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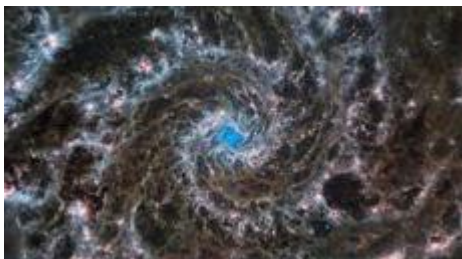
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Ultimately, though, the proof is irrelevant. Firstly, because we're doing visualization practice, and working with “mind” — which in turn can influence body regardless of objective proof of chakras. Secondly, because of the “observer” factor in Quantum Physics. Quantum “guru” Niels Bohr said in 1920: “Observations not only disturb what has to be measured, they produce it... We compel a quantum particle to assume a definite position.” In other words, as explained by physicist Pascual Jordan: “we produce the results of measurements.”	307
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Dharma’ — or understanding. Navel chakra is the ‘chakra of manifestation’ or emanation. The secret chakra is the ‘chakra of holding bliss.’	310
“I don’t talk about chakras specifically until people become Vajrayana students – because of the New Age connotations – but things come up in their experience that correspond to what we think of as the chakras.”	310
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Intro



The Evolution Revolution of Love is a movement that seeks to bring awareness to humanity that the problem in the world today is not a political problem, not an economic problem, and not a military problem. [The problem in the world today is a spiritual problem, and it can only be solved by spiritual means¹.](#)

I have been a software engineer since 1982. I have seen the evolution revolution of changes in technology around the world. I was involved in developing many incredible software projects during my career.

Today the world is at a cusp where quantum computing is coming into being. This will revolutionize the world.

There are many reasons why humanity is going through so much technological change than ever before in history. One reason is that technology is evolving alongside us. Humans can consciously improve and combine their creations over time – and in turn, extend the boundaries of consciousness.

[It is through this process of recursive iteration that tools became technologies; and technology a world-altering force¹.](#)

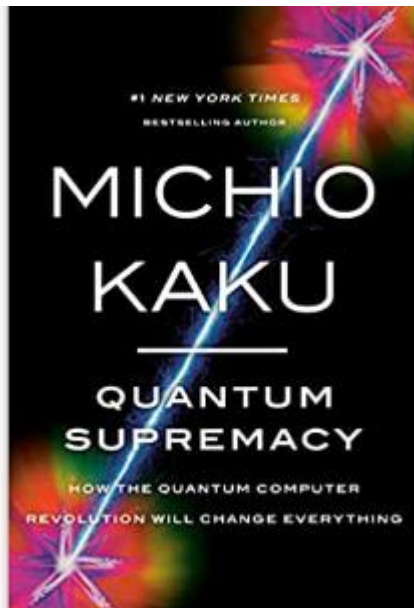
[Another reason is that technological change affects, and is affected by, a society's cultural traditions².](#)

Binary computers use binary digits (bits) to represent data. Each bit can be either 0 or 1. Quantum computers use quantum bits (qubits) instead of bits. Qubits can be 0 or 1, but they can also be both at the same time. This is called superposition. Quantum computers can also use entanglement, which is a phenomenon where two qubits become connected in such a way that the state of one qubit affects the state of the other qubit.

Quantum computers are still in their early stages of development, but they have the potential to revolutionize computing. They can solve certain problems much faster than classical computers. For example, they can factor large numbers much faster than classical computers. This is important because many encryption algorithms rely on the fact that factoring large numbers is difficult for classical computers.

This is just a stepping stone yet these are the current facts that have come out. Imagine in the next 50 years where we will be.

The following comes from Michio Kaku's latest book.



1

¹ https://www.amazon.com/Quantum-Supremacy-Computer-Revolution-Everything/dp/0385548362/ref=asc_df_0385548362/?tag=hyprod-20&linkCode=df0&hvadid=598282667197&hvpos=&hvnetw=g&hvrnd=8052660843303387413&hvpone=&hvptwo=&hvqmt=&hvdev=c&hvdvcmdl=&hvlocint=&hvlocphy=9023916&hvtargid=pla-1730291376646&psc=1

First, Google revealed that their Sycamore quantum computer could solve a mathematical problem in 200 seconds that would take 10,000 years on the world's fastest supercomputer. According to MIT's *Technology Review*, Google called this a major breakthrough. They likened it to the launch of Sputnik or the Wright brothers' first flight. It was "the threshold of a new era of machines that would make today's mightiest computer look like an abacus."

Then the Quantum Innovation Institute at the Chinese Academy of Sciences went even further. They claimed their quantum computer was 100 trillion times faster than an ordinary supercomputer.

Mankind is going through the evolution revolution of going from darkness to light. Quantum computers help pave the way. Mind you in my eyes, quantum computing is simply a stepping stone for man to discover his true nature.

We have witnessed such incredible changes in technology in just under 50 years. Many people think that technology will solve any problem.

Take a look at the world around you and you will see that chaos is still alive and well on this planet.

In the United States, political parties are in shambles. No one knows how to compromise and talk to one another. It's a sad situation and humanity is caught in the middle of it.

When society and the world at large think that the external world can change without changing the inner world, we will always be lost.

I have written about 80 books in the last 7 years. I have talked about many of the world's problems and the way out of them. Granted they're simple solutions, but if the world at large were to discover their true nature, the world would change in a blink of an eye.

There is a web of love tying us all together. The mystics have known about the quantum field for thousands of years. Granted they did not have the current scientific terminology to describe it. I remember once reading a book called The Tao of Physics in the seventies.

In this book, you couldn't tell the difference between the modern-day scientists and what the mystics of old were saying.

I find it so reassuring today that amidst the junk on the internet, there are millions of people talking about the same transformational process of going from darkness to light.

I often say many times that the spiritual life is the most practical. Feet on the ground and your head in heaven. What can be more practical than that?

I would rather live in the center of the hurricane than the hurricane forces of the mind. Humanity is like leaves blowing in the wind. The wind blows us in one direction then we are happy. Suddenly the wind shifts direction and we are blown into despair again.

This cycle continues throughout our entire life. Curve balls will always be thrown your way. That is just the fact of life itself. Everything changes and morphs externally. Mystics have said for thousands of years your true home exists inside of you.

These are exciting times ahead of us. Many people just want to continue texting on the freeway of life. This life is precious. Know why you are alive.

Some of this content was created from the new Microsoft Bing chat AI. It is the first time I ever used this tool.

Source: Conversation with Bing, 5/15/2023(1) How Can AI And Quantum Computers Work Together? - Forbes. <https://www.forbes.com/sites/forbesbusinessdevelopmentcouncil/2020/10/27/how-can-ai-and-quantum-computers-work-together/> Accessed 5/15/2023.

(2) From Binary to Quantum Consciousness: The Evolution of Human ... - LinkedIn. <https://www.linkedin.com/pulse/from-binary-quantum-consciousness-evolution-human-awareness-cowart> Accessed 5/15/2023.

(3) Qubit - Wikipedia. <https://en.wikipedia.org/wiki/Qubit> Accessed 5/15/2023.

(4) Quantum Computing Is Coming. What Can It Do? - Harvard Business Review. <https://hbr.org/2021/07/quantum-computing-is-coming-what-can-it-do> Accessed 5/15/2023.

(5) Models in quantum computing: a systematic review.
<https://link.springer.com/article/10.1007/s11128-021-03021-3> Accessed 5/15/2023.

Evolution revolution of love by chat openai



Figure 1phrase "Evolution revolution of love " to Image

The phrase "Evolution revolution of love" seems to combine concepts from different fields, including evolution, revolution, and love. While it is open to interpretation, here's a general exploration of what these concepts could mean when combined:

1. **Evolution:** In the biological sense, evolution refers to the process of change in living organisms over successive generations. It involves the transmission of genetic traits that adapt populations to their environments. Applied to the concept of love, "evolution" could imply the gradual development and transformation of love throughout history, encompassing cultural, social, and personal aspects.
2. **Revolution:** Revolution typically refers to a drastic or fundamental change that occurs rapidly and often disruptively. It often involves the overthrow of an existing system or the introduction of a new way of thinking.

In the context of the phrase, "revolution" could suggest a significant shift or breakthrough in the understanding, expression, or experience of love.

3. Love: Love is a complex and multifaceted emotion that has been a subject of exploration, analysis, and artistic expression throughout human history. It encompasses various forms, such as romantic love, familial love, platonic love, and self-love. Love is deeply connected to human relationships, empathy, compassion, and personal fulfillment.

Combining these concepts, the phrase "Evolution revolution of love" could imply a transformative and revolutionary process of change and growth in the understanding and expression of love. It could encompass shifts in societal norms, personal perspectives, and the ways in which love is experienced and valued. This evolution revolution of love might reflect the ongoing exploration and redefinition of love in the context of changing cultural, social, and personal dynamics.

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

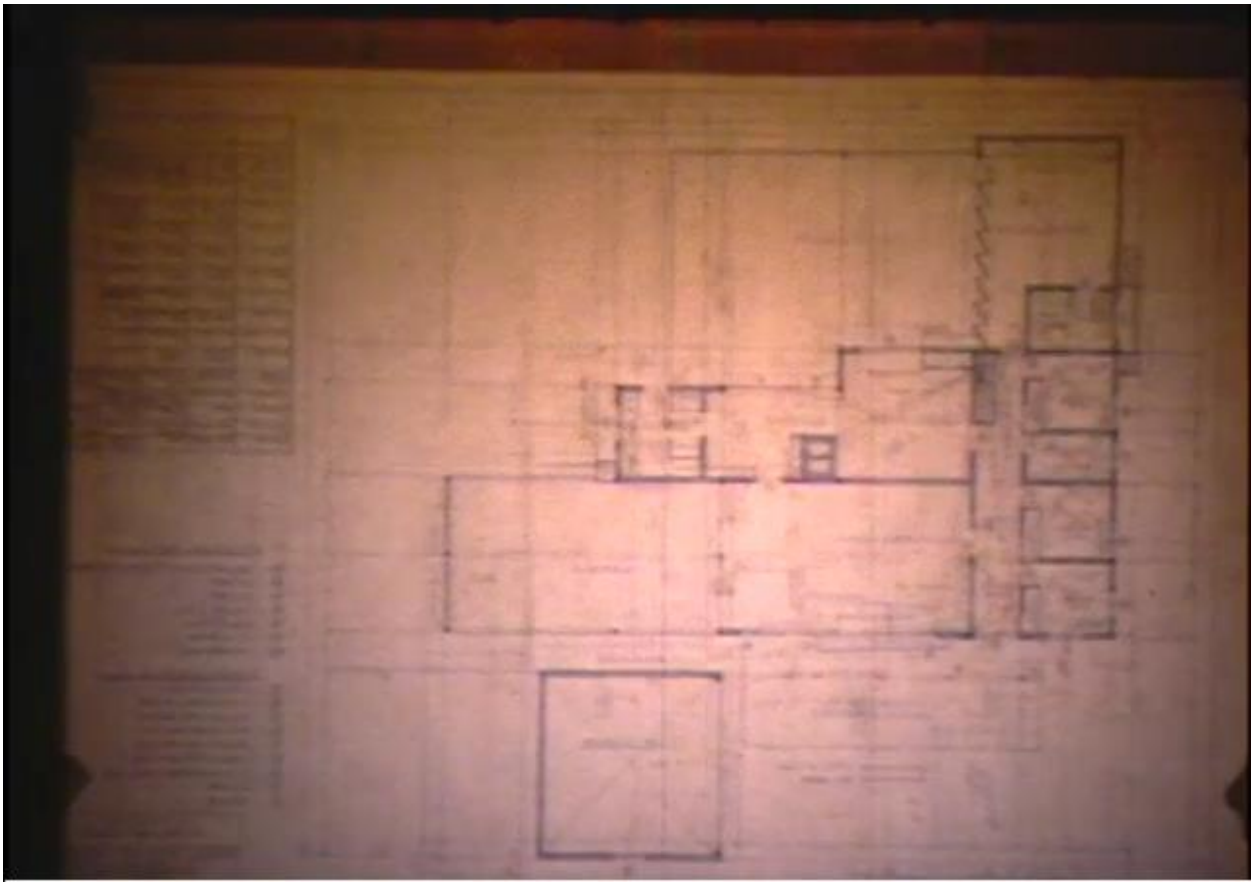
In the early 2000's I saw a Burger King commercial where my Mom was making hamburgers. The frying pan was floating in the air. The stove used induction coils. [Check it out.](#)



Control room 1



Designing house 1



Plans 1



LA Times House section 1

71

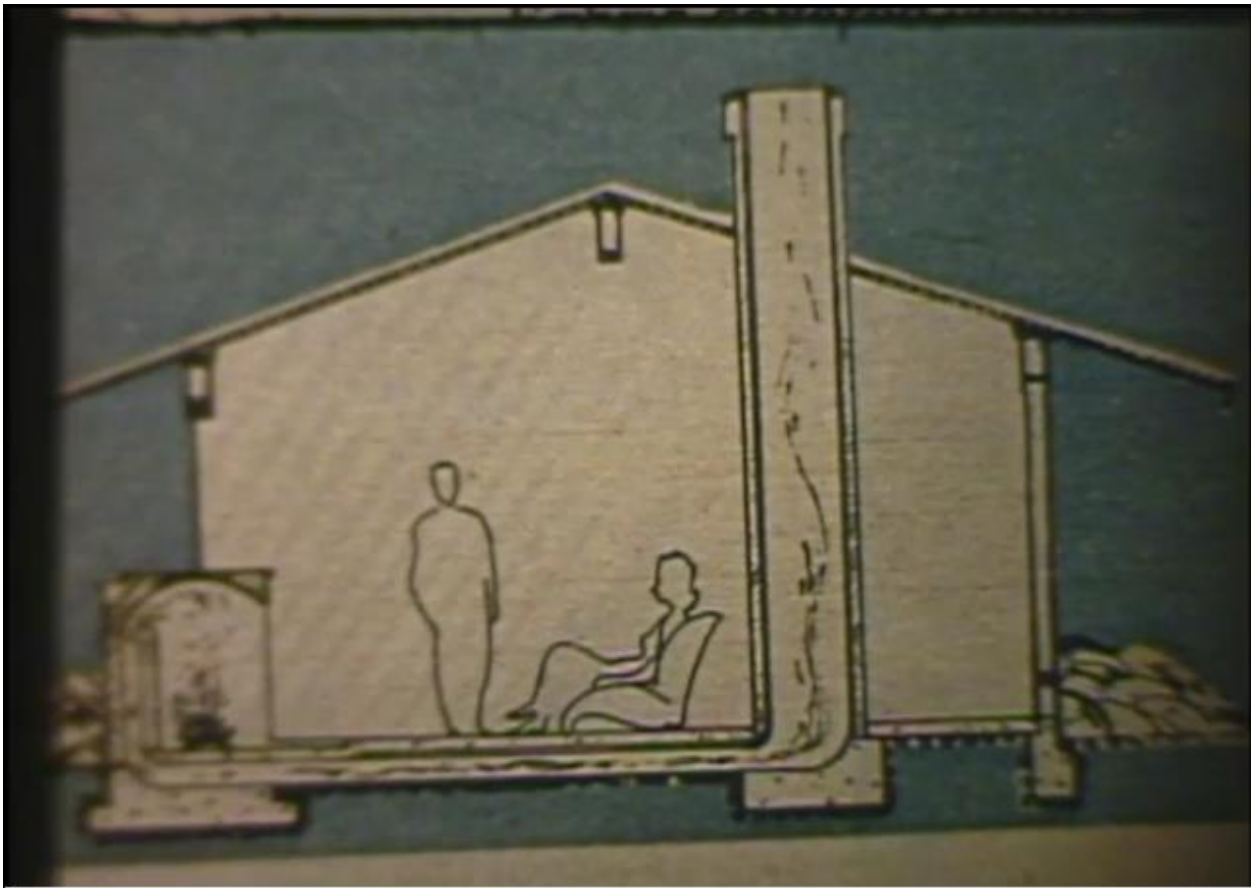
POPULAR MECHANICS

MAGAZINE

50 CENTS

Hi-Fi Is Sweeping the Country!
What's It All About?
—Page 106





chimney underneath floor. 1

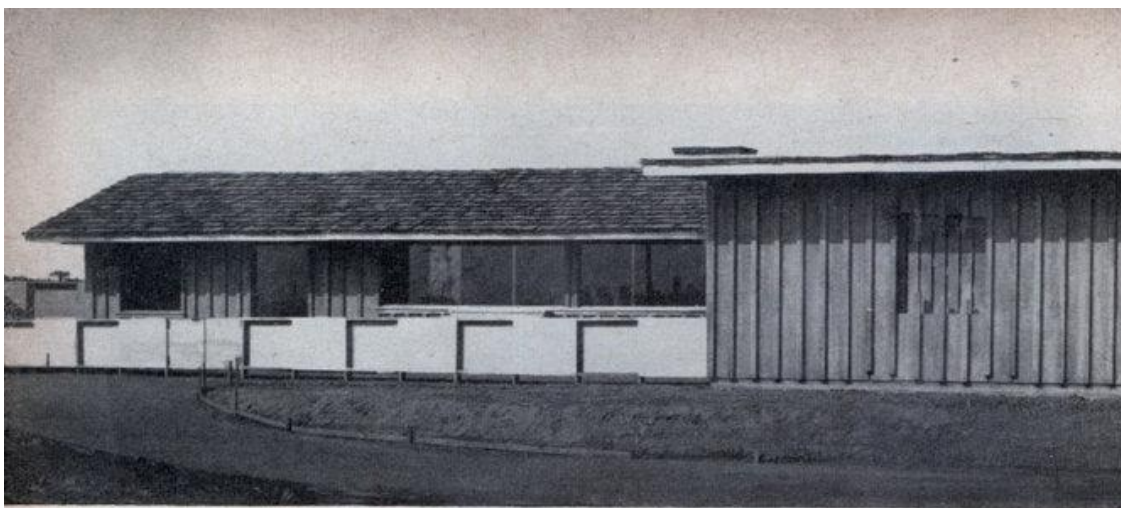




Lights turn on and off by waving a hand. 1



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.

