tired. Not a good way to win a world championship.

Once again kindness is a need at all levels. Yet many people don't see this. They think that being kind is weak. Nothing can be farther from the truth. Kindness is the foundation of life. Through kindness, you will learn how to train properly.

You will know when to exert effort and when to rest. You won't burn out. The East Germans and Russians learned this during the late eighties and early nineties.

They completely dominated swimming. Yes some of them probably used drugs. But they trained completely differently from the Americans. At that time the American theory was you trained as hard as you can.

The more physical effort you made the better you got. People got burned out. The body at a certain point in time would rebel. The mind would get agitated. Once the mind gets agitated your body will break down and injuries will occur.

The East Germans and Russians trained in an entirely different fashion. They trained for stroke efficiency. They compared the difference between a tugboat and a yacht. It takes a tremendous amount of energy to move a tugboat. Yet a yacht is streamlined and moves through the water more efficiently.

They slowly learned in time how to be more efficient in swimming through water. Alexander Popov won the 50 meters and 100 meters events that year. He won by taking fewer strokes than his competitor.

I learned this technique and my strokes overtime went from 28 to 18 over a year. You see by swimming for stroke efficiency you are training your mind and body to be more efficient.

Kindness is the intelligence that will help improve whatever endeavor you do. It will change how you work out and perform.

Read the next chapter on how this book influenced Bill Gates.

Bill Gates Says This Tennis Book From 1974 Gave Him Confidence and Mental Control as Microsoft CEO



Bill Gates Says This Tennis Book From 1974 Gave Him Confidence and Mental Control as Microsoft CEO

It can help make you a better leader.

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BY [MINDA ZETLIN](#), AUTHOR OF 'CAREER SELF-CARE: FIND YOUR HAPPINESS, SUCCESS, AND FULFILLMENT AT WORK' @[MINDAZETLIN](#)



Bill Gates. Photo: GatesNotes

<sup>10</sup>Have you ever wished you could have more self-confidence and better mental resilience? Bill Gates has a reading suggestion for you. It's a 49-year-

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<sup>10</sup> <https://www.inc.com/minda-zetlin/bill-gates-says-tennis-book-gave-him-confidence-mental-control-microsoft-ceo.html>

old book nominally about tennis but really about metacognition, the science of thinking about thinking and how we talk to ourselves. Gates says it made him more confident and helped him lead Microsoft, which is a \$1.8 billion company today.

Gates reads about 50 books a year, and each year at holiday time, he recommends five books as gifts. This year, one of those books is *The Inner Game of Tennis* by Timothy Gallwey--first published in 1974 and still in print today. Though he picked it up with the intention of improving his game, he quickly discovered it could do much more than that. It helped him vastly improve his self-talk and mental self-discipline. He calls it "the best guide to getting out of your own way."

In the video accompanying his review, Gates says, "I ended up reading it a number of times, which I don't do with many things, because it was a way of forcing me to think about, 'OK, what am I thinking about as I play tennis?'" He writes, "The inner game is really about your state of mind. Is it helping you or hurting you? For most of us, it's too easy to slip into self-criticism, which then inhibits our performance even more. We need to learn from our mistakes without obsessing over them."

## Stopping negative self-talk

Gates describes himself as a "semi-serious" tennis player back then. Before he read *The Inner Game of Tennis*, there would come a point in nearly every match when he berated himself over a bad shot. "I'm so mad that I missed that shot. I'm so bad at this," he would think. "That negative reinforcement would linger, so during the next point, I was still thinking about that bad shot," he recalls. Gallwey's book helped him learn to react better when things went wrong.

In his early 20s, Gates gave up tennis to focus on Microsoft, he writes. But the book proved to be even more useful off the court. "Gallwey's insights subtly affected how I showed up at work," he writes. "Although I'm a big believer in being critical of myself and objective about my own performance, I try to do it the Gallwey way: in a constructive fashion that hopefully improves my performance."

And, although he admits he's "not always perfect at it," Gates tries to take the same approach with the people who work for him. For instance, years ago, Microsoft shipped some software with a bug in it. It had to be recalled, an expensive and embarrassing process at that time. The employees who'd made the error were already beating themselves up, he writes, but he told

them he was glad they'd found and admitted to their mistake: "Today you lost a lot of money. Tomorrow, come in and try to do better."

In the video, Gates says: "I love setting high standards for myself." He says he's a huge believer in looking at what you do objectively. "You should criticize yourself. But how do you do that in a constructive way that improves performance?"

There's a growing audience of Inc.com readers who receive a daily text from me with a self-care or motivational micro-challenge or question. Often they text me back and we wind up in a conversation. (Want to learn more?

Here's some information and a special invitation to an extended free trial.)

Most in my text community are highly successful professionals and sometimes they criticize themselves in the same harmful way Gates used to scold himself on the tennis court. The texts are designed to help them (and you) stop doing this. And *The Inner Game of Tennis* is a great tool to tame the negative self-talk and help build the kind of mental resilience that helps lead to success.



The best book on tennis I've ever read

1.6M views • 2 months ago



Bill Gates ✓

Timothy Gallwey's *Inner Game of Tennis* is surprisingly profound. His insights apply to tennis but also many other parts of life.

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# Tim Gallwey-The Inner Game and origins of modern coaching

<sup>11</sup>Timothy W. Gallwey (born 1938 in San Francisco) is an outstanding thinker in the field of personal development, professional development, and the ability to push yourself beyond limits - especially in the area of competitive sports. He developed the concept of "The Inner Game", which became the foundation of modern coaching. Tim Gallwey inspired Sir John Whitmore (we write about him in another dedicated post: [Sir John Whitmore - the father of business coaching](#)). John Whitmore, on the basis of the Inner Game method invented by Tim Gallwey, developed a model of business coaching that still reigns today called GROW.

Tim Gallwey wrote eight books: The Inner Game of Tennis, 1974, Inner tennis: playing the game, 1976, Inner skiing, 1977, The Inner Game of Golf, 1981, Inner Game of Winning, 1985, The Inner Game of Music, 1986, The Inner Game of Work, 1999 and The Inner Game of Stress, 2009.

These groundbreaking books not only accelerated the achievement of peak performance in professional sports but also laid the foundations of modern business coaching. They have also offered the business many effective methods enabling it to achieve high performance. **These methods revolutionized the training and coaching industry around the world. They showed how organizations can bring out the best in their people and achieve exceptional results at work.**

This is what Tim Gallwey says about his work:

*"For over forty years I have focused my efforts on the importance of what I call the Inner Game. I have learned many things on this journey, but throughout both my personal life and my public work, I have had one overarching passion. What I wanted was for both the individual and society to rebalance the importance we place on the "inner realm," of what happens inside human beings as opposed to anything that happens in the outside world.*

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<sup>11</sup> <https://en.empowerment-coaching.com/post/tim-gallwey-the-inner-game-and-origins-of-modern-coaching>

*Our thoughts, feelings, and motivations may be invisible, even to ourselves, but they have a huge impact on how we see ourselves, the choices we make, and how we view and treat others, which in turn creates many external conditions in which we live.*

*What really catches our attention and where do we invest our efforts, individually and collectively? What is most important to us: external wealth or internal wealth? Do we care more about winning the external games we play, and overcoming external obstacles to achieve external goals? Or do we invest in overcoming internal obstacles that prevent us from being happy, enjoying life, inner peace, and fulfillment?"*

#### A Short Biography of Timothy W. Gallwey

As a teenager, Tim Gallwey was the top American tennis player in his division, and later, when he began his academic work, he became the captain of the tennis team at Harvard University.

While on sabbatical, Gallwey worked as a tennis instructor in Monterey, California. Initially, he focused his efforts on giving his students traditional instructions - with mixed results.

At some point, he stopped and realized that he was more involved in the teaching process itself than in whether his student was progressing and learning. Tim decided to reverse his priorities and asked himself:

"Where does the learning take place and what happens in the student's head when the ball is approaching?"

**And at some point, it became obvious to him that his "should" and "shouldn't" instructions were actually causing student self-doubt, self-criticism, overexertion, and overly stiff racquet strikes.**

When Tim replaced the traditional "should" and "shouldn't" instructions with an invitation to try heightened awareness and relaxed concentration, the student learned naturally by using what felt good and what worked.

Soon, Tim Gallwey discovered that if he encouraged his students to focus their attention in a certain way, tennis technique began to evolve naturally and seemed to self-correct.

**Players using Gallwey's methods progressed much faster than others, without self-criticism or strenuous attempts to "get it right." By quieting their internal thought processes, they were able to use their natural abilities more easily.**

**Gallwey's concept was based on the belief that the biggest obstacle to mastering a sport of all was the negative thoughts in the athlete's head.**

The coach's job was therefore not to provide instructions in the traditional sense (thereby complicating the internal dialogue in the athlete's head even more), but primarily to help get rid of the clutter in his mind.

**Thanks to this approach, three other elements are also reliably increased: the pace of learning, the joy of having fun, and the student's confidence that he can learn from his own experience.**

The result of this discovery was Gallwey's first book, *The Inner Game of Tennis*, which has sold over two million copies worldwide to date.

**This book was also discovered by Bill Gates in 2022 and he devoted a special post to it on his personal blog under the significant title ["The best guide to getting out of your own way"](#)**

Bill Gates says about the impact of Tim Gallwey's book on him:

After the release of the first book, readers started applying the methods of the Inner Game to their lives off the court, and Tim began using the methods of the Inner Game to change the business environment. **This is how modern business coaching began to be born.**

Tim founded a Fortune 500 consulting firm. His longtime clients included Apple, AT&T, The Coca-Cola Company, and Rolls Royce. The methods developed by Tim Gallwey have been used in leadership coaching, sales, change management, and teamwork. **Gallwey's work is often recognized as the foundation of new fields: business coaching, life coaching, and sports psychology.**

Currently, Tim Gallwey is still active and focused on developing the company founded in 2012 [The Inner Game Institute](#) and [The Inner Game International School of Coaching](#), wanting to make Inner Game tools available around the world and help people of all ages and backgrounds achieve their goals anytime, anywhere. As of today, the institute offers its services in 30 countries around the world.