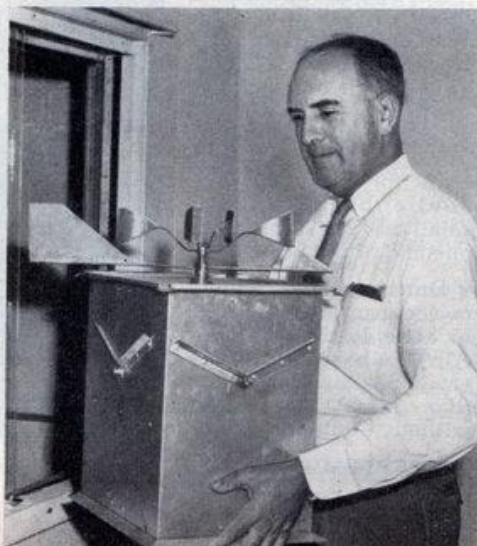
In the Fletcher house you don't need to press a wall switch to turn on the room lights; they turn on automatically as you

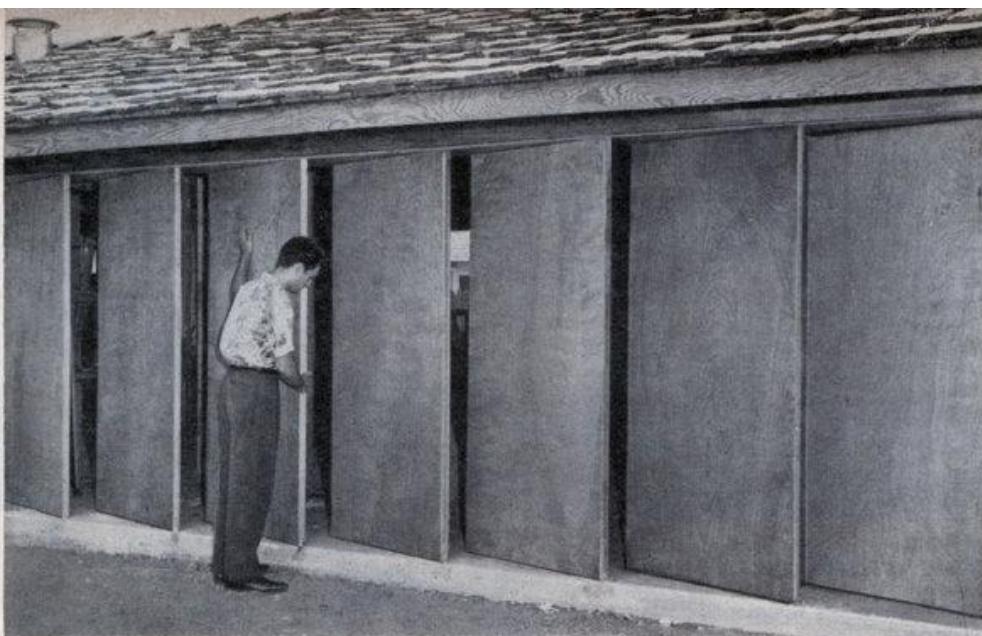
enter a room, then switch themselves off when the last person leaves. This "walk-a-light" switching system likewise rings the doorbell when a visitor approaches and serves as an alarm against prowlers.

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.

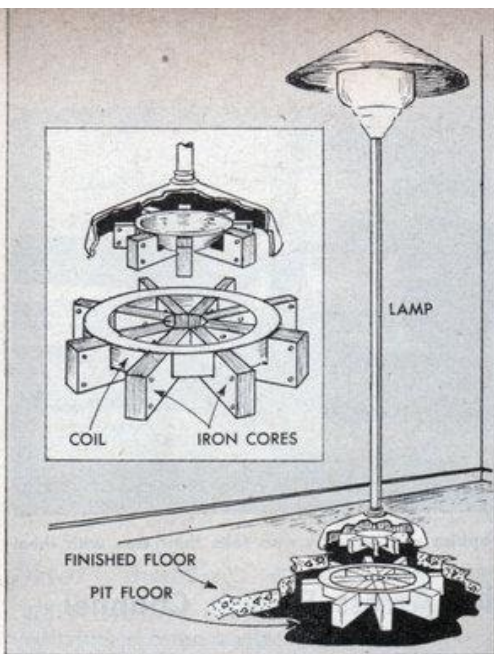
Fletcher's self-closing windows are actuated by a "window brain" located on the roof. The brain is actually a metal box with rain-catching channels on each side and with a weather vane and anemometer on top. Inside the box is a bimetallic thermometer. When bad weather strikes, the instruments actuate 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

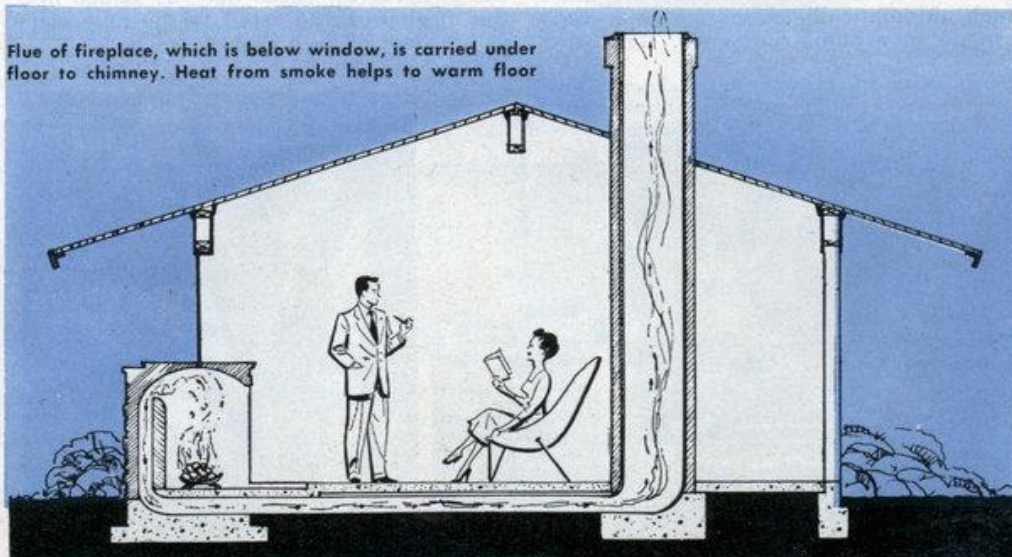


John Campbell shows that fluorescent tube of lamp glows brightly even when lamp is lifted from floor

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.

This came from the new Microsoft Bing chat UI.

Jack Fletcher was a 23-year-old who designed his own home in 1954. The media called it the "house of the future" because of all the unique features he had designed into it. The windows closed by themselves when sensors felt rain. Lights came on automatically when someone entered a room. The phone had a speed-dial feature ¹.

I hope that helps!

Personal computer technology

Also known as: PC

Written and fact-checked by The Editors of Encyclopaedia Britannica

Last Updated: Mar 20, 2023 • [Article History](#)



laptop computer

Key People:

[Steve Jobs](#) [Steve Wozniak](#) [Bill Gates](#) [Larry Ellison](#) [Jony Ive](#)

Related Topics:

[laptop computer](#) [netbook](#) [microcomputer](#)

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personal computer (PC), a [digital computer](#) designed for use by only one person at a time. A typical personal computer assemblage consists of a [central processing unit](#) (CPU), which contains the computer's arithmetic, logic, and control circuitry on an [integrated circuit](#); two types of [computer memory](#),

main [memory](#), such as digital [random-access memory](#) (RAM), and [auxiliary](#) memory, such as magnetic hard disks and special optical [compact discs](#), or read-only memory (ROM) discs ([CD-ROMs](#) and DVD-ROMs); and various [peripheral devices](#), including a display screen, keyboard and mouse, and printer. *See also* [computer: History of computing](#).

From hobby computers to Apple

Computers small and inexpensive enough to be purchased by individuals for use in their homes first became [feasible](#) in the 1970s, when large-scale [integration](#) made it possible to construct a sufficiently powerful [microprocessor](#) on a single [semiconductor chip](#). A small firm named MITS made the first personal computer, the [Altair](#). This computer, which used [Intel Corporation](#)'s 8080 microprocessor, was developed in 1974. Though the Altair was popular among computer hobbyists, its commercial appeal was limited.



[Steve Wozniak and Steve Jobs](#)

The personal computer industry truly began in 1977, with the introduction of three preassembled mass-produced personal computers: the Apple Computer, Inc. (now [Apple Inc.](#)), [Apple II](#), the Tandy Radio Shack TRS-80, and the [Commodore Business Machines](#) Personal Electronic Transactor (PET). These machines used eight-bit microprocessors (which process information in groups of eight bits, or [binary digits](#), at a time) and possessed rather limited memory capacity—i.e., the ability to address a given quantity of data held in memory storage. But because personal computers were much less expensive than [mainframe](#) computers (the bigger computers typically [deployed](#) by large business, industry, and government organizations), they could be purchased by individuals, small and medium-sized businesses, and primary and secondary schools.

Of these computers, the TRS-80 dominated the market. The TRS-80 [microcomputer](#) came with four kilobytes of memory, a Z80 microprocessor, a [BASIC](#) programming language, and cassettes for data storage. To cut costs, the [machine](#) was built without the ability to type lowercase letters. Thanks to Tandy's chain of Radio Shack stores and the breakthrough price (\$399 fully assembled and tested), the machine was successful enough to persuade the company to introduce a more powerful computer two years later, the TRS-80 Model II, which could reasonably be marketed as a small-business computer.

The Apple II received a great boost in popularity when it became the host machine for VisiCalc, the first electronic [spreadsheet](#) (computerized accounting program). Other types of application [software](#) soon developed for personal computers.

[IBM PC](#)



[IBM Personal Computer](#)

[IBM Corporation](#), the world's dominant computer maker, did not enter the new market until 1981, when it introduced the IBM Personal Computer, or IBM PC. The IBM PC was significantly faster than [rival](#) machines, had about 10 times their memory capacity, and was backed by IBM's large sales organization. The IBM PC was also the host machine for 1-2-3, an extremely popular spreadsheet introduced by the Lotus Development Corporation in 1982. The IBM PC became the world's most popular personal computer, and both its microprocessor, the [Intel 8088](#), and its [operating system](#), which was adapted from [Microsoft Corporation](#)'s [MS-DOS](#) system, became industry standards. Rival machines that used Intel microprocessors and MS-DOS became known as "IBM compatibles" if they tried to compete with IBM on the basis of additional computing power or memory and "IBM clones" if they competed simply on the basis of low price.

[GUI](#)



[Apple's Lisa computer](#)

In 1983 Apple introduced [Lisa](#), a personal computer with a [graphical user interface](#) (GUI) to perform routine operations. A GUI is a display format that allows the user to select commands, call up files, start programs, and do other routine tasks by using a device called a [mouse](#) to point to pictorial symbols (icons) or lists of menu choices on the screen. This type of format had certain advantages over interfaces in which the user typed text- or character-based commands on a keyboard to perform routine tasks. A GUI's windows, pull-down menus, [dialog](#) boxes, and other controlling mechanisms could be used in new programs and applications in a standardized way, so that common tasks were always performed in the same manner. The Lisa's GUI became the basis of Apple's [Macintosh](#) personal computer, which was introduced in 1984 and proved extremely successful. The Macintosh was particularly useful for [desktop publishing](#) because it could lay out text and graphics on the display screen as they would appear on the printed page.

The Macintosh's graphical interface style was widely adapted by other manufacturers of personal computers and PC software. In 1985 the Microsoft Corporation introduced [Microsoft Windows](#), a graphical user interface that gave MS-DOS-based computers many of the same capabilities of the Macintosh. Windows became the dominant operating [environment](#) for personal computers.

Faster, smaller, and more-powerful PCs



[Compaq portable computer](#)

These advances in [software](#) and operating systems were matched by the development of microprocessors containing ever-greater numbers of circuits, with resulting increases in the processing speed and power of personal computers. The [Intel 80386](#) 32-bit [microprocessor](#) (introduced 1985) gave the [Compaq Computer Corporation](#)'s Compaq 386 (introduced 1986) and [IBM's](#) PS/2 family of computers (introduced 1987) greater speed and [memory](#) capacity. Apple's Mac II computer family made equivalent advances with microprocessors made by [Motorola, Inc.](#) The memory [capacity](#) of personal computers had increased from 64 kilobytes (64,000 characters) in the late 1970s to 100 megabytes (100 million characters) by the early '90s to several gigabytes (billions of characters) by the early 2000s.



[Palm Pilot](#)

By 1990 some personal computers had become small enough to be completely portable. They included laptop computers, also known as notebook computers, which were about the size of a notebook, and less-powerful pocket-sized computers, known as personal digital assistants (PDAs). (Personal computers that were not portable became known as “desktops” to distinguish them from laptops.) At the high end of the PC market, multimedia personal computers equipped with [DVD](#) players and digital sound systems allowed users to handle animated images and sound (in addition to text and still images) that were stored on high-capacity DVD-ROMs. Personal computers were increasingly interconnected with one another and with larger computers in networks for the purpose of gathering, sending, and sharing information electronically. The uses of personal computers continued to multiply as the machines became more powerful and their [application software proliferated](#).

As the 2000s progressed, the calculation and video display distinctions between [mainframe](#) computers and PCs continued to blur: PCs with multiple [microprocessors](#) became more common; microprocessors that contained more than one “core” (CPU) displaced single-core microchips in the PC market; and high-end graphic processing cards, essential for playing the latest [electronic games](#), became standard on all but the cheapest PCs. Likewise, the processor speed, amount and speed of memory, and data-storage capacities of PCs reached or exceeded the levels of earlier [supercomputers](#).

In 2000 more than 50 percent of all households in the [United States](#) owned a PC, and this penetration increased dramatically over the next few years as people in the United States (and around the world) purchased PCs to access the world of information available through the [Internet](#). In 2018 more than three-

quarters of all U.S. households had either a desktop or a laptop. With the inclusion of [smartphones](#) and [tablets](#), over 90 percent of U.S. households had some form of computer.

[Worldwide](#) PC sales grew through the early 21st century and reached a peak in 2012. Thereafter sales declined through the 2010s, as more consumers shifted their computer use to smartphones and tablets and thus were slower to replace their PCs. However, PC sales increased in the early 2020s, as many people worked from home or attended school through videoconferencing during the coronavirus SARS-CoV-2 pandemic.

[The Editors of Encyclopaedia Britannica](#) This article was most recently revised and updated by [Erik Gregersen](#).

PARC

research centre, Palo Alto, California, United States

Also known as: Palo Alto Research Center, Xerox Corporation Palo Alto Research Center, Xerox PARC

Written by Michael Aaron Dennis

Fact-checked by The Editors of Encyclopaedia Britannica

Last Updated: Apr 26, 2023 • [Article History](#)

Date:

1970 - present

Headquarters:

[Palo Alto](#)

Related People:

[Charles P. Thacker](#) [Niklaus Emil Wirth](#) [Anita Borg](#)

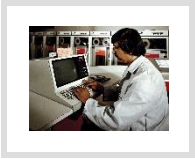
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PARC, formerly (1970–2002) **Xerox PARC**, in full **Xerox Corporation Palo Alto Research Center**, research company established in 1970 as a division of Xerox Corporation in [Palo Alto](#), California, U.S., to explore new information technologies that were not necessarily related to the company's core photocopier business. Many [innovations](#) in computer design were developed by PARC researchers, including the [Alto](#), the first personal computer; the graphical user interface; the laser printer; and Ethernet, a [ubiquitous](#) computer networking technology.

Building PARC

Xerox had invented and dominated the paper copier market since 1948, but with the accession of C. Peter McColough as president in 1966 the company began to explore options for diversifying its business. In 1969 the director of research, Jack Goldman, produced a plan to establish an “Advanced Scientific & Systems Laboratory” to develop future technologies. The laboratory was not intended to reproduce the already existing Xerox research laboratory in [Rochester](#), [New York](#), that worked on refining and expanding the company's copier business. Instead, it was to be a site for pioneering work in advanced physics, [materials science](#), and [computer science](#) applications. Originally, Goldman suggested that the new laboratory be located in New [Haven](#), Connecticut, home of [Yale University](#) and near Xerox's new corporate headquarters in

Stamford, Connecticut. However, Goldman's choice for director, George Pake, successfully lobbied for Palo Alto, near [Stanford University](#). Stanford had demonstrated a commitment to cooperative ventures with electronics firms since before [World War II](#), and later with the computer industry, in order to develop the region surrounding the university—a region now known as [Silicon Valley](#).



[A Brief History of the Computer Told from the 1990s: A Quiz](#)

Upon opening the facility in a former [Encyclopædia Britannica](#), Inc., building in Palo Alto, Pake went about assembling a staff. His first hire was [Robert Taylor](#), a former deputy director of the [Advanced Research Projects Agency](#) (ARPA), which had established a government-sponsored network of research databases that played a key role in creating the Internet. At ARPA Taylor had been at the centre of a network of people engaged in advanced research; choosing from his vast array of contacts, he was able to staff PARC with the visionary researchers that both Goldman and Pake wanted. Commercial products might not appear for a decade, but prize-winning ideas would develop quickly, and Xerox would be the first to profit. Or such was the plan. As events transpired, the 1970s were a decade of fundamental [innovation](#) at PARC, but its parent company failed to transform these ideas into dollars.

[Early PARC innovations](#)

Among the many inventions of the 1970s, few are as important as the [personal computer](#), and, because the Xerox Alto was developed in 1973, PARC can claim credit for having made the first one. However, the mindset at Xerox, like that of all computer manufacturers of that time, was that a market did not exist for such machines. Corporate analysts asserted that the computer would be too expensive to market to the private and small-business users it was designed to serve, and so the machine was never released. By the time its commercial successor, the [Xerox Star](#), was released in 1981, at over \$16,000 per machine, it was too late. Not only had new computer companies—such as Apple Computer, Inc. (now [Apple Inc.](#)), Commodore Business Machines, Ltd., and Tandy Corporation—already released more affordable machines, but even the giant [International Business Machines Corporation](#) (IBM) had released a relatively inexpensive personal computer, the IBM PC. The Star, however, with its mouse-driven [graphical user interface](#) (GUI), built-in Ethernet networking [protocol](#), and optional laser printer, was far ahead of its time. Discouraged by poor sales

(fewer than 2,000 units were sold), Xerox backed out of the personal computer market. It remained for other companies to cash in on Xerox's innovations—which soon became easier with the availability of cheaper [computer memory](#), a critical cost component of early GUI-based computers.