The history of the development and application of the Inner Game concept - from tennis to modern coaching and organizational culture changes in business

**Published in 1974**, Tim Gallwey's first book surpassed both author and publisher's expectations, selling over a hundred times more than expected, and soon became a New York Times bestseller.

Shortly after, KCET television station produced a six-part television series that was watched across America called Inner Tennis. Each episode focused on a specific topic, such as overcoming fear, achieving concentration, breaking bad habits, etc.

**Published in 1977**, the book Inner Skiing applied the same learning techniques to a more icy sport and specifically dealt with overcoming the different kinds of fears common to the sport.

**In 1980**, Random House, the world's largest English-language literary publisher, asked Tim Gallwey to write The Inner Game of Golf, describing the learning process from the point of view of a golf student (Tim was learning golf at that time). Probably more than in any other major

sport, the golfer is susceptible to subtle shifts in mindset that can have a drastic effect on his performance.

**Around this time**, Barry Green, then principal bassist of the Cincinnati Philharmonic Orchestra, approached Tim Gallwey about collaborating on *The Inner Game of Music*, another activity in which both fear of failure and doubt can be an obstacle to high performance.

**Beginning in the mid-1970s**, many corporate leaders and managers recognized the implications of the Inner Game concept and began to use them as methods to bring about desired changes in the workplace and business environment.

One of Tim Gallwey's first long-term corporate clients was AT&T. **In the early 1980s**, Gallwey faced the challenge of changing the mindset of what was then the largest company in the United States. As Tim Gallwey himself wrote about it, it was about changing the monopolistic thinking presented by the "bell-shaped head" to the thinking of a modern, competitive, market-driven, entrepreneurial company.

**Soon after**, Tim was asked to help IBM change the dominant corporate mindset of "we know it all" to the learning and coaching organization approach.

The Inner Game methods were then used in Apple Computer Company's leadership development program. Leading Apple designer Alan Kay used the principles of the Inner Game to train computer interface designers. In the video below, Alan Kay shows you a movie based on *The Inner Game of Tennis*. The video contrasted the speed with which two students learn to play tennis.

The first student was told to meet the ball at a certain angle at a certain stage of its bounce, in other words, a typical teaching method was used. The second student was told to "fly the ball over the net".

The first student experienced frustration and a serious sense of clumsiness. The other student was making rapid progress and was clearly enjoying himself.

Kay naturally associated these concepts with computer interfaces, because this is where his greatest natural ability lies. Listen to his approach and see if something sparks in you.

**In the 1990s**, Inner Game methods were used by The Coca-Cola Company to train top managers in modern coaching of their employees, better develop teamwork skills, and ultimately, to achieve an overall transformation into a learning organization.

**The Inner Game of Work, published in 1999**, summarizes the benefits of using the Inner Game in a business environment. This is an inside look at how the methods and models of the Inner Game were used by many people in various companies in the twenty years leading up to its release. This book focuses primarily on achieving individual excellence.

**At the turn of the century, Tim Gallwey's interests shifted to the Inner Team Game.** The job of overcoming the obstacles encountered in effective human collaboration is both challenging and fascinating. In the second half of 1999, Tim Gallwey helped lead over 50 team workshops and teamed up with Dr. Valerio Pascotto. **This collaboration resulted in pioneering work in the field of human learning that addressed the question of how to collaborate effectively.**

**In his work with teams and companies, Tim Gallwey has found that stress seems to be the main obstacle to achieving goals for most people.**

**Therefore, in 2009**, he teamed up with two respected physicians, Dr. John Horton and Dr. Ed Hanzelik, to study how stress affects the human body and mind. They also explored how the principles of the Inner Game can help not only manage stress but also reduce and prevent it. Based on this research and experience, Tim Gallwey wrote his latest book, "The Inner Stress Game".

Having discovered such a significant cyclical relationship between work and stress, Timothy W. Gallwey couldn't resist looking for a way to help people navigate the quagmire caused by stress, work, and the desire to achieve goals. It seemed that one-on-one coaching (individual coaching) was the best way to do it, but then it would not be possible to reach everyone who needed help.

So, working with Myles Downey, founder of [Performance Coaching International](#), Gary Wessely, and Richard Merrick, they developed a pilot called eCoach to help anyone achieve their desired goals.

This program used the principles of the Inner Game and guided coaches through personalized coaching sessions aimed at finding and eliminating thinking obstacles, breaking limiting beliefs, and making progress toward both long-term and short-term goals.

What is the concept of the Inner Game by Tim Gallwey

All human activity can be divided into two main parts: external play and internal play. Without some mastery of the often-neglected skills and goals of the inner game, success in any outer game is not only limited and difficult but also relatively stingy in terms of realizing one's true potential.

The Inner Game presents a novel approach to accelerated learning and the realization of higher achievements. It requires you to reexamine everything you do, including your own underlying motivations for doing things and your definitions of what success really is.

The basic premise of the Inner Game concept is that there are two selves in each person rather than one. Self 1 is the ego-conscious mind that we as humans have conceived on top of the True Self we were born with. The true self is Self 2. Self 2 is the whole complete human.