Part of the problem for PARC was distance. Located far from the corporate seat of power in Stamford, the researchers at PARC were not part of everyday Xerox life. The story of the [laser printer](#), a technology developed by PARC's Gary Starkweather, epitomizes the poor communication between the research laboratory and [corporate](#) headquarters that resulted in Xerox's inability to capitalize on PARC innovations. Starkweather, a researcher at Xerox in the mid-1960s, had an idea to use lasers in Xerox's copiers. Starkweather realized that short exposures, on the order of a billionth of a second, from a laser could replace the copier's traditional light source. More important, a laser-driven copier could also serve as a printer, taking an image from a computer screen and capturing it on paper. No longer would computer printers be restricted to producing text and approximating images with standard typographic characters. Instead, anything displayable on a computer monitor could be printed. The idea of “what you see is what you get” (WYSIWYG) would work on paper as well as the monitor. Unfortunately, at that time Xerox saw no point in innovating when their current technology worked so well. Only intervention by Goldman saved the idea when he had Starkweather transferred to PARC in 1971. By early 1972 a working [prototype](#) existed—but Xerox did not bring it to market until 1977. The laser printer soon became a best-selling product.

Another early PARC breakthrough was [Ethernet](#). Proposed by Robert Metcalfe and jointly developed with [Intel Corporation](#) and [Digital Equipment Corporation](#) in the mid-1970s, this networking standard increased the speed and reliability of data exchanges over local area networks (LANs). Ethernet is still commonly used in small offices and in homes to link computers and printers.

[Alan Kay](#), another researcher brought to PARC by Taylor, was among the first people to [envision](#) developing small “[notebook](#)” computers. Kay created a [computer programming language](#) for it called [Smalltalk](#). Although the technology was not yet available to produce his “Dynabook,” Smalltalk was instrumental in creating the graphical user interface for the Alto. Smalltalk was the first true object-oriented computer programming language, and it remains popular with PC programmers.

[PARC today](#)

PARC continued to develop new ideas and technologies through the 1990s, but they were tethered to the Xerox mission of being The Document Company®. Among the most interesting innovations was electronic paper, a flexible, reusable plastic material containing millions of charged bichromal beads suspended in individual oil-filled cavities. As designed by inventor Nick Sheridon, each bead could be oriented individually by an [electric field](#) to reproduce text or images. In addition to the advantages [inherent](#) in a flexible medium, electronic paper, unlike [liquid crystal](#) displays, could be viewed in bright light and at wide viewing angles. Electronic paper would retain an image until another electric field was applied and could be reused roughly 1,000 times. In 1999, 3M signed on to manufacture and help develop electronic paper products. However, Xerox ultimately did not capitalize on this PARC innovation. In 2002 PARC became an independent

subsidiary of Xerox and changed its name from Xerox PARC to PARC. Xerox donated PARC to the research institute SRI International in 2023.

[Michael Aaron Dennis](#)

Steve Jobs

American businessman

Also known as: Steven Paul Jobs

Written by Steven Levy

Fact-checked by The Editors of Encyclopaedia Britannica

Last Updated: May 11, 2023 • [Article History](#)



Steve Jobs

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Born:

February 24, 1955 [San Francisco California](#)

Died:

October 5, 2011 (aged 56) [Palo Alto California](#)

Founder:

[Apple Inc.](#) [NeXT Inc.](#)

Awards And Honors:

[Presidential Medal of Freedom \(2022\)](#)

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Recent News

May. 11, 2023, 5:39 PM ET (AP)

['BlackBerry' film hails the must-have gadget that the iPhone turned into a forgotten relic](#)

Almost everyone knows the backstory of the iPhone, a breakthrough that continues to reshape culture 16 years after late Apple co-founder Steve Jobs introduced the device to the world

Top Questions

Why is Steve Jobs significant?

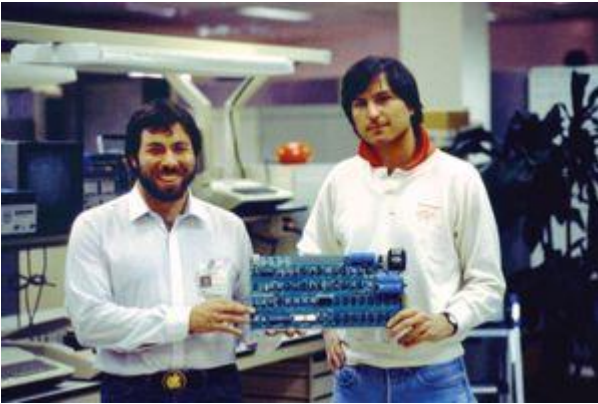
What was Steve Jobs's early life like?

How did Steve Jobs die?

Steve Jobs, in full **Steven Paul Jobs**, (born February 24, 1955, [San Francisco](#), [California](#), U.S.—died October 5, 2011, [Palo Alto](#), California), cofounder of Apple Computer, Inc. (now [Apple Inc.](#)), and a [charismatic](#) pioneer of the [personal computer](#) era.

Founding of Apple

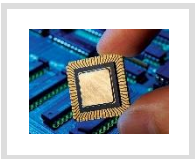
Jobs was raised by adoptive parents in Cupertino, California, located in what is now known as [Silicon Valley](#). Though he was interested in engineering, his passions of youth varied. He dropped out of [Reed College](#), in [Portland](#), [Oregon](#), took a job at Atari Corporation as a [video game](#) designer in early 1974, and saved enough money for a pilgrimage to [India](#) to experience [Buddhism](#).



[Apple I](#)

Back in Silicon Valley in the autumn of 1974, Jobs reconnected with [Stephen Wozniak](#), a former [high school](#) friend who was working for the [Hewlett-Packard Company](#). When Wozniak told Jobs of his progress in designing his own computer logic board, Jobs suggested that they go into business together, which they did after Hewlett-Packard formally turned down Wozniak's design in 1976. The [Apple I](#), as they called the logic board, was built in the Jobses' family garage with money they obtained by selling Jobs's Volkswagen minibus and Wozniak's programmable calculator.

Jobs was one of the first [entrepreneurs](#) to understand that the [personal computer](#) would appeal to a broad audience, at least if it did not appear to belong in a [junior high school](#) science fair. With Jobs's encouragement, Wozniak designed an improved model, the [Apple II](#), complete with a keyboard, and they arranged to have a sleek, molded plastic case manufactured to enclose the unit.



Though Jobs had long, unkempt hair and [eschewed](#) business garb, he managed to obtain financing, distribution, and publicity for the company, Apple Computer, incorporated in 1977—the same year that the Apple II was completed. The machine was an immediate success, becoming synonymous with the boom in personal computers. In 1981 the company had a record-setting public stock offering, and in 1983 it made the quickest entrance (to that time) into the *Fortune* 500 list of America's top companies. In 1983 the company recruited [PepsiCo, Inc.](#), president [John Sculley](#) to be its [chief executive officer](#) (CEO) and, implicitly, Jobs's mentor in the fine points of running a large [corporation](#). Jobs had convinced Sculley to accept the position by

challenging him: “Do you want to sell sugar water for the rest of your life?” The line was shrewdly effective, but it also revealed Jobs’s own near-messianic belief in the computer revolution.

[Insanely great](#)



[Steve Jobs](#)

During that same period, Jobs was heading the most important project in the company’s history. In 1979 he led a small group of Apple engineers to a [technology](#) demonstration at the [Xerox Corporation](#)’s Palo Alto Research Center ([PARC](#)) to see how the [graphical user interface](#) could make computers easier to use and more efficient. Soon afterward, Jobs left the engineering team that was designing [Lisa](#), a business computer, to head a smaller group building a lower-cost computer. Both computers were redesigned to exploit and refine the PARC ideas, but Jobs was explicit in favouring the [Macintosh](#), or Mac, as the new computer became known. Jobs coddled his engineers and referred to them as artists, but his style was uncompromising; at one point he demanded a redesign of an internal circuit board simply because he considered it unattractive. He would later be renowned for his insistence that the Macintosh be not merely great but “insanely great.” In January 1984 Jobs himself introduced the Macintosh in a brilliantly

choreographed demonstration that was the centrepiece of an extraordinary publicity campaign. It would later be pointed to as the [archetype](#) of “event marketing.”

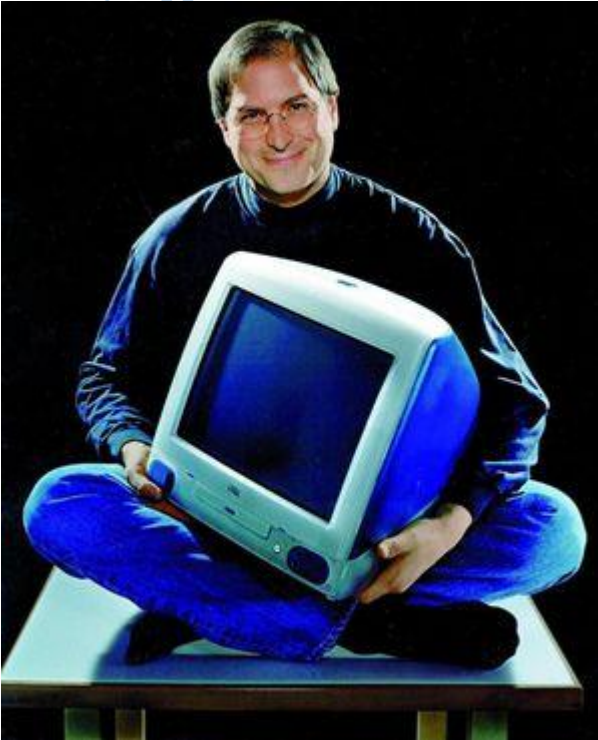
However, the first Macs were underpowered and expensive, and they had few [software](#) applications—all of which resulted in disappointing sales. Apple steadily improved the machine, so that it eventually became the company’s lifeblood as well as the model for all subsequent computer interfaces. But Jobs’s apparent failure to correct the problem quickly led to tensions in the company, and in 1985 Sculley convinced Apple’s board of directors to remove the company’s famous cofounder.

[NeXT and Pixar](#)

Jobs quickly started another firm, NeXT Inc., designing powerful [workstation](#) computers for the education market. His funding partners included Texan [entrepreneur Ross Perot](#) and Canon Inc., a Japanese electronics company. Although the NeXT computer was notable for its engineering design, it was eclipsed by less costly computers from competitors such as [Sun Microsystems, Inc.](#) In the early 1990s Jobs focused the company on its innovative software system, NEXTSTEP.

Meanwhile, in 1986 Jobs acquired a controlling interest in [Pixar](#), a [computer graphics](#) firm that had been founded as a division of Lucasfilm Ltd., the production company of Hollywood movie director [George Lucas](#). Over the following decade Jobs built Pixar into a major animation studio that, among other achievements, produced the first full-length feature film to be completely computer-animated, *Toy Story*, in 1995. Pixar’s public stock offering that year made Jobs, for the first time, a billionaire. He eventually sold the studio to the [Disney Company](#) in 2006.

Saving Apple



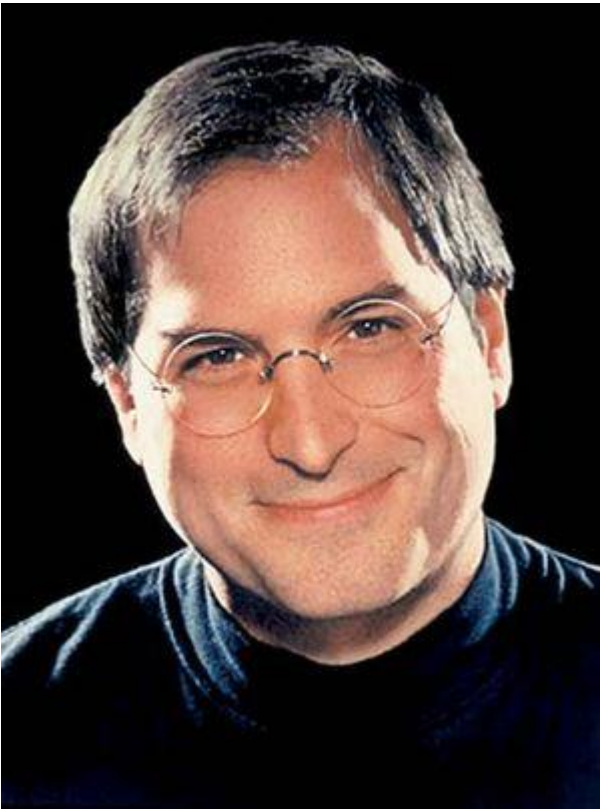
[Steve Jobs with an iMac](#)

In late 1996 Apple, saddled by huge financial losses and on the verge of collapse, hired a new chief executive, [semiconductor](#) executive Gilbert Amelio. When Amelio learned that the company, following intense and prolonged research efforts, had failed to develop an acceptable replacement for the Macintosh's aging [operating system](#) (OS), he chose NEXTSTEP, buying Jobs's company for more than \$400 million—and bringing Jobs back to Apple as a consultant. However, Apple's board of directors soon became disenchanted with Amelio's inability to turn the company's finances around and in June 1997 requested Apple's prodigal cofounder to lead the company once again. Jobs quickly forged an alliance with Apple's [erstwhile](#) foe, the [Microsoft Corporation](#), scrapped Amelio's Mac-clone agreements, and simplified the company's product line. He also engineered an award-winning advertising campaign that urged potential customers to “think different” and buy Macintoshes. Just as important is what he did not do: he resisted the temptation to make machines that ran Microsoft's [Windows OS](#); nor did he, as some urged, spin off Apple as a software-only company. Jobs believed that Apple, as the only major [personal computer](#) maker with its own operating system, was in a unique position to innovate.

Innovate he did. In 1998, Jobs introduced the [iMac](#), an egg-shaped, one-piece computer that offered high-speed processing at a relatively modest price and initiated a [trend](#) of high-fashion computers. (Subsequent models sported five different bright colours.) By the end of the year, the iMac was the nation's highest-selling

personal computer, and Jobs was able to announce consistent profits for the once-moribund company. The following year, he triumphed once more with the stylish iBook, a [laptop computer](#) built with students in mind, and the G4, a desktop computer sufficiently powerful that (so Apple boasted) it could not be exported under certain circumstances because it qualified as a [supercomputer](#). Though Apple did not regain the industry dominance it once had, Steve Jobs had saved his company, and in the process reestablished himself as a master high-technology marketer and [visionary](#).

[Reinventing Apple](#)

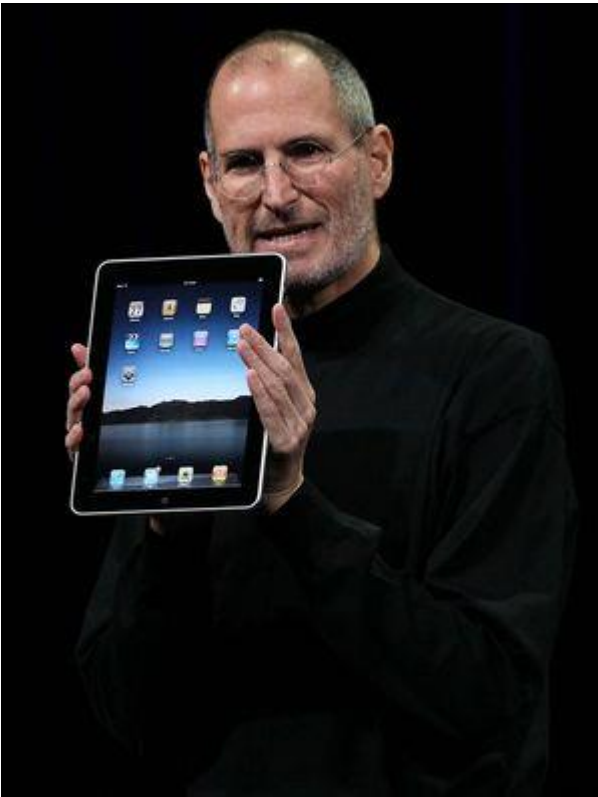


[Steve Jobs](#)

In 2001 Jobs started reinventing Apple for the 21st century. That was the year that Apple introduced [iTunes](#), a [computer program](#) for playing music and for converting music to the compact [MP3](#) digital format commonly used in computers and other digital devices. Later the same year, Apple began selling the [iPod](#), a portable MP3 player, which quickly became the market leader. In 2003 Apple began selling downloadable copies of major record company songs in MP3 format over the [Internet](#). By 2006 more than one billion songs and videos had been sold through Apple's online iTunes Store. In recognition of the growing shift in the company's business, Jobs officially changed the name of the company to [Apple Inc.](#) on January 9, 2007.

In 2007 Jobs took the company into the telecommunications business with the introduction of the touch-screen [iPhone](#), a [mobile telephone](#) with capabilities for playing MP3s and videos and for accessing the Internet. Later that year, Apple introduced the iPod Touch, a portable MP3 and gaming device that included built-in [Wi-Fi](#) and an iPhone-like touch screen. [Bolstered](#) by the use of the iTunes Store to sell Apple and third-party [software](#), the iPhone and iPod Touch soon boasted more games than any other portable gaming system. Jobs announced in 2008 that future releases of the iPhone and iPod Touch would offer improved game functionality. In an [ironic](#) development, Apple, which had not supported game developers in its early years out of fear of its computers not being taken seriously as business machines, was now staking a claim to a greater role in the gaming business to go along with its move into telecommunications.

[Health issues](#)



[Steve Jobs with an iPad](#)

In 2003 Jobs was diagnosed with a rare form of [pancreatic cancer](#). He put off surgery for about nine months while he tried [alternative](#) medicine approaches. In 2004 he underwent a major reconstructive surgery known as the Whipple operation. During the procedure, part of the [pancreas](#), a portion of the bile duct, the [gallbladder](#), and the [duodenum](#) were removed, after which what was left of the pancreas, the bile duct, and the [intestine](#) were reconnected to direct the gastrointestinal secretions back into the [stomach](#). Following a short recovery, Jobs returned to running Apple.

Throughout 2008 Jobs lost significant weight, which produced considerable speculation that his [cancer](#) was back. (The average survival rate for patients who underwent Whipple operations was only 20 percent at five years.) Perhaps more than those of any other large [corporation](#), Apple's [stock market](#) shares were tied to the health of its CEO, which led to demands by investors for full [disclosure](#) of his health—especially as the first reasons given for his weight loss seemed insufficient to explain his sickly appearance. On January 9, 2009, Jobs released a statement that he was suffering from a hormonal imbalance for which he was being treated and that he would continue his corporate duties. Less than a week later, however, he announced that he was taking an immediate leave of absence through the end of June in order to recover his health. Having removed himself, at least temporarily, from the corporate structure, Jobs resumed his previous stance that his health was a private matter and refused to disclose any more details.