Self 2 embodies all the innate potential we are born with, including all abilities -already updated and not yet updated. It also embodies our innate ability to learn and develop any ability. This is the Self we all enjoyed as children and enjoy most as adults when we allow ourselves access to it.


All evidence shows that our best results are when the voice of Self 1 is quiet or busy in some way, and Self 2 can do what it already knows it does naturally or by observing others.

When the situation is reversed (which is usually the case), when Self 1 is in control, Self 1 provides a running commentary on everything Self 2 is doing - and often critical commentary. Not only does Self 1 remind Self 2 of anything that has happened in the past that was incorrect or wrong, but it also creates the tension and fear that tend to plague us when faced with a challenge.

In fact, Self 1 generates the worst challenges and, by having a negative internal dialogue, manages to place all the blame on Self 2. **It's like a failed floppy disk giving commands to a billion-dollar mainframe and then expecting to be credited for the best results while blaming the host computer for the failures. Realizing that the voice that makes controlling demands and criticisms is not as intelligent as the one that receives them is really revealing!**

This understanding can be expressed in a simple formula that defines the Inner Game:

# The Inner Game formula by Tim Gallwey



$$P = P - I$$

Performance = Potential - Interference

The formula that defines the principles of Tim Gallwey's Inner Game  
Performance in any activity, from hitting a ball to doing anything in life, is equal to a person's Potential after subtracting the Interference factor from that person. Unfortunately, for most

people, Performance rarely matches Potential. A little doubt, a wrong assumption, a fear of failure - this is enough to significantly reduce a person's Productivity.

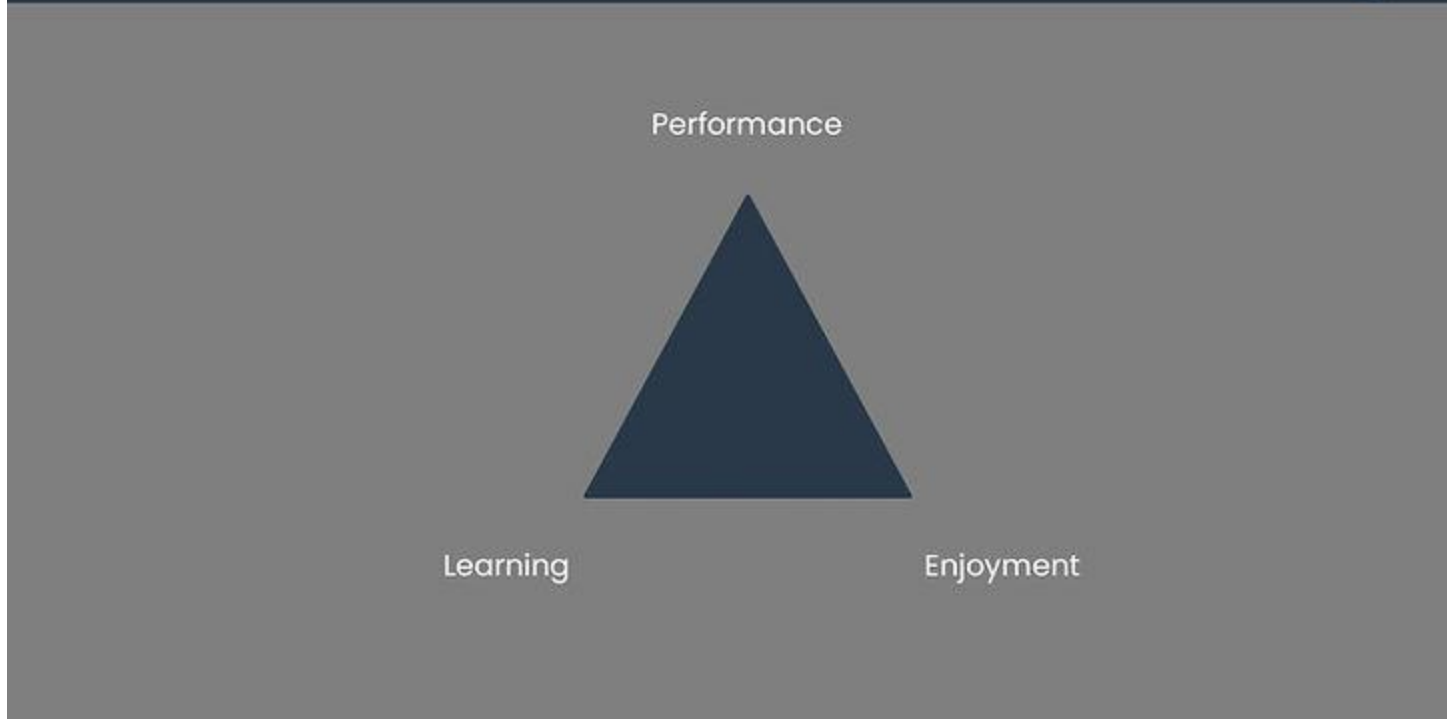
The goal of playing the Inner Game is to reduce everything that prevents you from discovering and expressing your Potential. Unless we learn some of the basic skills of the Inner Game in this century, our technical advancement in the Outer Game will be of little benefit to ourselves or to humanity as a whole - in terms of our own sense of oneness with nature and the universe. We have a deeper need to better understand and learn to make changes in the domain we call ourselves. And that can only happen when we change in a way that is consistent with our true nature, not at war with it.