In June 2009 the *Wall Street Journal* reported that Jobs had received a liver [transplant](#) the previous April. Not disclosed was whether the pancreatic cancer he had been treated for previously had spread to his liver. The operation was performed in Tennessee, where the average waiting period for a liver transplant was 48 days, as opposed to the national average of 306 days. Jobs came back to work on June 29, 2009, fulfilling his pledge to return before the end of June. In January 2011, however, Jobs took another medical leave of absence. In August he resigned as CEO but became chairman. He died two months later.

In 2022 Jobs was posthumously awarded the [Presidential Medal of Freedom](#).
[Steven Levy](#)*The Editors of Encyclopaedia Britannica*

Adobe Inc.

American company

Also known as: Adobe Systems Incorporated

Written by Henry R. Norr

Fact-checked by The Editors of Encyclopaedia Britannica

Last Updated: [Article History](#)



Adobe Systems Incorporated

[a](#)

Date:

1982 - present

Headquarters:

[San Jose](#)

Areas Of Involvement:

[computer programming language](#) [personal computer](#) [software](#) [manufacturing](#) [desktop publishing](#)

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Adobe Inc., formerly (1982–2018) **Adobe Systems Incorporated**, American developer of printing, publishing, and graphics [software](#). Adobe was instrumental in the creation of the desktop publishing industry through the introduction of its [PostScript](#) printer language. Its headquarters are located in [San Jose, California](#).

Founding of Adobe

The company was founded in 1982 by [John Warnock](#) and [Charles Geschke](#). While employed at Xerox Corporation's Palo Alto (California) Research Center ([PARC](#)), the two computer scientists had developed a [programming language](#) specially designed to describe the precise position, shape, and size of objects on a computer-generated page. This page description language, later known as PostScript, described such objects as letters and graphics in mathematical terms, without reference to any specific computer or printer; any device capable of interpreting the language would be able to generate a representation of the page at any resolution the device supported. When [Xerox](#) declined to bring the technology to market, Warnock and Geschke formed their own company to do so, naming it after a creek near their homes.

Desktop publishing revolution

In 1983 Apple Computer, Inc. (now [Apple Inc.](#)), [acquired](#) 15 percent of Adobe and became the first licensee of PostScript. In 1985 Apple introduced the first Macintosh-compatible PostScript printer, the LaserWriter, based on a laser-print engine developed by Canon Inc. The LaserWriter included PostScript renditions of several classic typefaces and a PostScript interpreter—in effect, a built-in computer dedicated to the task of translating PostScript commands into marks on each page.

Compared with the printing options previously available for [personal computers](#), the combination of PostScript and laser printing represented a dramatic advance in typographical quality and design flexibility. Together with PageMaker, a page-layout application developed by Aldus Corporation, these technologies enabled any computer user to produce professional-looking reports, flyers, and newsletters without specialized [lithography](#) equipment and training—a phenomenon that became known as desktop publishing.

Many commercial printers and publishers were initially scornful because laser printer output fell short of professional standards. But manufacturers of the higher-resolution output devices called imagesetters, led by Linotype-Hell Company, followed Apple's example in licensing PostScript, and within a few years it became common throughout the publishing industry.

Font wars

Adobe made its initial public stock offering in 1986. Although revenues grew to \$168.7 million by 1990, Adobe's relations with Apple deteriorated in the late 1980s over PostScript licensing fees, and in 1989 Apple announced plans to sell its Adobe stock, [collaborate](#) with [Microsoft Corporation](#) on development of

an [enhanced](#) PostScript clone, and introduce a new font-rendering technology of its own, called TrueType. For more than a year the dispute, known as the font wars, roiled the computer and publishing worlds before Apple and Adobe reached a compromise. In the wake of the agreement, Microsoft abandoned its PostScript clone and adopted TrueType for its Windows [operating systems](#).

[Application software](#)

During the 1990s Adobe's revenues from PostScript licensing continued to increase, as did its sales of PostScript fonts; by the end of 1998 the Adobe Type Library [encompassed](#) more than 2,500 typefaces. An ever-larger share of the company's revenues, however, came from sales of [application software](#), initially for the Macintosh platform but later also for the UNIX and Windows operating systems. The first such application, introduced in 1987, was [Adobe Illustrator](#), a PostScript-based drawing package for artists, designers, and technical illustrators. [Adobe Photoshop](#), an application for retouching digitized photographic images, followed three years later and quickly became Adobe's most successful program. It was one of the first commercial applications with an interface enabling outside developers to make new features available through plug-ins within the main program; scores of developers took advantage of this "open architecture," helping to cement Photoshop's dominance within its category.

In subsequent years Adobe added many other applications, primarily through a series of acquisitions. In 1991 it brought out Adobe Premiere, a program for editing video and multimedia productions. In 1994 the company acquired Aldus and its PageMaker software. The following year Adobe bought Frame Technology Corporation, developer of FrameMaker, a program designed for the production of technical manuals and book-length documents. It also purchased Ceneca Communications, Inc., creator of PageMill, a program for creating [World Wide Web](#) pages, and SiteMill, a Web site-management utility. In 1996 Adobe released its first title aimed at consumers, a simplified photo-editing program called PhotoDeluxe.

Another major company [initiative](#) in the 1990s—the Adobe Acrobat product family—was designed to provide a standard format for electronic document distribution. Once a document had been converted to Acrobat's [portable document format](#) (PDF), regardless of its origins, users of any major computer operating system could read and print it, with formatting, typography, and graphics nearly intact, via the Acrobat Reader, an application the company offered for free. However, with the advent of the [Internet](#) and its need for compact file transfers, a competing format, [HyperText Markup Language](#) (HTML), eroded its market. In 1998 PDF became the new image format for the Macintosh operating system.

By 1997 almost 80 percent of Adobe's total [revenues](#) came from application sales, and that year marked the first time that Windows-product revenues exceeded Macintosh-product revenues. In 2005 Adobe acquired Macromedia, Inc. In addition to Macromedia FreeHand (a major competitor of Illustrator), Dreamweaver (Web-authoring software), and Director (software for producing CD-ROMs), Adobe gained two innovative programs, Shockwave and [Flash](#), for producing and distributing animations and [interactive media](#) over the Internet for viewing in Web browsers. In 2008 Adobe Media Player was introduced as a competitor to Apple's [iTunes](#), Windows Media Player, and RealPlayer from RealNetworks, Inc. In addition to playing audio

and video files in a variety of formats on personal computers, Adobe Media Player was adopted by several television networks for [deploying](#) television shows over the Internet in the highly compact Flash format.

[*Henry R. Norr*](#)

laptop computer

Also known as: notebook computer

Written by Adam Volle

Fact-checked by The Editors of Encyclopaedia Britannica

Last Updated: May 5, 2023 • [Article History](#)



laptop computer

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laptop computer, also called **notebook** or **personal computer**, portable [personal computer](#) that features a screen, touch pad, and [alphanumeric](#) keyboard.

Laptops usually have a clamshell design, in which the screen is located on the interior of the upper lid and the keyboard is located on the interior of the lower lid. Laptop screens are protected when users close their lids. [Batteries](#) power the machines during mobile use and are recharged via [alternating current](#) (AC) power chargers. Like desktop computers, modern laptops possess such [input/output](#) (I/O) components as keyboards, point devices (e.g., touch pads), and speakers. Data storage amount, memory capacity, and processor speed depend on the model and user configuration.



[students using a laptop computer](#)

Laptops have many advantages over desktop computers. Laptops' portability and [battery](#) make productivity possible nearly anywhere, especially as almost all laptops possess [Wi-Fi](#), [Bluetooth](#), and the ability to connect to [cellular networks](#). Laptops are also far more power efficient than desktop computers. However, laptops still cannot reach the performance levels of desktops, making the latter more desirable for resource-intensive activities—for example, playing the most advanced computer games. Additionally, desktop computers allow users to swap out the processor, [RAM](#), and hard drive when they need replacing. The way that laptops are designed means that, unlike desktop computers, they are rarely upgradeable.

American computer scientist [Alan Kay](#) is credited with first prototyping a laptop. In 1968 Kay designed a portable computer he called the Dynabook, which he [envisioned](#) as a child-friendly device weighing no more than two pounds. Ten [prototypes](#) of the Dynabook, renamed the Xerox Notetaker, were created at [Xerox PARC](#) in [Palo Alto](#), California, in 1978, but the product never went into production. Even so, Kay's vision greatly influenced later designs.



[Osborne 1](#)

The first true laptop to make it to market, the Osborne 1, hit shelves in April 1981. Created by Adam Osborne, the computer featured a 12.7-centimetre (5-inch) screen and weighed 11.1 kilograms (24.5 pounds). However, the [machine](#) still required an AC outlet for power. Epson's HX-20 and Grid Systems Corporation's Grid Compass both debuted in the early 1980s. The Grid Compass, designed by British industrial designer Bill Moggridge, was so expensive that only the U.S. military and [NASA](#) could afford it. Nevertheless, the computer revolutionized the industry with its design: the Compass was a "computer in a briefcase," with its keyboard and display built into its flip-up lid. This clamshell-style [configuration](#) soon became the industry standard among laptops.

Other major [technology](#) companies entered the market in the 1980s, each releasing a new experiment. In 1983 Radio Shack brought the Japanese TRS-80 Model 100 to the United States; it was one of the first computers with a [liquid crystal display](#) (LCD). Commodore followed in 1984 with its 9.1-kilogram (20-pound) Commodore SX-64, the first portable computer to offer colour. The Gavilan SC debuted that year as well, notable for being the first computer marketed as a "laptop." In 1986 [IBM](#) released the PC Convertible, the first laptop to weigh less than 6.8 kilograms (15 pounds). Other historic releases included 1988's [Compaq](#) SLT/286, the first battery-powered laptop with VGA graphics and an internal hard drive, and 1989's NEC Ultra-Lite, the first notebook-style (lightweight) laptop.



[Mac PowerBook](#)

[Apple](#) got into the game relatively late, releasing its Mac Portable in 1989. This computer sold poorly, but the company's second effort, in 1991, the PowerBook, was more than a financial success—it was another laptop-design [milestone](#). Its original features included a trackball for navigation and palm rests. Within a few years, additional models of the PowerBook introduced the touch pad, the 256-colour display, and the built-in [Ethernet](#) networking port.

New technological advances in the 1990s continued to increase the laptop's utility and popularity. Enhancements included lighter, more efficient batteries; the [Intel](#) 386 processor, specially built to power laptops; active matrix display technology, which replaced inferior [cathode-ray tube](#) and [liquid crystal](#) displays; thinner, higher-capacity [hard disk](#) drives; and internal [modems](#) and ports. Sales consequently skyrocketed. In 1995 global laptop sales reached 10 million for the first time. In 2000 sales reached 28.5 million. By the early 2000s, laptop sales were earning more [revenue](#) than desktops.



[laptop from the One Laptop per Child program](#)

In the 21st century, laptop manufacturers introduced not only new laptop models but also new laptop types. One experimental new form was the [netbook](#), a small and inexpensive notebook intended to run only Web applications. The first netbooks were created for developing nations as part of the One Laptop Per Child program. However, the first netbook widely marketed to the general public was the 2007 Asus Eee PC 700. The netbook may have had a future, but the subsequent rise of [smartphones](#) and [tablets](#) rendered it obsolete by the mid-2010s. Netbooks evolved into such computers as the Chromebook, first introduced in 2011, which runs on the [Google ChromeOS operating system](#).



[Apple's MacBook Air laptop model](#)

A longer-lasting form of the laptop is the “ultra notebook” or “ultrabook”—an ultra-thin, [lightweight](#) laptop that still compares favorably with older laptops in terms of battery life, performance, and features. The first example was Apple’s MacBook Air, billed at its release in 2008 as “the world’s thinnest laptop,” with a thickness of just 1.9 centimetres (0.75 inch). Part of the reason for the MacBook Air’s slimness was that it possessed a compact [solid-state disk](#) (SSD) instead of the traditional hard-disk drive (HDD). In addition to reducing the laptop’s size, the SSD had other benefits: it was faster than the HDD, more power-efficient, and since it lacked any moving parts, it was much more durable. Almost all laptops eventually made the switch to an SSD.

Laptops remain the most popular computers on the market. Laptops have outsold both desktop computers and tablets since 2018.

[Adam Volle](#)

The Physics of Extraterrestrial Civilizations By Michio Kaku



How advanced could they possibly be?

²The late Carl Sagan once asked this question, “What does it mean for a civilization to be a million years old? We have had radio telescopes and spaceships for a few decades; our technical civilization is a few hundred years old... an advanced civilization millions of years old is as much beyond us as we are beyond a bush baby or a macaque.”

Although any conjecture about such advanced civilizations is a matter of sheer speculation, one can still use the laws of physics to place upper and lower limits on these civilizations. In particular, now that the laws of quantum field theory, general relativity, thermodynamics, etc. are fairly well-established, physics can impose broad physical bounds which constrain the parameters of these civilizations.

This question is no longer a matter of idle speculation. Soon, humanity may face an existential shock as the current list of a dozen Jupiter-sized extra-solar planets swells to hundreds of earth-sized planets, almost identical twins of our celestial homeland. This may usher in a new era in our relationship with the universe: we will never see the night sky in the same way ever again, realizing that scientists may eventually compile an encyclopedia identifying the precise co-ordinates of perhaps hundreds of earth-like planets.

Today, every few weeks brings news of a new Jupiter-sized extra-solar planet being discovered, the latest being about 15 light years away orbiting around the star Gliese 876. The most spectacular of these findings was photographed by the Hubble Space Telescope, which captured breathtaking photos of a planet 450 light years away being sling-shot into space by a double-star system.

But the best is yet to come. Early in the next decade, scientists will launch a new kind of telescope, the interferome try space telescope, which uses the interference of light beams to enhance the resolving power of telescopes.

For example, the Space Interferometry Mission (SIM), to be launched early in the next decade, consists of multiple telescopes placed along a 30 foot structure. With an unprecedented resolution approaching the physical limits of optics, the SIM is so sensitive that it almost defies belief: orbiting the earth, it can detect the motion of a lantern being waved by an astronaut on Mars!

The SIM, in turn, will pave the way for the Terrestrial Planet Finder, to be launched late in the next decade, which should identify even more earth-like planets. It will scan the brightest 1,000 stars within 50 light years of the earth and will focus on the 50 to 100 brightest planetary systems.

All this, in turn, will stimulate an active effort to determine if any of them harbor life, perhaps some with civilizations more advanced than ours.

Although it is impossible to predict the precise features of such advanced civilizations, their broad outlines can be analyzed using the laws of physics. No matter how many millions of years separate us from them, they still must obey the iron laws of physics, which are now advanced enough to explain everything from sub-atomic particles to the large-scale structure of the universe, through a staggering 43 orders of magnitude.

² <https://mkaku.org/home/articles/the-physics-of-extraterrestrial-civilizations/>

Physics of Type I, II, and III Civilizations

Specifically, we can rank civilizations by their energy consumption, using the following principles:

- 1) The laws of thermodynamics. Even an advanced civilization is bound by the laws of thermodynamics, especially the Second Law, and can hence be ranked by the energy at their disposal.
- 2) The laws of stable matter. Baryonic matter (e.g. based on protons and neutrons) tends to clump into three large groupings: planets, stars and galaxies. (This is a well-defined by product of stellar and galactic evolution, thermonuclear fusion, etc.) Thus, their energy will also be based on three distinct types, and this places upper limits on their rate of energy consumption.
- 3) The laws of planetary evolution. Any advanced civilization must grow in energy consumption faster than the frequency of life-threatening catastrophes (e.g. meteor impacts, ice ages, supernovas, etc.). If they grow any slower, they are doomed to extinction. This places mathematical lower limits on the rate of growth of these civilizations.

In a seminal paper published in 1964 in the Journal of Soviet Astronomy, Russian astrophysicist Nicolai Kardashev theorized that advanced civilizations must therefore be grouped according to three types: Type I, II, and III, which have mastered planetary, stellar and galactic forms of energy, respectively. He calculated that the energy consumption of these three types of civilization would be separated by a factor of many billions. But how long will it take to reach Type II and III status?

Shorter than most realize.

Berkeley astronomer Don Goldsmith reminds us that the earth receives about one billionth of the sun's energy, and that humans utilize about one millionth of that. So we consume about one million billionth of the sun's total energy. At present, our entire planetary energy production is about 10 billion billion ergs per second. But our energy growth is rising exponentially, and hence we can calculate how long it will take to rise to Type II or III status.

Goldsmith says, "Look how far we have come in energy uses once we figured out how to manipulate energy, how to get fossil fuels really going, and how to create electrical power from hydropower, and so forth; we've come up in energy uses in a remarkable amount in just a couple of centuries compared to billions of years our planet has been here ... and this same sort of thing may apply to other civilizations."

Physicist Freeman Dyson of the Institute for Advanced Study estimates that, within 200 years or so, we should attain Type I status. In fact, growing at a modest rate of 1% per year, Kardashev estimated that it would take only 3,200 years to reach Type II status, and 5,800 years to reach Type III status. Living in a Type I, II, or III civilization

For example, a Type I civilization is a truly planetary one, which has mastered most forms of planetary energy. Their energy output may be on the order of thousands to millions of times our current planetary output. Mark Twain once said, "Everyone complains about the weather, but no one does anything about it." This may change with a Type I civilization, which has enough energy to modify the weather. They also have enough energy to alter the course of earthquakes, volcanoes, and build cities on their oceans.

Currently, our energy output qualifies us for Type 0 status. We derive our energy not from harnessing global forces, but by burning dead plants (e.g. oil and coal). But already, we can see the seeds of a Type I civilization. We see the beginning of a planetary language (English), a planetary communication system (the Internet), a planetary economy (the forging of the European Union), and even the beginnings of a planetary culture (via mass media, TV, rock music, and Hollywood films).

By definition, an advanced civilization must grow faster than the frequency of life-threatening catastrophes. Since large meteor and comet impacts take place once every few thousand years, a Type I civilization must master space travel to deflect space debris

within that time frame, which should not be much of a problem. Ice ages may take place on a time scale of tens of thousands of years, so a Type I civilization must learn to modify the weather within that time frame.

Artificial and internal catastrophes must also be negotiated. But the problem of global pollution is only a mortal threat for a Type 0 civilization; a Type I civilization has lived for several millennia as a planetary civilization, necessarily achieving ecological planetary balance. Internal problems like wars do pose a serious recurring threat, but they have thousands of years in which to solve racial, national, and sectarian conflicts.

Eventually, after several thousand years, a Type I civilization will exhaust the power of a planet, and will derive their energy by consuming the entire output of their suns energy, or roughly a billion trillion trillion ergs per second.

With their energy output comparable to that of a small star, they should be visible from space. Dyson has proposed that a Type II civilization may even build a gigantic sphere around their star to more efficiently utilize its total energy output. Even if they try to conceal their existence, they must, by the Second Law of Thermodynamics, emit waste heat. From outer space, their planet may glow like a Christmas tree ornament. Dyson has even proposed looking specifically for infrared emissions (rather than radio and TV) to identify these Type II civilizations.

Perhaps the only serious threat to a Type II civilization would be a nearby supernova explosion, whose sudden eruption could scorch their planet in a withering blast of X-rays, killing all life forms. Thus, perhaps the most interesting civilization is a Type III civilization, for it is truly immortal. They have exhausted the power of a single star, and have reached for other star systems. No natural catastrophe known to science is capable of destroying a Type III civilization.

Faced with a neighboring supernova, it would have several alternatives, such as altering the evolution of dying red giant star which is about to explode, or leaving this particular star system and terraforming a nearby planetary system.

However, there are roadblocks to an emerging Type III civilization. Eventually, it bumps up against another iron law of physics, the theory of relativity. Dyson estimates that this may delay the transition to a Type III civilization by perhaps millions of years.

But even with the light barrier, there are a number of ways of expanding at near-light velocities. For example, the ultimate measure of a rockets capability is measured by something called "specific impulse" (defined as the product of the thrust and the duration, measured in units of seconds). Chemical rockets can attain specific impulses of several hundred to several thousand seconds. Ion engines can attain specific impulses of tens of thousands of seconds. But to attain near-light speed velocity, one has to achieve specific impulse of about 30 million seconds, which is far beyond our current capability, but not that of a Type III civilization. A variety of propulsion systems would be available for sub-light speed probes (such as ram-jet fusion engines, photonic engines, etc.)

How to Explore the Galaxy

Because distances between stars are so vast, and the number of unsuitable, lifeless solar systems so large, a Type III civilization would be faced with the next question: what is the mathematically most efficient way of exploring the hundreds of billions of stars in the galaxy?

In science fiction, the search for inhabitable worlds has been immortalized on TV by heroic captains boldly commanding a lone star ship, or as the murderous Borg, a Type III civilization which absorbs lower Type II civilization (such as the Federation). However, the most mathematically efficient method to explore space is far less glamorous: to send fleets of "Von Neumann probes" throughout the galaxy (named after John Von Neumann, who established the mathematical laws of self-replicating systems).

A Von Neumann probe is a robot designed to reach distant star systems and create factories which will reproduce copies themselves by the thousands. A dead moon rather than a planet makes the ideal destination for Von Neumann probes, since they can easily land and take off from these moons, and also because these moons have no erosion. These probes would live off the land, using naturally occurring deposits of iron, nickel, etc. to create the raw ingredients to build a robot factory. They would create thousands of copies of themselves, which would then scatter and search for other star systems.

Similar to a virus colonizing a body many times its size, eventually there would be a sphere of trillions of Von Neumann probes expanding in all directions, increasing at a fraction of the speed of light. In this fashion, even a galaxy 100,000 light years across may be completely analyzed within, say, a half million years.

If a Von Neumann probe only finds evidence of primitive life (such as an unstable, savage Type 0 civilization) they might simply lie dormant on the moon, silently waiting for the Type 0 civilization to evolve into a stable Type I civilization. After waiting quietly for several millennia, they may be activated when the emerging Type I civilization is advanced enough to set up a lunar colony. Physicist Paul Davies of the University of Adelaide has even raised the possibility of a Von Neumann probe resting on our own moon, left over from a previous visitation in our system aeons ago.

(If this sounds a bit familiar, that's because it was the basis of the film, 2001. Originally, Stanley Kubrick began the film with a series of scientists explaining how probes like these would be the most efficient method of exploring outer space. Unfortunately, at the last minute, Kubrick cut the opening segment from his film, and these monoliths became almost mystical entities)

New Developments

Since Kardashev gave the original ranking of civilizations, there have been many scientific developments which refine and extend his original analysis, such as recent developments in nanotechnology, biotechnology, quantum physics, etc.

For example, nanotechnology may facilitate the development of Von Neumann probes. As physicist Richard Feynman observed in his seminal essay, "There's Plenty of Room at the Bottom," there is nothing in the laws of physics which prevents building armies of molecular-sized machines. At present, scientists have already built atomic-sized curiosities, such as an atomic abacus with Buckyballs and an atomic guitar with strings about 100 atoms across.

Paul Davies speculates that a space-faring civilization could use nanotechnology to build miniature probes to explore the galaxy, perhaps no bigger than your palm. Davies says, "The tiny probes I'm talking about will be so inconspicuous that it's no surprise that we haven't come across one. It's not the sort of thing that you're going to trip over in your back yard. So if that is the way technology develops, namely, smaller, faster, cheaper and if other civilizations have gone this route, then we could be surrounded by surveillance devices."

Furthermore, the development of biotechnology has opened entirely new possibilities. These probes may act as life-forms, reproducing their genetic information, mutating and evolving at each stage of reproduction to enhance their capabilities, and may have artificial intelligence to accelerate their search.

Also, information theory modifies the original Kardashev analysis. The current SETI project only scans a few frequencies of radio and TV emissions sent by a Type 0 civilization, but perhaps not an advanced civilization. Because of the enormous static found in deep space, broadcasting on a single frequency presents a serious source of error. Instead of putting all your eggs in one basket, a more efficient system is to break up the message and smear it out over all frequencies (e.g. via Fourier like transform) and then reassemble the signal only at the other end. In this way, even if certain frequencies are disrupted by static, enough of the message will survive to accurately reassemble the message via error correction routines. However, any Type 0 civilization listening in on the message on one frequency band would only hear nonsense. In other words, our galaxy could be teeming with messages from various Type II and III civilizations, but our Type 0 radio telescopes would only hear gibberish.

Lastly, there is also the possibility that a Type II or Type III civilization might be able to reach the fabled Planck energy with their machines (10^{19} billion electron volts). This is energy is a quadrillion times larger than our most powerful atom smasher. This energy, as fantastic as it may seem, is (by definition) within the range of a Type II or III civilization.

The Planck energy only occurs at the center of black holes and the instant of the Big Bang. But with recent advances in quantum gravity and superstring theory, there is renewed interest among physicists about energies so vast that quantum effects rip apart the fabric of space and time. Although it is by no means certain that quantum physics allows for stable wormholes, this raises the remote possibility that a sufficiently advanced civilizations may be able to move via holes in space, like Alice's Looking Glass. And if these civilizations can successfully navigate through stable wormholes, then attaining a specific impulse of a million seconds is no longer a problem. They merely take a short-cut through the galaxy. This would greatly cut down the transition between a Type II and Type III civilization.

Second, the ability to tear holes in space and time may come in handy one day. Astronomers, analyzing light from distant supernovas, have concluded recently that the universe may be accelerating, rather than slowing down. If this is true, there may be an anti-gravity force (perhaps Einstein's cosmological constant) which is counteracting the gravitational attraction of distant galaxies. But this also means that the universe might expand forever in a Big Chill, until temperatures approach near-absolute zero. Several papers have recently laid out what such a dismal universe may look like. It will be a pitiful sight: any civilization which survives will be desperately huddled next to the dying embers of fading neutron stars and black holes. All intelligent life must die when the universe dies.

Contemplating the death of the sun, the philosopher Bertrand Russel once wrote perhaps the most depressing paragraph in the English language: "...All the labors of the ages, all the devotion, all the inspiration, all the noonday brightness of human genius, are destined to extinction in the vast death of the solar system, and the whole temple of Mans achievement must inevitably be buried beneath the debris of a universe in ruins..."

Today, we realize that sufficiently powerful rockets may spare us from the death of our sun 5 billion years from now, when the oceans will boil and the mountains will melt. But how do we escape the death of the universe itself?

Astronomer John Barrows of the University of Sussex writes, "Suppose that we extend the classification upwards. Members of these hypothetical civilizations of Type IV, V, VI, ... and so on, would be able to manipulate the structures in the universe on larger and larger scales, encompassing groups of galaxies, clusters, and superclusters of galaxies." Civilizations beyond Type III may have enough energy to escape our dying universe via holes in space.

Lastly, physicist Alan Guth of MIT, one of the originators of the inflationary universe theory, has even computed the energy necessary to create a baby universe in the laboratory (the temperature is 1,000 trillion degrees, which is within the range of these hypothetical civilizations).

Of course, until someone actually makes contact with an advanced civilization, all of this amounts to speculation tempered with the laws of physics, no more than a useful guide in our search for extra-terrestrial intelligence. But one day, many of us will gaze at the encyclopedia containing the coordinates of perhaps hundreds of earth-like planets in our sector of the galaxy. Then we will wonder, as Sagan did, what a civilization a millions years ahead of ours will look like...



The Kardashev Scale With Michio Kaku: Can We Become a Type 1...

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Fletcher Soul traveler

From Me To We



[PDF](#)



Just got up. It's 2:22 in the morning. I'm pondering the meaning "from me to we". It seems like the man has been living in a dream for so long.

At times it has been a nightmare. At times it's been a beautiful dream. Man has been repeating the same actions for thousands of years. They constantly repeat themselves.

Why does man continue to fight wars? Wars have never solved anything, yet we continue to this day. Each century our weapons are more sophisticated. Today we have weapons that can destroy the world 100 times over. Yet we still are on the lookout to create even more destruction.

I love to watch the geese and ducks fly in the sky. My wife and I love it. They fly in incredible form and can change and morph into many different patterns on the fly. They are in sync with nature. It seems like they are united and flying as one.

I think man's problem stems from the fact we are so identified with him. My nation is better than your nation. My religion is better than yours. I'm going to heaven while you are going to hell. God is on my side not on your side. It's all me, me, and me.

Currently, we have a President who loves to divide the country. He gets a big kick out of this. He tweets whatever comes to his mind. He has no ethics whatsoever. You see when you aren't aware of your true nature you act in ways that aren't in harmony with the universe.

For example, why don't we elect leaders that are kind, loving, and compassionate? Some are. Yet our political system is in shambles. We are divided. Our political system is at a standstill. Nothing can get done. Blame is put on both sides of the parties.

You see our mentality is us versus them. We have been this way for thousands of years. Emotionally man has been stagnant for ever so long. Yet we have progressed in technology. Thousands of people have tried to make this world a better place. The spark of the universe lies inside.

This book is about how we can transform from me to we. I believe this is our answer. All the great masters talked about this in their beautiful ways.

Man Thinks That His Conscious Only Exists In His Brain

Man thinks that his consciousness only exists in his brain.

He has created himself distant from life itself.

According to Einstein $E=MC^2$.

Show me then where consciousness does not exist.

Inside of a flower or a car.

The whole universe is alive.

Man just thinks he is alone.

You are Stardust



[PDF](#)

You are the universe. You just don't know it. Is that an outrageous statement or is it full of it? Is this true or is it false? Who are we? Where did we come from? Who were you before you were born? Where will you go when you die?

These are valid questions to ask yourself. Are science and religion talking about the same thing? Our understanding of DNA has increased significantly in the past 20 years. We have mapped out the DNA to a certain level.

What if mankind could understand his true nature? Where would that take us? Can you imagine the world where everyone knows they are united with the universe? Your neighbor's concerns would be

yours. The entire civilization would be in harmony with each other. Yes, there still would be differences between one another yet mankind would truly cooperate with each other.

When a human being experiences the unity of all life the world changes. All of the problems in the world can be solved. The only reason they aren't is because we are stuck in our ways. We don't see the unity of life. The mystics weren't talking about some fairy tale. Imagine the universe is eternal. You are eternal. You were never created nor will your essence ever die. How long have you been around? Eternity. Yet we think our life span is around 60 to 100 years. We have narrow thinking.

If we are eternal can you imagine they might be civilizations a billion years or so? We are the new kids on the block. Imagine that nobody gets a free ride in life. Imagine that every world evolves. Every world has to overcome the same kinds of problems we encounter on this planet. If they don't they eventually blow themselves up.

Yet if they succeed they go to the next level in the video game of the universe. Is the point of this game to realize our true nature? We are the universe and just don't know it.

Imagine the greatest hid and seek game. We look for God on the outside yet God is hiding on the inside. Mankind, on the whole, is looking in the wrong direction. As the world at large, we need to look within. There we will solve the puzzle of life.

Change is all around. The only constant thing is change. As humans we want life to be static. Look at the universe. It's constantly changing.

In order to have heaven on earth, we need to change. We need to embrace our true nature. Hopefully this book will help you on this adventure of life. As you read it stop and ponder. What if this is true? I never learned this in Sunday school. This book isn't about converting you? There is nothing to convert to. The universe doesn't convert anyone. It just is. It has nothing to prove. It just is. This is your true nature.

In order to change one must take baby steps day by day. These sayings should give you helpful hints on the many areas you can look at. Start slow. There is no rush. Be easy on yourself. You will stumble and fall. The only way to grow is to fall down, pick yourself up, and hopefully learn from the mistake. Curve balls will be thrown along the way.

The more you practice the universe will give glimpses of your true nature. You will begin to change. Your love for humanity will grow more and more. Compassion will arise inside of you.

For all those who have been conscious on this journey for many moons I hope you enjoy this book. This is my own and unique perspective on life. We are united by the thread of love. We all have different pieces of the puzzle. We don't own the puzzle. We own the piece of the puzzle. All the pieces make up the puzzle.

So admire all the different facets on the diamond of life. Learn to respect all the religions on this planet. They are all talking about the same thing. There may be different words yet the essence is the same. We all want the same thing.

Life's Mystery

When I was young I was fascinated by the mystery of life. I knew there was more than a 9 to 5 existence. When I was around 5 years old my Uncle Bill took my brother and me to Bob's Big Boy for a shake.

At that time they have these paper place mats with a Martian say take me to your leader. My brother and I placed these masks over our faces and started to laugh and laugh. We knew that we were from the stars. My Uncle had no idea why we were laughing.

How did we know that we came from the stars? Most people would say it was your childhood imagination. Yet you can't really explain it. How do you explain the power of love? Where does it come from? Does our DNA contain parts of us that are eternal? Does our DNA contain the essence of God? Scientists say that 95% of our DNA is junk DNA. Does God create junk? I don't think so. According to Kyron, he says junk DNA is actual multi-dimensional DNA. In other words, our DNA is part physical and spiritual. We don't have any instruments on earth to prove this.

Yet Bruce Lipton from Stanford says that thru his research that they have discovered the following. Your DNA may have the propensity for a certain disease. Yet with lifestyle changes and by the mind being in a state of being that is spiritual you can overcome your propensity to get the disease. You can in essence program yourself out of this problem.

Can you imagine if a part of your DNA contains your higher self that means you are hard-wired to discover God inside of you? A part of you exists in the cosmic soup of God and a part of you exists on this planet. For ages, the great masters have said that the kingdom of heaven lies within. Maybe we have all the tools inside of us. We have been looking in all the wrong places.

For example, imagine only a short time ago we thought that the world was flat. We thought that by sailing deep into the ocean there would be a point where the ship would fall off the face of the earth. This was only about 600 years ago. Yet Christopher Columbus sailed to America and debunked that theory.

Now imagine the Mayans and other ingenious cultures. They developed several calendars that the calendar cycle was around 24,000 years. They had around 10 different calendars that they used to calculate different cycles of time. They have from one day to 64 million years. How did they get this information? The Mayans had this knowledge around the 5th century BC. This is around a thousand years before Christopher Columbus discovered America.

How did they get this knowledge? They didn't have computers or modern-day telescopes. Could their knowledge come from within? I certainly think so. The universe within is a microcosm of the universe outside of us. They could tap into the source. You are the universe. They understood that principle and had a direct relaxation of that. They knew about entanglement and the Universal Field. Scientists are just beginning to focus and understand these laws. Yet they had this knowledge 2500 years ago. Many of the indigenous people all around the world had this knowledge. They knew they came from the stars. Westerners would laugh at them and say how cute that is. Imagine if a scientist would discover their true nature and work with his scientific nature. Imagine how far we could go.

We have satellites that go around 16,000 miles per hour. Imagine even if we could go 186 thousand miles per second it would take around two years to reach the closest star. What if a man could go within and use the field and go anywhere in the universe in less than a second.

Imagine if a civilization has been around for 16 billion years. How advanced do you think they would be. Imagine that they had the same problems that we had. War, poverty, crime, etc. They learned

over time to advance themselves physically, mentally, and spiritually. They reached a point where the entire civilization became the universe. At this point in time in evolution, they decided to help another planet achieve the same.

The cycle would occur over and over again. Sometimes it would not work out. The people might have a great war and destroy the planet. When the planet was mature enough they would then go to another planet and start anew. This sounds like science fiction. Yet you are eternal. You were never created and you will never die. Your body will. So think this over. Maybe our planet was created as a great experiment. Maybe our DNA came from the stars. We are star dust as Carl Sagan once said. Let's put it this way Life is a great mystery.

The Inner Garden

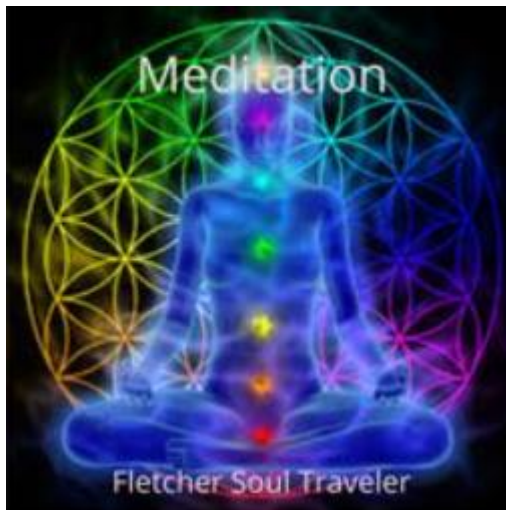


[PDF](#)

The title of this audiobook is “The garden within”. Unfortunately, many people aren’t aware of this garden. We live our lives not being connected to our true nature. As I have said probably at least a hundred times you are the universe. You just don’t know it. Well, what does that have to do with the garden within? To be quite frank its everything.

Have you ever felt that you are like leaves blowing in the wind? Whatever direction the wind blows you blow. We have a tendency to react to any given situation. If someone confronts you, you snap back with anger. You tend to speak whatever comes to your mind. You have no control over what you say or do. You only focus on the external. You have no idea that there is an internal garden.