To fully understand the serious implications of the simple formula that defines Tim Gallwey's Inner Game principle, let's take a good look at the relationship between personal productivity and learning and enjoyment. Yes, an enjoyment!

The relationship between Performance, Learning, and Enjoyment

If you ask managers what the word work means, they will focus on work as doing something - as achieving a goal, such as delivering a product or service. In other words, for many people, work means nothing but productivity. But definitions that equate work with productivity can be not only limiting but also soul-destroying, especially in today's business environment.

How are these fundamental elements of work — performance, learning, and enjoyment — related? They are undeniably interdependent. If individuals do not learn, their performance will decline over time; if their main work experience is boredom or stress, both their development and productivity will suffer. These three dimensions can be represented in a mutually supportive "work triangle", with a performance at the top and learning and enjoyment at the base level.



When you ask managers, "Which of the three work outcomes gets the most support and encouragement in your work environment?" their answer is overwhelming "Efficiency". And when you ask them, "How much more priority is performance than learning and enjoyment?" the answer generally has a level far beyond the triangle, so it's only about external performance and nothing else.

**In a competitive business world, it's easy to see why performance can be more important than learning and experience (understood here as experiencing enjoyment by an employee). But what are the consequences of pursuing efficiency at the expense of learning and experience?**

The consequences are dire in any but the shortest time frame: performance itself will decline. What will be the typical response from management? Greater pressure on productivity results in even less time and fewer resources devoted to employee learning or quality employee experience.

The definition of performance must include the experience and development of employees, as well as their results. The real value of this redefinition of work is that it engages and sees everyone as an individual and the organization as a whole as a place to grow, learn and enjoy.

A summary of Tim Gallwey's way and mindset

This is how we have reached the end of the story about the history of the Inner Game concept and the path that Timothy W. Gallwey - the precursor of modern coaching - both business and life coaching, went through.

And now I would like to invite you to watch a 6-minute movie. This is a special interview with Tim Gallwey conducted as part of the "Soul Biographies" series, created and owned by [Nic Askew](#). Due to copyright restrictions, I cannot present this film directly on our website. But I strongly encourage you to click on the picture below. It will take you to the place where you can see the movie.

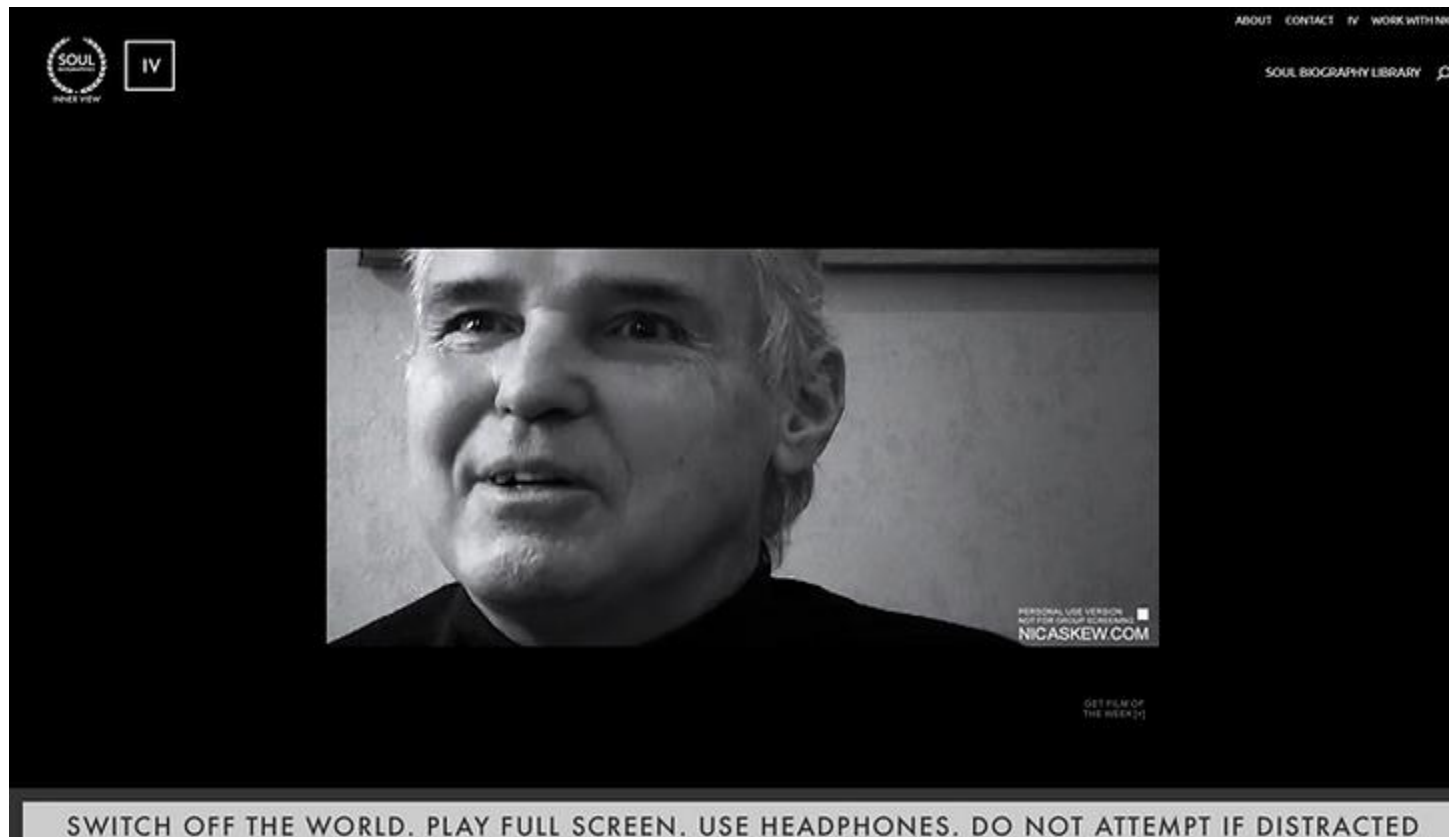
This conversation explains the origins of Timothy W. Gallwey's interest in such deep topics, why he found studying philosophy unsatisfactory, and how meeting a 13-year-old Indian man affected his entire life.