[Meditation](#)



[PDF](#)

This book is about my love for meditation. I have been meditating for around 47 years. I love to meditate. You could say I have a knack for it. I completely was drawn to it. Meditation is probably the most practical thing a human can do. It places a person to have their feet on the ground and their head in heaven.

At the beginning of my practice, I thought there was a special technique that I could use that was beyond all others. There must be a technique beyond all techniques. The more I practiced I came to the realization it's our sincere effort and loves that makes our experience grow.

Granted some techniques are simpler than others. I gravitate towards the simple ones. Life is simple yet our lives are quite complicated.

Look I don't have all the answers. I'm not a Guru or teacher. I am an amateur. An amateur loves to do what he is doing. I love to tell my story and hopefully inspire you to start on the journey of looking within.

On this journey, you never know exactly how far you have traveled. You see it's an infinite journey. You are eternal. You will never die. Your body will yet you are eternal. You are the universe. You just don't know it.

[Life & Death](#)



[PDF](#)

A few days ago I saw this post from a classmate from my high school. Miriam McNaughton's brother died while on vacation in Mexico.

I received the very sad news that my oldest brother, David, passed away while on vacation in Mexico. You are never prepared for losing a sibling, no matter how old you are. He is safely home now, and we'll be with him again one day.

I replied with this post.



Richard Fletcher



Like · Reply · 1d



Richard Fletcher Prayers are sent your way.

Like · Reply · 1d



To be honest I wish I could have been more helpful. What do you truly say when a loved one has passed away? I hope this book will be helpful to my family and friends. We are at an age where our parents have left us and many of our friends are long gone.

This quest of mine started when I was around 10 years old. Somehow the topic of death came up. I was told that when you die you no longer exist at all. To be quite frank I didn't buy that. This is where my journey started. These are the materials I wrote on Life and Death. I found out that this is not a morbid subject but an understanding of where we came from. We came from the universe and we return to the universe.

The New Human



[PDF](#)

As you can see the title of this book is called the new human. This journey started trillions of years ago. Yet let's go back around 15 billion years to the time this earth was created. You were there. Not in human form. That would be billions of years later.

Yet you existed as an infinite spirit. You were the universe in all its glory. You helped create this precious earth called Gaia. You see you are eternal. You were never created nor will you ever die.

Humans came upon this earth billions of years later. A sacred seed was planted inside of you.

Let's fast forward to the present. It seems like our world is in total chaos. Our past has been filled with great traumas and war. What if I told you that 99% of the people are good people while 1% of the people have been bad apples? Unfortunately, the 1% have ruled man for thousands of years. Look where it has taken us. Yet at the same time, the seed is still lying inside of you. It's only dormant.

According to most indigenous tribes that if humanity survived past 2012 a new dawning of man would occur. The seed would slowly begin to sprout inside the hearts of mankind. I mean slowly. Two

steps forward and one step backward. This is how humanity grows. This seed contains the universe. This seed contains the absolute love of God. This seed contains pure kindness, love, patience, and tolerance. This is your true nature.

Mankind is transforming into a kind man. You may say all I see are people flaming each other on Facebook. All I see is chaos everywhere.

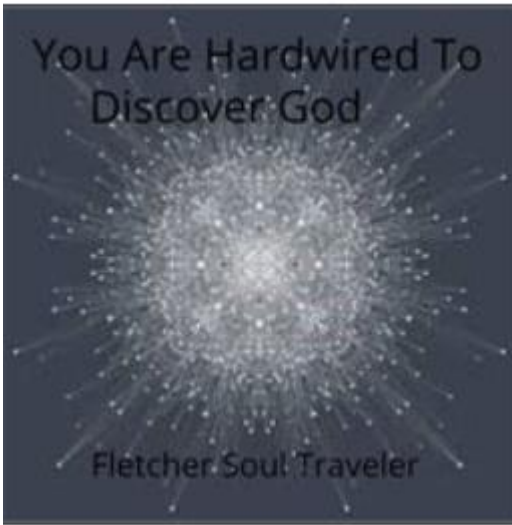
Yet the sun is appearing on the horizon. It's going to be a glorious day. Can you see the golden rays appearing above the ocean of life? A brand new day is coming to man.

Granted this transformation will take time. Remember this is a journey. What would a journey be without a great adventure? You are part of this journey. This story is all about you.

This story is about darkness and light. You see darkness has no place to hide when the sun starts to shine on this land. Look at the world today. So many dark events are being exposed to the world today. No longer can darkness hide upon this land.

This book will contain stories and poems about this new human evolution. Follow me where we are going on this precious journey. You are the main character.

[You Are Hardwired To Discover God](#)



[PDF](#)

You are hardwired to discover God. Come and sit around the campfire for this incredible tale. It's all about you on this journey in life. We were never taught this in school yet all the great masters talked about this. The signposts of God are all around yet we don't have the eyes to see.

This book will talk about the present-day people who are discussing how we are directly hardwired to find God. It will also go into the scripture where the evidence is provided where to find the kingdom of heaven.

All the major religions are talking about the same thing. They just have a different way of expressing it for the particular time and culture. Yet the essence is the same.

I believe that today we as humans are at a major turning point in our evolution. With the advent of the internet almost 30 years ago we are at the forefront of really communicating and understanding each other. We are a global village. Yet we see the chaos in the world and think is there any hope left in this world?

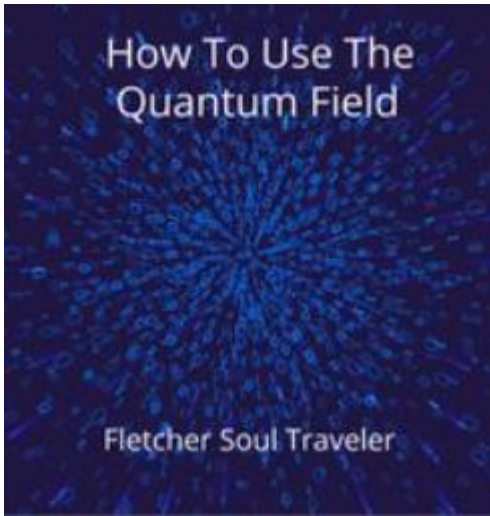
The sun is rising on the horizon. Darkness has nowhere to hide. We are seeing this in all areas of life. Darkness is being exposed. Look at the news today and you will see in every area of life a scandal has been exposed. I see great hope in humanity. Granted it will take a while. Remember this is a journey. What would a journey be without having a grand adventure? We are on the journey of going from darkness to light.

In a million years we will see how far we have gone. Yet each decade going forward we will witness the consciousness of man going toward the light. Humanity takes two steps forward and one step backward. That's how we grow. From an individual to a nation, to the world we learn by taking baby steps. We learn from our mistakes.

This is how we grow. I hope this book will help you on this journey. It has a different point of view yet millions of people are waking up from their slumber. It doesn't matter what religion or non-religion you believe in. Each one of us has our own unique way to discover our true nature.

I believe that it's by your will alone that you take your steps to understand your true nature.

[How To Use The Quantum Field](#)



[PDF](#)

How to use the quantum field. That is the question for this book. Mystics have talked about this for thousands of years. Lo and behold the kingdom of heaven exists within.

All the great religions talk about the inner kingdom. The Taoist has the following saying.

The Tao that can be told is not the eternal Tao;

The name that can be named is not the eternal name.

The nameless is the beginning of heaven and earth.

The named is the mother of ten thousand things.

Ever desireless, one can see the mystery.

Ever desiring, one can see the manifestations.

These two spring from the same source but differ in name;

this appears as darkness.

Darkness within darkness.

The gate to all mystery.

The modern-day scientist would call this the quantum field. Einstein talked about this over a hundred years ago. Yet our day-to-day life really hasn't changed much. The quantum field is multidimensional energy that exists in all dimensions. We don't have any instruments to detect it yet. Scientist knows that it exists.

I'm not kidding when I say you are the universe. You just don't know it.

It's Been There All The Time

It's been there all the time.

What are you talking about?

What's been there all the time?

You are the universe.

You just don't know it.

There are about 7,000,000,000,000,000,000,000,000 (7 octillion) atoms in your body.

All are billions of years old.

At the deepest level, you are the universe in human form.

Wow!!!

Isn't that incredible?

On top of that, you are hardwired to discover your true nature.

The signpost of God is all around you and inside of you.

Yet we are talking on our phones while driving down the freeway of life.

The greatest miracle of life is keeping you alive.

You are magnificent.

Every single cell of your body is custom-designed by God.

You are infinite.

Your body will someday die yet your true essence will go on forever.

You have the opportunity to discover your true nature.

Behind your breath lies the answer.

What is keeping you alive?

All the great masters have said to be aware of the essence of your breath.

Behind your breath lies your true nature.

Infinite kindness, love, and compassion.

This is the water that will put out the bonfires of anger and hatred upon this land.

The sun is appearing on the horizon.

Mankind is waking up from his slumber.

We are going from darkness to light.

Darkness has nowhere to hide.

Discover your true nature.

It's been there all the time.

Ponder this over.

It's been there all the time.

The greatest game is being played right between your eyes.

We are on a journey going from darkness to light. We are being guided yet nobody can take any steps for you. You see you have free will. Yes God is your co-pilot but you have to open the inner door within and back out the car to take a divine spin.

Signposts are all around on the freeway of life. You just need to be more aware and conscious. There will never be a time when you clap your hands and say I know it all. This book will give your helpful hints on your journey in life.

[How to manifest your dreams](#)



[PDF](#)

How to manifest your dreams? That's a very good question. What kind of dreams do you have? Why don't my dreams come true? I say affirmations but do they truly work? I live life day by day. I don't think about my dreams. I have dreams but I truly don't know how to manifest them.

Is there any scientific evidence in techniques that help in manifesting my dreams?

Mankind has been dreaming of a better world for thousands of years. Unfortunately, wars have been around for so long. It seems chaos is prevailing upon the land. Yet this is a struggle between darkness and light. You are a precious piece of the puzzle.

When a person begins to align his dreams with the quantum field one's life begins to change. A transformation occurs from me to we. Slowly over time, an individual realizes that we are all one.

An individual begins to transform his/her dreams into a dream for all humanity. Yes, this will take time. Baby steps are needed. Two steps forward one step backward. This is how we grow.

This book hopefully will help you discover there is a process that will help you to manifest your dreams and change your life.

Just think all the thoughts that you have since being born make up your personality. Yet most of the time we live our lives in remote control. Our subconscious runs the show. 95 percent of our actions are driven by the subconscious while only 5 percent is driven by the conscious mind.

Experts estimate that the mind thinks between 60,000 – 80,000 thoughts a day. That's an average of 2500 – 3,300 thoughts per hour. That's incredible. Other experts estimate a smaller number, of 50,000 thoughts per day, which means about 2100 thoughts per hour. Yet how many are new thoughts? We have been playing the same record for years. We have the same routine.

We go to bed. Our alarm clock goes off. We use the same hand to shut it off and go back to bed for five minutes. The alarm goes off again. We shut off the alarm. We stumble out of bed and go to the bathroom.

We brush our teeth. We are trying to wake up. Off to the kitchen, we go to brew some coffee. It's time to head off to work just in time for rush hour traffic. We make a few phone calls along the way. Some of us text when the cars are stopped. We make it to the office and do the same dull routines. I could go on and on.

We are our own pharmacy. Every day our bodies create hundreds of thousands of chemicals. These chemicals create strong emotions. Say for example you are angry.

Your emotions state will be angry. Therefore you will have angry thoughts. These thoughts will then create angry emotions. We are caught in a cycle. The goals are to be free. The goal is to be in tune with the quantum field.

To manifest your dreams, there is some work that you need to do. This book will help you along the way. It is just a foundation to help you on this journey in life.

[Cloudy Thinking](#)



[PDF](#)

You may ask why a book is named Cloudy Thinking. Imagine we have been playing the same tapes for thousands of years. We have fought countless wars. We still continue to fight countless wars with no end in sight. War is obsolete. It serves no purpose. As a matter of fact, it causes even more problems.

We have been fighting in Afghanistan for over seventeen years. It's the longest war we have fought. We still can't see the finish line. I was in Afghanistan many moons ago.

They are extremely friendly yet they have fought countless wars from outsiders trying to take over there country. I remember when the Soviets tried to take over in the eighties.

The first thing that came to my mind was good luck. You have no idea what you are getting yourself into. They found out the hard way and left the county never to return.

We should have learned a lesson here. Yet I call this cloudy thinking. If you ever saw the movie of Charlie Wilson war you will understand the truth of this statement.

Charlie had a bill to help Afghanistan after the Soviets left the country. Congress never passed the bill. Over half the population was under twenty-one and consequently, the youth was not brought up properly.

In came the Taliban and the rest is history.

There are so many parts to cloudy thinking. Some are pure ego and arrogance. Presently the world thinks that the US is a bully. I won't get into that.

Yet I firmly believe without kindness the world will go on with its same old ways. Kindness blows away the cloudy mind.

Even scientists know that. Anger causes the body to be flooded with over 1500 harmful chemicals that damage the mind and body. The mind becomes cloudy. The mind can't see and think clearly.

Buddhist have a book called Chrystal Clear which talks about the steps to develop a clear mind. They have been practicing this for thousands of years.

I find it fascinating that the east has been researching positive states of mind for thousands of years. It's only been since the eighties that the western world has embraced this.

In the west, we thought we had all the answers. Many people still think that way. Many people are oblivious to another state of mind. I heard many years ago a poem from Rumi. He said how strange is it for a fish to get thirsty when water is all around.

Imagine the quantum field is all around us yet we are oblivious to it. Now that's ironic.

This book will talk about ways to develop a clearer mind and the various manifestations that could take place in our society today.

Only you can change your way of thinking. Nobody can do it for you.

[Over the hill ... not](#)



[PDF](#)

The title of the book is “Over the hill ... not”. Our western society is totally driven and fixated on being young. We have an expression that when a person reaches the age of forty he is considered over the hill. Many people say that half of your life is over. Many people, think my life is half over and they have a mid-life crisis.

At Google, many young software engineers start to feel obsolete at twenty-nine years old. A great sense of paranoia sets in. We are fighting a losing battle. We come into this world live and someday we leave this world. Nobody can escape that.

Yet at the same time, we try to hold on to our youth for as long as we can. I remember when I was just starting to learn how to surf. When a person reaches their mid-fifties they would retire from surfing. I lived in Maui in my forties and I rode waves as high as telephone poles.

A dear old friend named Rick Chatillon is still surfing in his late sixties. Times have changed. Our attitudes toward life have changed.

This book is about thinking outside of your box. To be honest the Western world has a warped attitude toward the elderly. In our working environment today there is huge age discrimination, especially in the IT world. By the time one reaches the mid-fifties you are considered over the hill. You are washed up and have no place inside the company.

I experienced this time and time working for different Fortune 500 companies in America today. When a person reached the mid-fifties they were put out to pasture. Mind you they might get tremendous severance pay.

To receive it, you must sign a document that you will not sue them for age discrimination. This happened to me and countless others.

I once had a job interview with a company that was owned by Dell computer. The first interview was over the phone. Before we hung up he said this was the best interview I ever had.

The next day I walked into the office for my face-to-face. As soon as I walked into the door he looked at me and his jaw dropped. He wasn't expecting someone my age to come in.

As a matter of fact, he couldn't remember the phone interview we had the day before. In my mind who is older is someone whose mind is constantly learning and growing or a mind that has certain concepts about someone older.

This is an epidemic today in America. Hopefully, this book may provide some great advice on your journey in life. The majority of people live their entire lives on auto-pilot.

We watch the latest drug commercials and take it all in. When something goes wrong we go to the dear old doctor who will give us a pill. Mind you this pill has tremendous side effects. Yet we trust the medical profession. They would never mislead the public.

Did you know that if you don't pay attention to your health someday disease will pay attention to you?

This book will help you get wiser with age. Our wine can get much better as we age. We can never stop learning. A person who completely retires from life will soon end up in a box. I mean this quite literally.

When one learns new things the brain establishes new neural networks. Even when you think something out of the box instantly a neural network gets created.

Yet if in a space of a few days one doesn't pay attention and does not do anything about it the neural network will collapse. All of your positive and negative habits are neural networks. They are literally hardwired into your brain.

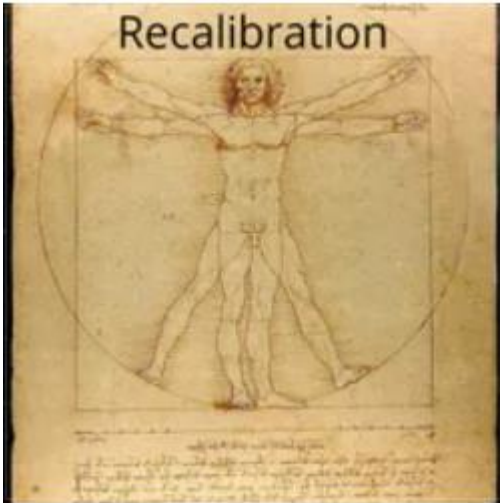
If you want to enjoy life to its fullest we must understand the mind, body, and soul connection. We must learn how to be conscious moment by moment. We must be aware.

Remember 95% of your actions come from your subconscious mind. We are living our lives on autopilot. We must learn how to reprogram our software in every moment.

To be honest most of humanity doesn't even have a clue how to do this. Recently I saw a great article where we see only 1% of the light spectrum. This means we are almost missing the entire picture of life.

Yet we think we see it all. I find that quite fascinating. As I said before the human body is hardwired and has the software to discover the quantum field. The human body is literally hardwired for this. The door is always open yet do we have the eyes to see? Ponder this over. What do you think?

[Recalibration](#)



[PDF](#)

The definition of Recalibration is as follows.

: to calibrate (something) again

... these systems gradually drift off course so that the navigator periodically needs a fresh point of reference to recalibrate the navigation system.

Humanity needs a fresh point of reference. We are heading in the wrong direction. We are like a grand ship without a rudder. Our compass is pointing towards the north and we are heading south right into a hurricane.

Our internal guidance system malfunctioned a long time ago. We don't even know that it even existed. Many politicians have lost their moral compass. Truth is fiction and fiction is truth.

Many of them spin the truth so much they can't even discriminate between truth and fiction in their own minds. Mind you this is dangerous territory. Consequently, many Americans believe this. Just look at the Capital building riot in early January. Many politicians have spun the truth to say it was a peaceful demonstration. Try telling that to Vice President Pence and his family. He had to run for dear life.

We live in crazy and chaotic times. How does humanity change for the better? Can we change that's probably a better question. Yes, we can. It will take time and patience.

I don't see it in my generation or the generation after that. But seeds have been planted thousands of years ago. The harvesting of man takes patience and much care. Millions of people are slowly waking up from their slumber. Signposts are all around us.

The recalibration first starts inside of you. From you, it expresses itself externally. It doesn't work the other way around. That's the problem. You have to be motivated to recalibrate yourself.

Nobody can do it for you. That my friend is a biggie. Unfortunately, humanity is stuck in its ways and refuses to budge. Somehow we prefer misery at our doorstep inside of walking in another new and wonderful direction.

We are so used to living in chaos that we become chaotic in our daily lives. It is sad but true. Every cornerstone of society has to change. Nothing can be swept under the carpet.

We have already dumped a huge amount of garbage in our living rooms. Just think we have a patch of plastic the size of Texas in the middle of the Pacific Ocean. A wise man once said many moons ago we are sawing off the branch we are sitting on.

I have a website called evolution revolution. This is where society must be headed. The evolution of man needs a peaceful revolution without any guns. The revolution begins inside of you.

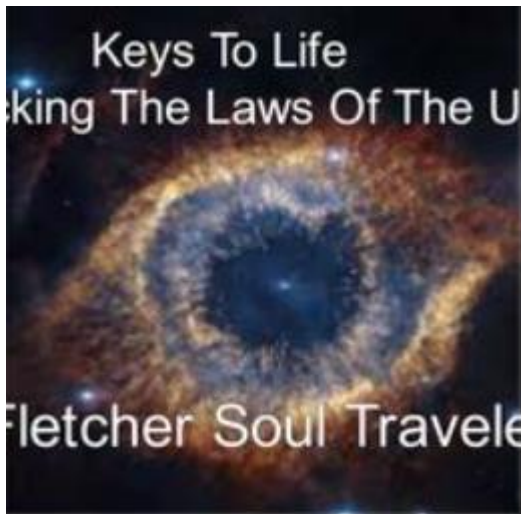
Anger and flaming others aren't the answer. Only kindness, love, and compassion are the keys to success. They must be mined within. Only by discovering these precious jewels within can you recalibrate.

Your human body is wired for this. The operating system, hardware, and software have been there since your birth. You just have to turn it on. You must turn on the switch. All the great masters did this. They had the same problems you have. Nobody gets a free ride. But they overcame their problems. They discovered the jewel within.

They told humanity there is a way out of this chaos. For most people, this went over their heads. They couldn't understand the message. The message is always simple. True kindness exists inside of you.

You have an infinite well of kindness inside of you. You are the universe and you just don't know it. This book will talk about the various ways we need to recalibrate in all areas of life. I hope you get something out of it.

[Keys to Life](#)



[PDF](#)

[Keys to Life](#)

[Keys To Life](#)

[Keys To Life Part 2](#)

[Keys To Life Part 3](#)

[PDF](#)

Keys To Life

Unlocking The Laws Of The Universe

Practical Down To Earth Methods For A Better Life

A Law by definition in this book is like guidelines or divine qualities that exist that if you are in harmony with them the quality of your life in all areas will improve.

The Journey



[PDF](#)

What if I told you the following? You are the universe. You just don't know it. Modern-day scientists discovering the laws of quantum physics are saying the exact same thing. Many of them believe the universe is not a series of random events. These events didn't create life. Life itself created life.

You are the sun, moon, and stars walking around in a human body. You were never created nor will you ever be destroyed. Your body will die but you never will.

Cosmic Advice



[PDF](#)



You may think do mystics and surfers have anything in common? Many people would probably say they're at opposite ends of the spectrum in life. Yet this is misleading.

Surfers and mystics are both on the same wavelength. Both of them are riding waves. The mystic rides the internal wave. The surfer rides the external wave. Most people don't know about inner surfing.

Modern-day quantum physicists are beginning to understand that there is an energy wave that is keeping the entire universe alive.

This same wave exists inside of you and me. In fact, quantum scientists would say you are the universe. You just don't know it. We were never taught this in schools.

The high and harmony that a big wave surfer is seeking lies inside of oneself. I say the spiritual path is the most practical path. You may say I disagree with that statement.

But the spiritual path occurs when one has his feet on the ground and his head in heaven.

The Taoists have been talking about being in harmony with the universe and the earth for thousands of years.

Surfers in general are seeking to harmonize themselves with the forces of nature. The mystic has been surfers in their own right for thousands of years. One does not have to live near the ocean. Life exists inside of them.

The way contains the wisdom of the universe.

Kabir once said everyone knows that the ocean contains all the drops. Yet only the wise man understands that the drop contains the entire ocean. Inner surfing allows the surfer to connect and be in harmony with the infinite wave of the universe.

We were never taught this in our schools and our education systems. I would find it fascinating if surfers like Kai would learn how to inner surf in their daily lives.

The experience of being in harmony and the high of riding a huge wave exists 24 hours a day inside of us. This wave is perfection itself. It is beyond time and space. It is eternal. It exists in all dimensions seen and unseen. Before the universe was created, this pure essence existed.

Human beings are built with the hardware, software, and operating system put into place. Unfortunately, the computer is never turned on. Consequently, we don't even know our true nature.

We see only 1% of the light spectrum. We think we see at all with our two eyes. Consequently, we are losing out 99% of our true self and wisdom.

Meditation is the key that opens up the door to eternity. This is our true nature.

An individual can be both a surfer and a Mystic at the same time. Both are fine-tuning their crafts. When a surfer begins to learn how to become a practical mystic, this is where true wisdom starts to manifest inside.

One can incorporate internal wisdom with external wisdom. In life, we can never rest on our laurels. We are always progressing and learning on this journey in life. Life is not boring yet. We may lead a boring life.

Many of these principles in this book are to help you understand your true nature and to assist you in having a better life.

The more a person is in harmony with the universe, the universe is in harmony with you. The more attention you pay to something, the more attention it pays to you.

You may say if this experience exists inside of me, why don't I experience it? I have a question to ask you. How much attention do you place on the inner jewel that lies inside of you? If you don't even know that there is a Jewel that exists inside of you, then that is the reason why you don't experience it in your daily life.

Meditation is not only when you close your eyes. Meditation occurs 24 hours a day and in all different states of consciousness.

We place so much focus and attention externally. We can't see the forest from the trees.

Meditation is a way to be in harmony with nature itself 24 hours a day. Granted this is a slow and gradual process.

It's like a tuning fork. A tuning fork vibrates to whatever frequency it is tuning with. The mystics understood this and have a practice where they learned how to be in tune with the wave of the universe.

A Mystic learns how to be in harmony with the wave of life wherever he goes. Each moment is sacred. Each moment is unique. Each moment is an opportunity to experience the harmony of all things in life.

Consequently, a mystic doesn't get bored. Boredom may come yet the mystic goes beyond boredom. Boredom is a state of mind.

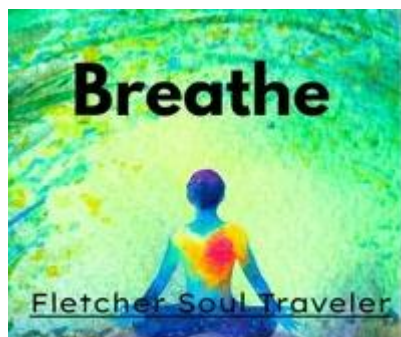
A big wave surfer may get bored with little waves. He may on land be like a fish out of water.

When I was a teenager my parents took me to Yosemite. Yosemite is one of the wonders of the world. Yet I didn't have a good time. I missed the ocean. I look back now. I see how much I was out of harmony.

Signposts are all around yet. Do you have the eyes to see?

The mystic learns moment by moment to see the unity of everything. Everything in life is sacred. As the Zen Buddhist would say chop wood and carry water. The spiritual life is the most practical life. One does not have to go to a cave. One should be in this world and yet be beyond this world.

Breathe



[PDF](#)



If you are new to my writings you will see that I say this expression many times. The more attention you pay to something, the more attention it pays to you.

This brings me to the subject of synchronicity. Many people don't quite believe in it. Many years ago I probably thought the same thing.

Yet over the last 50 years, I have seen so much on my journey. It's now a part of my life. The mysterious appears mysterious because it is not practical in your life. The mysteries and signposts are all around us. We just don't have the eyes to see.

A couple of weeks ago I wrote a piece called your next breath. I posted this on Facebook. A dear friend named Lorne responded with comments to an Amazon link for a book called breath.

This sent me off on another ground adventure. I write about the science of breathing all the time. In the last 5 years, I have written around sixty books. I've been through the titles of all the books that I have written and found I hadn't written a book about the science of breath.

I find that quite fascinating because the main theme is the research that I do is about the power of the breath. Another quote that I love and use all of the time is the following. You are the universe. You just don't know it.

Come with me on this journey. I'm learning so much along the way. I have studied the power of breath for over 50 years. We will never unlock the true mysteries behind it. Something so simple yet is probably the most complicated thing in the universe.

We take breathing so much for granted. Most of us are on autopilot. Due to being on autopilot a whole myriad of diseases occur in our civilizations today. Probably less than 1% of the population breathes properly.

The majority of Western scientists still believe that there is no difference between breathing through your mouth and breathing through your nose. I find that quite fascinating.

In the east, for around 5,000 years they have known that breathing through your mouth is the kiss of death. They call it the breath of death. When it comes to breathing, these ancient ones were probably the true PhDs of their time. Breathing was not some theoretical idea. It was a practical experience.

The human body is an incredible chemistry set. Unfortunately, today around the world we don't know that we are in charge of our chemistry sets. We think the external drives the internal. We got that backward. The internal always drives the external.

Can you imagine we have the operating system, hardware, and software to discover our true nature? Everything is set up and wired up. Unfortunately, humanity has never turned on the computer.

The mystics of old understood that there is a universal battery of life behind our breath. Over thousands of years, they learn to refine the techniques to become in harmony with the Earth and the universe.

Being in harmony has been talked about in the east for thousands of years. I remember quite young reading the Tao Te Ching teachings and yet I couldn't comprehend a single word. Years later I wrote a commentary on this precious book.

One who learns to be in harmony is humble. When one is humble, wisdom comes his way. The universe will not give its wisdom unless one is humble. The heart must be like a child's. Only in that state will the universe speak to you.

Each breath you take is a miracle. We take it so much for granted. Scientists say we see only 1% of the light specter. Just think heaven probably is all around us. We just don't have the eyes to see.

We breathe in such a mechanical and unconscious way. I find it amusing that we still live as long as we do. In the future, I believe many diseases will be cured by the power of the breath. Western medicine still believes that medicine can cure almost anything.

When I was 18 years old, my brother and I believed in the world of preventative medicine. We saw that Western medicine is only a band-aid. It will mask the symptoms but not cure the source. It has so many side effects.

How many times have you heard a pharmaceutical commercial that says in a sweet voice this drug could cause death? If you and I had a product on the market that said this we would have been shut down in less than a second. Yet thousands of commercials are flooded all around us.

We need to find tools that are free and easy to use in our everyday life. The universe does not charge for its wisdom. Breathing is free. The universe does not charge by the breath. If a corporation could do so it probably would.

Dog training for the mind



[PDF](#)

This book is all about the ability of mankind to transform.

The definition of transform is as follows.

to change in composition or structure

to change the outward form or appearance of

to change in character or condition

to cause (a cell) to undergo genetic transformation

I call this present era the evolution revolution of man. Mankind is slowly waking up from its slumber. So much interesting wisdom is being brought forth from the past and present.

Currently, I've been fascinated by Buddhist wisdom. Buddha in my eyes was the best psychologist ever. Mind you he didn't call himself that. The term came centuries later. But Buddha understood the mind more than anyone else.

This book will talk about the fifty-one mental factors. To transform we must have a reference point to transform. The Buddhists have fifty-one mental factors to take a look at. I'm going to try to bring this wisdom down to be simple and easy to understand. The Buddhists can be very intellectual. The wisdom is there. I love to make things super easy to understand. I may not get the entire theory yet I get the wisdom behind it.

I've been a software engineer for many moons. I have built many complicated systems. By building simple objects and combining them into a software program it can become quite sophisticated. All of my software projects were built this way. Simplicity is the key. Come with me on this incredible journey. This is the ultimate video game. You have been playing this game for eons. The goal is to be conscious and aware.

Alchemy



[PDF](#)

The definition of alchemy is as follows.³

1: a medieval chemical science and [speculative](#) philosophy aiming to achieve the [transmutation](#) of the base metals into gold, the discovery of a universal cure for disease, and the discovery of a means of indefinitely prolonging life

2: a power or process that changes or transforms something in a mysterious or impressive way... the [practitioners of financial *alchemy*](#) that transformed the world of money in the 1980's ...— Gordon Williams

3: an inexplicable or mysterious transmuting

Alchemist: Someone Who Transforms Things for the Better

³ <https://www.merriam-webster.com/dictionary/alchemy>

Today we recognize *alchemy* as a pseudoscience, and give *chemistry* its rightful place as a serious scientific field, but the two terms initially overlapped in meaning before separating by the 17th century, just as *astrology* and *astronomy* did during the same period.

Alchemy and *alchemist* are in fact older words than *chemistry* and *chemist* in English. Alchemists believed that lead could be “perfected” into gold, that diseases could be cured, and that life could be prolonged through *transmutation*, or a change of some essential element into a superior form. Their secretive experiments, usually involving heat and the mixing of liquids, led to the development of pharmacology and the rise of modern chemistry.

The long route to English for *alchemist* began with the Greek word *chēmeia*, which probably came from the word *chyma* (“fluid”), derived from the verb *chein*, meaning “to pour.” It then passed to Arabic, which added its definite article *al-* (“the”) to the Greek root.

The word then passed from Latin to French before coming to English. Some other words derived from Arabic also retain the *al-* in English, such as *algebra*, *algorithm*, and *alcohol*; in fact, the transformative liquid that was constantly being sought through experimentation by alchemists is another word with the Arabic *al-* prefix: *elixir*.

This power to transform things for the better, real or imagined, led to figurative meanings for *alchemy* and *alchemist*.

Esoteric Treasures



[PDF](#)

This definition of esoteric is as follows. Intended for or likely to be understood by only a small number of people with a piece of specialized knowledge or interest.

The definition of treasure is as follows. Several precious metals, gems, or other valuable objects.

When I was young the word esoteric was a very foreign word to me. I read some esoteric books and had no idea what they were talking about. It seemed so complicated and intellectual. I must admit I have a simple mind yet with a simple mind one can develop complex systems.



During the nineties, our family moved to Maui. I got a job working for the Haleakalā Observatory. Boeing was the subcontractor.

The air force operates the Maui Space Surveillance Complex. The air force was tracking space debris and satellites.

One of my first projects was a dome automation system. Imagine at midnight we would have a dome operator which would have a switch to move the dome clockwise or

counterclockwise.

During the winter it would get extremely cold. The operator would be wearing a snowsuit. At times during an important pass, they would doze off and fall asleep. I was instructed to automate this process.

My friend Paul was charged with the overall hardware design and I was assigned to the software side. The program was written in C++ which I was not familiar with. Anyway, we had a short timeline to pull this off. Paul and his crew installed bar code readers around the dome.

We had an IBM Pizza box that we used. The basic formula was we had to take the AZ, POL, and Dec positions and calculate where the dome should move to. At times we had to force the dome to go super-fast and when we got to our destination we had to slow down and they stop.

We had to make fine adjustments along the way. When we first tested out this system we would hear a hum when we were stationary. We quickly fixed this. The system was installed on time. The system was so successful that we had another dome that was requested to have the same software and hardware installed.



This book hopefully will break down esoterics that will make you easily understand the mechanics of discovering the treasures within. What is esoteric is quite simple if one explains it properly. This is a practical time where we can experience the true nature that exists inside of us.

[Puzzle](#)



[PDF](#)

This definition of a puzzle is as follows.

1: to offer or represent to (someone) a problem difficult to solve or a situation difficult to resolve: challenge mentally also: to exert (oneself, one's mind, etc.) over such a problem or situation they puzzled their wits to find a solution.

2 archaic: complicate, entangle.

What is the greatest puzzle to solve in the universe? Signposts are all around you. Yet humanity is texting on the freeway of life. This book contains many writings when talking about the great puzzle of life.

The world at large would be in a better place if we even attempted to try to solve this puzzle. The solution exists inside of you. Nobody can solve the puzzle for you.

Many people throughout the ages provide helpful hints but you must use your inner shovel to mine the gold within. That's how the game got set up. I most certainly didn't make the rules.

Nobody can walk in your shoes. Your life is custom designed. What works for you may not work for others.

Hopefully, by reading this book you may try to solve the puzzle of life.

[Occam's razor](#)



[PDF](#)

Occam's razor is a principle from philosophy.

Suppose there exist two explanations for an occurrence.

The more assumptions you have to make, the more unlikely an explanation is.

We all live in a cosmic soup.

Every quantum scientist knows that.

Yet why don't we perceive that?

Wise men have been talking about that for thousands of years.

They didn't use the word quantum.

Behind your breath lies the answer.

It's as simple as that.

We make it so complicated.

In silence, one can perceive the ocean of life.

Daily close your eyes.

You will solve this riddle of life.

[Pandora's box](#)



[PDF](#)

Pandora's Box is an artifact in Greek mythology connected with the myth of Pandora in Hesiod's Works and Days. In modern times an idiom has grown from it meaning "Any source of great and unexpected troubles", or "A present which seems valuable but which in reality is a curse".

It took me many years to embrace a cell phone. Mind you I have been a software engineer for over 35 years. Yet just like a pager in the eighties, I didn't want to be tied down to my job 24/7. I didn't come down to earth solely to work. I love a work-life balance.

Today it's almost next to impossible to achieve that. I've been thinking for over 15 years that the cell phone is one extra layer between us and our true nature. Before the pandemic, I would sit in a restaurant and see entire families absorbed in text messaging and on Facebook. It didn't take much to see that our society was addicted to it. Yet I didn't truly know to what extent.

My twin brother John told me about this documentary called The Social Dilemma. It was an eye-opener. It took me to such a deeper level of how deep this problem is. I was just skimming the

surface. Social media and cell phones truly opened up Pandora's Box. In the beginning, both started simple. I remember when the WWW first came out it was a cute creation. It was simple. Since then it has developed into a huge beast that knows every step you take. It knows your likes and dislikes.

Day by day it captures every step you take. I mean almost literally. If you are interested and go to a site to buy something it will capture that information.

When you go to Facebook ads will appear out of nowhere for this company. Every like and dislike is being captured. It's like millions of supercomputers are learning about you. In the beginning, it wasn't that way. Here's the funny part.