Among the answers to the questions posed to Tim, you will find such golden thoughts as:

You start listening when you want to know something. When you think you know it all then listening becomes a little harder.

Do you listen beyond your opinions of right and wrong?

The question is: what do you really want? Because whatever you want (e.g a car, a house ...) the question is why do you want that?



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**See also:**

[David Clutterbuck-the father of modern mentoring in Europe](#)

[Sir John Whitmore - the father of business coaching](#)

[The history of coaching](#)

[Did coaching come before Christ?](#)

[Socrates - the first good coach in the world?](#)

[Byron Katie - who would you be without your story?](#)

- [bios](#)
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- [Tim Gallwey](#)



**Inner Game of Tennis**

40K views • 10 years ago



coachkriengsak

In 1970 W. Timothy Gallwey author of "Inner Game of Tennis", demonstrates how to teach tennis without teaching. A woman who ...

## Peace Education Program

Study on Prem Rawat Foundation's Peace Education Program Shows Exceptional Benefits for Incarcerated People

October 28, 2022·3 min read

A robust new study found that The Prem Rawat Foundation's (TPRF) Peace Education Program has exceptional benefits for incarcerated individuals.

ORLANDO, Fla., Oct. 28, 2022 /PRNewswire-PRWeb/ -- The [Peace Education Program](#) has a wide range of remarkable benefits for incarcerated people, including reducing anxiety, increasing self-understanding and self-improvement, and enhancing hope and appreciation for life, according to an [extensive new study](#).

Conducted by Ace Insights, an independent market research company, the [study](#) analyzed the impact of the program on 5,276 incarcerated individuals in Brazilian correctional facilities. Noting that "the quantitative findings are extremely robust," 99.7% of participants reported benefits, and the study concludes "that the Peace Education Program is making a very positive impact on almost all incarcerated peoples' lives."

On October 25, the [study results](#) were presented at the International Corrections and Prison Association Annual Conference in Orlando, Florida. The conference is one of the premiere gatherings of corrections professionals and experts in the world. More and more of them are embracing the [Peace Education Program](#) as an empowering resource for positive change, both for themselves as well as the incarcerated people they serve.

- ADVERTISEMENT -

Demonstrating its cross-cultural relevance, 300,000 people in 80 countries and in 40 languages have participated in the [Peace Education Program](#) to date, including 100,000 people in 775 correctional facilities.

The innovative workshop series gives people an opportunity to reflect on their own humanity, increasing self-awareness in support of resilience, empathy and wellbeing. TPRF Founder [Prem Rawat's](#) video presentations are at the heart of the workshops, encouraging participants to explore the [ten themes](#) of Peace, Appreciation, Inner Strength, Self-Awareness, Dignity, Choice, Hope, Clarity, Understanding and Contentment.

The most recent [study](#) on participants in prisons in the State of São Paulo, Brazil adds to a growing body of evidence of the program's successful results. Other [studies](#) have shown similar positive impacts for people in correctional facilities across 4 continents, as well as for participating high school and university students in the U.S., U.K., New Zealand, and Colombia.

"It's wonderful to see that the new study on the impact in Brazil confirms what we've found elsewhere across the globe: this program can help transform lives no matter how challenging the circumstances," says Peace Education Program Director Willow Baker. "It was an honor to present the study and more information about the Peace Education Program this week at the ICPA conference and to meet so many dedicated people who want to make a positive difference in the field of corrections."

The [Peace Education Program](#) workshops can be offered in person, virtually, or on inmate tablets by ViaPath and Edovo (tablet versions currently available in the U.S. only). [The Prem Rawat Foundation](#) makes the workshop materials available free of charge.

To implement the program at correctional facilities in Brazil, The Prem Rawat Foundation partners with the Prison Education Foundation (FUNAP), a state foundation under the Secretariat of Penitentiary Administration in charge of helping inmates to rehabilitate and reintegrate into society through educational, labor, cultural and legal assistance initiatives.

The [Peace Education Program](#) is just one of the ways that TPRF advances dignity, peace and prosperity by addressing fundamental human needs.

TPRF's [Food for People](#) program has served over 4.7 million nutritious meals to disadvantaged children and elderly people in India, Nepal and Ghana.

Since [Prem Rawat](#) founded TPRF in 2001, it has given over [160 grants](#) totaling over \$5.7 million to a variety of partner NGOs in 40 countries to help victims of natural disasters, COVID-19 and other traumas.

## **Media Contact**

Jake Frankel, The Prem Rawat Foundation,  
1.310.392.5700, [jakefrankel@tprf.org](mailto:jakefrankel@tprf.org)

Mary Wishard, The Prem Rawat Foundation,  
1.310.392.5700, [marywishard@tprf.org](mailto:marywishard@tprf.org)

[Twitter](#), [Facebook](#)

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## <sup>12</sup>Man Is At His Best When In Peace – Prem Rawat

June 30, 2021 7:46 pm



In April 2021, The Prem Rawat Foundation (TPRF) signed a partnership MoU with the South Africa Department of Correctional Services to expand the [Peace Education Program](#) at correctional facilities throughout the country. Prem Rawat is seen signing the MoU, while looking on is Rev. Dr. Menzi Mkhathini from the Department of Correctional Services. Photo courtesy of TPRF.

By Chandra Segaran

KUALA LUMPUR, June 30 – Exactly 50 years ago in June 1971, global Peace Ambassador, Prem Rawat landed at Heathrow Airport in London, armed with a simple desire. To bring the message of Peace and the gift of Self-Knowledge to the people of the West. It has never been done before. His lineage of teachers of self-Knowledge before him never went beyond the shores of India to spread the Knowledge that Prem Rawat speaks about today.

He was 13-years old and his arrival in England was apparently news worthy, if not a sensational event, as not only those who had invited him to bring his teachings to the west had turned up at the airport to welcome him, but there were newsmen as well in the crowd, wishing to interview the young man, who was promising world peace. Their curiosity was piqued.

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<sup>12</sup> <https://www.weekly-echo.com/man-is-at-his-best-when-in-peace-prem-rawat/>

Unfazed and cool, but basking both in the warm greetings from the long-haired men and woman who came to welcome him at the airport, and the newsmen with a steady stream of questions, Prem Rawat went on to answer with candour and simplicity the questions posed to him from the media.

Many titles were given to him in his early days of stay in the UK. Whether they were sceptical or adorative, it depended on who were giving them. The media described him as “a guru from India”, with a reasonable amount of scepticism while those who had invited him – whether they were looking for the truth, or simply peace in their lives or were just some anti-war youngsters of the 70s – to spread the message of peace in the west- called him a genuine teacher who had an important message to impart.

Fast forward 50 years, Prem Rawat who spoke at an event at the International Conference Centre in Birmingham on June 17<sup>th</sup> this year, was the same cool and collected orator that he was in his first public talk at the Conway Hall, in London in the summer of 1971.

His message that Peace is possible has withstood the test of time and today his Peace Education Programme, an innovative series of video-based workshops that help people discover their own inner strength and personal peace, is a huge success and runs in 70 countries. Available in 30 languages including Spanish, Mandarin, Hindi, Arab, Tamil, Bahasa Indonesia, the programme has been adopted as part of education in learning institutions, colleges, and social service in community centres.

It has been made available in over 650 prison programmes worldwide where it has had tremendous success with many prisons reporting improved wellbeing and reduced violence. In the state of Telangana, India, an academic study showed a huge reduction in re-offending and five prisons reportedly closed down due to the success of the programme there.

His LOCKDOWN live stream series that began as the world slowed down with the onslaught of the COVID-19 virus were caught by many people from different parts of the world.



From regular advice on wearing the masks, following other standard operating procedures (SOPs) and keeping safe during the pandemic to looking within for strength and hope, and recognising the nature of the self and its wisdom, Prem Rawat kept many of the live stream tuners engaged, motivated and inspired to get on with their lives despite the fears and uncertainties that the virus had created.





Over United in Hope: Prem Rawat Foundation

**\$300,000**

in humanitarian aid



**MORE VIDEOS**



The Prem Rawat Foundation (TPRF) during the pandemic has been also working with partners to provide over \$400,000 in crucial medical care, supplies, food, and other humanitarian aid to those suffering during the COVID-19 pandemic.

While the event in Birmingham to mark his 50<sup>th</sup> anniversary was limited to the local crowd, with all COVID-19 SOP in tow, audience from all over the world also tuned in to the live stream of the event.

He was in his element as he recalled his early days in the UK and the young “hippies”, many of them who were also guests at the latest event, minus their hippie hairstyles and live style, who had turned up to hear his talks and wanting to know about life, God and how a group of them had earlier travelled to India to invite him to UK.

“It has been an incredible journey.”

Of course there was a lot of sensationalism, as a 13-year old boy was promising peace “but this 13-year old was not shooting blank words”, he said.

“People had to feel peace. People had to feel the magic of being alive.”

“What was being said? That what you are looking for is inside of you. You will find it there. (Yet), so much of the focus was on so many other things (about him), are you a Prophet, are you a this or that and...I have said many times, ‘No, I am not a prophet’.”

The names were always there, from the time he was a child and they never really mattered, but what was important was the deed itself, Prem Rawat said, adding that he took satisfaction in knowing that his words had brought comfort to many people.

Prem Rawat spoke of the distinction of being a human being. “No human being is ordinary. Every human being is extraordinary.”

A question had been posed to him, implying that human beings were nothing.

“When do people see human being as nothing then?”

“If a human being is not doing what the human being is made for, the human being then appears useless to you.”

Many of the things human beings do today in the world are not any good at all, he said, pointing out the poor records not only in the space race that has left garbage in the space from abandoned satellites to other debris, but the wipe out of many animal species from the planet and the poor sharing of resources that have left a huge divide between the rich and the poor.

“Human beings are only good when they experience peace, when they experience joy, when they work towards peace, when they work towards joy. When they work towards personal fulfilment. That is when human beings shine.”

Prem Rawat also spoke about the possibility that laid for a human being in his or her lifetime – to know with certainty who they really are and their potential for true fulfilment, despite the difficulties or what is happening externally.

Further information on the Peace Education Program and PEAK (Peace Education and Knowledge) is available at the Prem Rawat Foundation website: <https://tprf.org/>

–WE



## Freedom Within: Prem Rawat Speaks to Inmates at Twin Towers

49K views • 3 years ago

 The Prem Rawat Foundation TPRF

Join Prem Rawat as he speaks to inmates participating in the Peace Education Program at the Twin Towers Correctional Facility ...

CC



## Peace Education Program Changes Lives at Zonderwater Prison

19K views • 7 years ago

 The Prem Rawat Foundation TPRF

A remarkable short profile of The Prem Rawat Foundation's Peace Education Program at the mammoth Zonderwater Prison

CC



## Inside Peace - The Potential for Prison Peace Education

20K views • Streamed 6 years ago

 The Prem Rawat Foundation TPRF

On Wednesday, June 15, TPRF and Tutu Foundation UK co-sponsored, an invitation-only event focused on TPRF's Peace Education Program



Jerry Marshall | Peter Clark | John Biggin | The Peace Education Program | Why I Got...

13 momer



## Inside peace

The Prem Rawat Foundation TPRF • 3.7K views

This documentary film highlights the impact of the Peace Education Program on incarcerated individuals at Dominguez State Jail in San...

## Hallelujah Leonard Cohen

Yesterday I saw a post from Ken Bolton.

He saw a documentary about Leonard Cohen.

As soon as I read it I had to see this.

When I was 18 years old. I was in India.

Once I was in a western-style coffee shop where they used to play  
Leonard's music.

Mind you I never heard it before but it rang in my soul.

I would recommend anyone to watch this documentary.

Leonard had many curveballs thrown at him throughout his life.

It was so beautiful to see how he overcame them over time.

It was such an inspiration to me.

Many of us would have given up and said it's not worth it.

This film is all about a man discovering himself

It is also an incredible message that Leonard came to teach.

He tried to have his feet on the ground and his head in heaven.

I was deeply touched by this.

Words cannot describe the inspiration I got from watching this film.

I find it quite ironic that Columbia records refuse to release the album.

They told Leonard it was pure trash.

Redemption has been made

His song. Hallelujah has over 300 different artists singing the song.

Each one is different and unique and ignites the soul on fire.



## Mix - Hallelujah - Leonard Cohen - Original Best Version

Leonard Cohen, Disturbed, John Cale  
and more



## Hallelujah - song by different artists

Rosie Couture

Bon Jovi - Hallelujah • 6:01

Susan Boyle - Hallelujah • 3:53

[VIEW FULL PLAYLIST](#)

## Closing

This is just the tip of the iceberg when it comes to people who have been innovators in my life.

There are probably tens of thousands of people who have helped me along this journey of life.

As I said in the introduction of this book, no man is an island. There is a thread of love tying us all together.

This world is so incredible and mysterious at the same time. The media, unfortunately, is nearsighted and mostly displays the chaos that exists in the world today.

Probably 99% of the news being presented is negative.

We need to have the media change the mindset so 99% of the news is positive and 1% is negative.

That would be a difference between night and day.

Can you imagine turning on and watching the news following this scenario?

The entire broadcast is about innovators all around the world, changing the world through their actions and deeds.

They are motivated to change the world for the better.

Have you ever noticed a person who is motivated does not mock or put down their opponents?

An innovative person changes their thought process and emotions over time

We had a president of the United States who was a bully and lied through his teeth.

His political party didn't do anything about it.

This is the mindset of America today.

When a country loses its morals and ethics, that is the downfall of that country.

When a country's leaders can't compromise with one another, that is a huge problem, my friend.

For the entire world to change, you must change my friend.

I hope this book helps you to see all people who have brought you to this point where you are.

You could not do this alone. Yet our model is survival of the fittest according to Charles Darwin.

In his book on evolution, Darwin said many times that cooperation is the answer.

For some reason today we say it's survival of the fittest. The fact is that nature cooperates.

We have many lessons to learn about cooperation.

We think we are distinct from nature and the universe

This is one reason why we are so chaotic and neurotic.