This is done for social media companies to make money off of you. A funny and sad part of the movie is they mentioned only two types of users exist. They are drug users and there are social media users. I find that quite fascinating. Both of them are extremely addicting yet we can't see the forest from the trees.

An addict doesn't know he has a problem. Our entire world is being manipulated without us being aware. All for the sake of making money from advertisers. They are making billions off you.

As a matter of fact they have built a business model where you get addicted without knowing it. They have intentionally done this on purpose. They know they are selling drugs more powerful than heroin. Yet this drug doesn't come from the outside.

It comes from your own chemistry set inside of you. How ingenious and frightening? You are addicted to something that exists inside of you. It can't be traced like the opioid epidemic. This is where the drug manufacturers got you hooked to make billions in profits.

Stanford University even has a course on this. The sad thing is that social media companies hire the brightest and best in all fields to manipulate you. Now that's the scary thing. Imagine the complete computer network is hard-wired to control you. All for the sake of the almighty dollar. Where are we going? What can we do about this? This book will hopefully help in understanding the problem and the necessary steps we can take.

[Broken Record](#)



[PDF](#)

The definition of a broken record is as follows. Used, especially in similes, to refer to a person's constant and annoying repetition of a particular statement or opinion.

"at the risk of sounding like a broken record, let me repeat: it will be difficult to do well without attending classes regularly"

Yet the world at large has fragments of a broken record all over the place. Absolute harmony is the state mankind is searching for. Yet mankind is not aware of it. We are playing the same record over and over again. Humanity is having a hard time being in a state of harmony. Chaos exists outside and inside of us.

Presently the Unites States just had an invasion from its own people at the Capitol Building. What is the truth is considered lies? What is lies is considered truth for many. Discrimination is out the door.

This is from ABC news.

Trump's voter fraud lies encouraged a riot. GOP allies are still giving them oxygen.

Republicans, including Sen. Josh Hawley, have condemned the violence but haven't backed down from baseless claims of fraud and irregularities.

This broken record exists in all areas of our lives. This exists even from our subconscious. Scientists know that ninety-five percent of our actions stem from our subconscious.

This is from Bruce Lipton

Is there a way to change subconscious patterns?

Yes, you can reprogram the subconscious mind. All of us got programmed when we were very young. And the programs even started before we were born. We were programmed already in the uterus. So the program occurred before you were born and therefore you can't tell me what all the programs are that you have. You weren't even conscious at that point.

So then I say how will I know what the programs are? You don't need to go to a psychiatrist to figure it out. The reason why it's simple is that 95 percent of your life comes from the subconscious program. So by definition, your life is a printout of your subconscious programs.

So the things that you like and that come easily to you in your life are there because you have a program that allows them to be there. In contrast, anything that you have to work hard at and put a lot of effort into, or anything you have to struggle for to make it happen, is a result of your programs not supporting that.

⁴ <https://www.nbcnews.com/politics/donald-trump/trump-s-voter-fraud-lies-encouraged-riot-gop-allies-are-n1253509>

⁵ <https://www.brucelipton.com/blog/there-way-change-subconscious-patterns>

So if you're trying to find a relationship, or you can never get into a relationship and you're thinking it's not in my fate to be in a relationship, then this is not true. It is because whatever programs your mother and father and family had about relationships are not supportive.

And the second reason is that you play these programs 95 percent of the time and you don't see them, so that means at least 95 percent of the time you were sabotaging yourself and you don't see it. And therefore you never understood why your relationships were not working.

So if people want to know what their programs are, I say what in your life comes easily to you is there because you have programs to support that. Anything that you struggle to get to, is because you have programs that don't support that.

And that's how you know what programs you want to change. So you ask where are the troubles in my life? If they exist in a relationship for example you know you have to change your beliefs about the relationship. And then you can work on yourself. So first it is about recognizing that the patterns come from programming. And that you can change them.

Now, there is always that belief that you can talk to your subconscious mind. And people try that and then they find themselves playing their programs again. And they get mad at themselves. And they get frustrated because they think 'I keep talking to myself and it is not changing.

You have to remember you are like an entity in the conscious mind. But the subconscious mind is just like a machine, it records, pushes a button, and plays back. So if you are trying to talk to the subconscious as if there was somebody in there, it's frustrating because there is nobody in there to listen.

That's not how the subconscious changes and that's why most people have a lot of problems and get mad at themselves when it doesn't change. Well, that is simply not how it learns.

So the two minds learn differently. The conscious mind is called creative and can learn by reading a self-help book or going to a lecture, watching a video, or reading an article. It is creative, it goes, "ah, I have an idea, now I change my mind."

The subconscious mind is a habit mind. And the most important thing about a habit mind is that you don't want it to change very quickly, because otherwise, habits fall apart. So it is resistant to change.

That is the first thing we have to realize. It is not as easy to change as the creative mind. So how do I change my subconscious mind? How does it learn? Number one:

In the first seven years, the mind is operating in a low vibrational frequency like hypnosis. So that is one way of changing the program. Number two: After you are seven you form habits by repeating something over and over and over again. Practicing, repeating, practicing.

An example: If you read a self-help book the conscious mind understood it, but the subconscious mind learned nothing from it because you only read it once and this is not how it learns. If you repeat the message of the book over and over and over again and behave that way, then the subconscious mind will learn a new behavior.

So it is about habituation, where you make a practice out of something, every day and repeat it over and over again. So these are the two main ways, hypnosis, and habituation.

Then there is a third way now which is new and is called energy psychology. And it activates the brain to be in a state of super-learning. If you engage in super learning, you can rewrite subconscious programs in about 10 minutes.

Something you have had your whole life can be rewritten in 10 minutes! Now there are a bunch of different techniques, but they function all in about the same manner.

It pushes the record button of the subconscious mind so you can download new data very, very fast. On my website www.brucelipton.com under resources, there is a list of about 20 different energy psychology processes all of which are effective and can help rewrite subconscious beliefs in a short period.

War



[PDF](#)

The definition of war is as follows. A state of armed conflict between different nations or states or different groups within a nation or state. Emotionally we are still in the kindergarten stage of emotions. Many of our leaders are spoiled brats.

The world is still in a tizzy that Russia attacked Ukraine. Just think one person can cause so much chaos. How can he sleep at night when an entire country is going through hell? How would he like it if another country invaded his country and rainfall of ballistic missiles rained upon him? Not only that but a caravan of troops in tanks forty miles long was approaching his capital.

Let's keep this simple. Either we stop fighting each other or we will blow ourselves up. It's as simple as that. Mind you there have been plenty of civilizations out in the universe that has done that.

Only we can solve this puzzle. The only savior is humanity saving itself.

Draconis



[PDF](#)



Once upon a time, there was the land of Draconis the land of dragons.

All story tales start with once upon a time. I started this once upon a time yet I'm going to have to change what I said.

In the world of dragons, there is no time and no space. This world has been existing for literally trillium of years.

Way before our universe has even been conceived the world of dragons existed.

Our universe is only around 15 billion years old give or take a few billion years.

The dragon world has been around for trillions and trillions of years.

Our present-day universe is only a blink of an eye in eternity.

Many people say this is all fiction. This is all a figure of your imagination. This is coming from your subconscious mind.

Did you know your subconscious mind runs the show in your life? 95% of your actions are dictated by your subconscious mind.

It is literally running the show and yet we think we are running the show.

My brother John and I were discussing the dragons. Even Carl Young put his two cents in and said that dragons are an archetype symbol for humanity.

My twin brother John chipped in and said dragons are the symbol of enlightenment. I like that. I'm going to steal that.

Just think about this. The entire universe and the entire creation are going from darkness to light.

Everything is changing and morphing. Civilizations come and go. They disappear like the thief into the night.

The same challenges we have of going from darkness to light the dragons had many many moons ago.

They went through there tumultuous times. They almost destroyed themselves.

Just take a look at my book dragon tales and see the transformation of the dragons going from darkness to light.

The western dragons never changed and never matured and therefore in the end they were shot down one by one by the dragon hunters.

In the east dragons is a precious symbol that can be seen throughout the far East. Dragons represent hope for mankind.

Can you imagine if you were created trillions of years ago and you practice the art of meditation and self-reflection for trillions of years?

What kind of wisdom do you think you would have? You would be humble because you know you can never rest on your laurels.

One must be humble in the face of the vast universe.
Many of the great masters were trained by dragons trillions of years ago.

It's funny you've been trained by a dragon for trillions of years and yet you are born on planet Earth. It is almost like you have to start all over again in your learning process.

I find that quite fascinating. The great masters learn how when they go to sleep to go to the world of the dragons and simply rejoice in the silence that is there.

Modern-day scientists would probably say this is the quantum field. In that field are perfect peace and perfect bliss!

Each one of those great masters had vast problems to face during their day.

Mankind truly doesn't like someone to recommend to them how to improve their lives.

The theme don't tell me what to do is prevalent. This is still true today.

At times you could use the state of the chaotic world to your advantage. I have been there and I have done that.

When one sees this world as chaotic one looks for a way out of the situation.

The cabalist says to have your feet on the ground and your head in heaven.

This is what the dragons teach. It is the same thing trillions of years ago and today.

Mind you they didn't have the means to create things with their arms. But they did have the means to create anything with their minds.

The mind is either your best friend or your worst enemy.

Currently, in the world, I would say it's our worst enemy. I look at the state of the affairs today and it doesn't look good.

Yet I also see the other side of the coin. Millions of people are waking up from their slumber.

These are exciting times. Even if you believe in dragons or not, that is not the point.

The point is you are the piece of the puzzle.

If you want this world to change for the better, you must become part of the solution.

You are either the problem or the solution.

You can't sit on the fence any longer.

The world is going through extremely difficult times. We must learn the principles of being in harmony with the earth and the universe.

We must stop being consumers of this land and be protectors of the land.

We are sawing off the branch we are sitting on. We are oblivious to the actions that we take daily.

We are in the video game of life and yet we don't even know this game exists.

The dragons and the Great Masters have been playing this game for trillions of years.

You have been playing this game for trillions of years.

The sad thing is when you come down to earth you forget all the knowledge and wisdom and play the silly game of life.

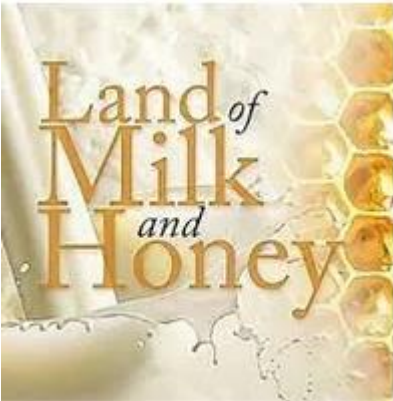
One gets so involved in the video game of life that they forget the jewel exists inside of them.

This game is quite easy to play if you know the rules and you practice them daily in your life.

What an opportunity to connect to the source that is keeping you alive.

Welcome to the world of dragons. You are blessed if you embark on this precious journey.

[Land Of milk and honey](#)



[PDF](#)



I am in a state of awe. Signpost of God all around us and in us.

We are so busy texting on the freeway of life that we don't even see the signs that are everywhere.

A while ago my brother John sent me a link called Christ oil.

I'm truly interested in seeing all the various alchemy practices that exist around the world.

This human body is so intricate and yet the secrets are all around us. The secrets are in clear sight if you are open-minded.

One of my main mottos is you are your own chemistry set.

Nothing can be further from the truth.

Your life is created by the chemicals that only you produce.

Nobody else produces these chemicals for you.

Well, maybe when you take Western medicine you take a drug that has side effects.

Yet every single thought you have a chemical gets released into your bloodstream. This has been documented by scientists in the last 20 years or so.

I find it fascinating that we see less than 1% of the light spectrum. Yet we think we are so advanced.

Look at the world today and you will see we are off balance. We need to recalibrate all the systems externally and internally.

We are a ship without a rudder.

Yet, this human body contains the operating system, hardware, and software.

They have been there all your life

The problem is we have never turned on the computer.

We look for more happiness externally. You can look for trillions of years and you won't find it.

That is a fact. Western science has come so far in the last 20 years. They have mapped out the mind-body connection. So much incredible work is done in this field.

This book will go through the systems that have been taught for thousands of years and the latest scientific research on this subject.

I'm amazed by the different processes, that produce sublime chemicals in the human body.

It seems to me the entire universe exists inside of you.

Guru Nanak once said everyone knows that the ocean contains drops of water. But only a wise man understands that one drop contains the entire ocean.

Welcome to the mysteries of the universe that exists inside of you.

Each one of the systems is so incredible and marvelous. Just think the map of the universe exists inside of you and what are you doing about it?

Most of us are so locked into our day-to-day routines that we never stop for a moment.

Only through entering silence cCan one understand what I'm
talking about.

This is not a theory.

There is so much hope today. Dr. Joe's Dispinza said recently that only 10 years ago most of his audience just wanted to have theories or philosophy.

Today the times have changed and people want a direct experience of the quantum field.

Scientists are being blown away because they see firsthand with the latest scientific equipment what is occurring in the room.

Miracles are occurring yet are they miracles? Scientists discover that so many unknown and unique chemicals get released into the bloodstream and thereby cure illnesses that have troubled the individual for years.

We are on a precipice where we understand the quantum field and our relationship to it.

In essence, we are all one. The goal of all the systems that I have studied said the same thing.

Mind you they had a different process yet the results are one and the same.

We are all scientists and mystics. This is our true nature. The laboratory exists inside of you.

You can morph and change if you like. The tools are out there today.

Many of these tools in the past were forbidden for the common man to have.

The times have changed. The world needs to unite.

If we don't unite then we will go down the rabbit hole that we are on.

We are sawing off the branch that we are sitting on.

We have unsurmountable problems in this world today.
With any problem, there is a solution.

You are a piece of this puzzle. You are needed to put your
piece of the puzzle into the puzzle of life.

The goal of any civilization is to go from darkness to light.

When a civilization refuses to embrace the light over time,
that civilization will simply disappear and never return.

War is obsolete. It has always been obsolete.

The reason we go to war is that we don't know our true
nature.

We have not tamed the mind. The mind is the most difficult
thing to conquer in this universe.

We are at a kindergarten level when it comes to our state of
mind.

Mind you, a kindergarten is more innocent and pure than our
state of mind.

The days of bullying, mocking, fighting and all sorts of
chaotic behaviors are over.

We can change for the better. As I said, many times before
the chemistry set lies inside of you.

Take a look at your actions. Take a look at your emotions.
Take a look at your thoughts

By doing so you will see practically the results in your affairs
with this world.

Your emotional state and mental state determine the actions that you take in life.

Just think if you are unhappy and you think if I become a billionaire I will be happy.

Yet you may acquire a billion dollars, but in your present state of unhappiness, you still will be unhappy with a billion dollars.

A billion dollars brings another set of problems more profound than you ever imagine.

Happiness is a state of mind.

If you think that happiness exists externally then you will be unhappy for the rest of your life

The wise man contemplates and ponders over the meaning of life.

The ignorant man just goes on his merry way without ever questioning the meaning behind these words.

I'm not sure why man is so lethargic in life. Shouldn't this be common sense?

Man has been in strife for thousands of years. Yet we keep doing the same thing over and over and over again.

We are getting strangled by our technology. Our technology is supposed to make life easier.

Instead, it makes life more complicated. For example, people are married to their phones. There used to be a fine line between your working life and your personal life.

This is no longer the case.

Technology is placing us in a box where we are trapped in.

I find it fascinating that the mass social media organizations realize that we are own chemistry sets.

Unfortunately, they hire the brightest minds today. Their goal is to make you addicted to their platform so they can make more money.

They purposely cause you to be more addicted to their platform than a cocaine addict.

I am not kidding you when I say that.



I have written a book called Pandora's box which explains this in more detail.

The science of discovering your inner chemicals lie inside of you.

Every single moment you are either creating chemicals that are good for you or chemicals which will ultimately kill you.

This human body can live much longer than we think.

At times I think it is a miracle that we are still alive today

In the United States, we spend more money on health care than any country in the world

Each year we have to spend billions more. Each year the population is getting sicker and sicker.

Almost everyone is pre-diabetic and not knowing it. A. Ticking time bombs exist inside of us.

We have lost touch with nature and the universe. Many people would probably say who cares.

Well, the more a society is distant from nature and the universe the more chaotic the society will be.

Common sense is uncommon and yet we think we have common sense.

We are wearing blinders over our eyes then we think we can see clearly and properly.

[Is The West Coast Dying](#)



[PDF](#)



Seattle is Dying | A KOMO News Documentary

KOMO News ✓ 13M views

KOMO Anchor Eric Johnson takes an in-depth look at the impact the drug and homelessness problem is having on our city and possible...

A few months ago my wife Barbara said let's watch this YouTube video called Seattle is dying.

This YouTube video had an incredible effect on us. I started thinking this is not only Seattle's problem but the entire West Coast.

My daughter Aleia lives in a small town in southern Oregon. They also have the same homeless problem there. Mind you millions of dollars are being spent to try to solve this problem.

I decided to start from Vancouver Canada and work my way down to Southern California.

This problem exists all over. This problem exists in our entire country.

I started to research to see what other countries are doing with this problem.

I found out that the Scandinavian countries' mission for the last 10 years is to severely reduce homelessness in their countries.

For example, Norway has reduced it by 60% in only 10 years. Norway makes it a provision in its constitution that having a place to live is a birthright.

I work on many different fronts. In the past 10 years, I've always been interested in the happiness index for rating countries around the world.

Each country is rated on the state of happiness of the citizens.

I find it quite fascinating that the Scandinavian countries are the number one in the world. They take up the top 8 out of 10 spots. Israel and New Zealand are among them.

The United States was 19th on the list.

It seems to me the higher a country is in the ratings, the more progressive the social programs are.

The Scandinavian countries are extremely innovative when it comes to education, housing, and prison reform.

How would you like to go to school and never get homework? Kids would love it!

Many Scandinavian countries do this and yet they are the most educated kids on the planet.

In our country, we burn out kids so that consequently there is no joy in learning.

Competition is the greatest force that they use. You are fighting against your fellow students to obtain success.

The Scandinavian countries believe that cooperation with one another is the answer

Big difference.

When it comes to prison reform. The United States prison system is built by for-profit corporations. The longer you are in, the more money they will make.

They have no incentive for you to rehabilitate. Punishment is their means.

The Scandinavian countries take another approach and it is not through punishment.

It is teaching a man how to fish. It is teaching a man to learn the tools to succeed in society.

They take a humane approach. They take an approach of dignity. They believe if you treat someone with respect they will treat you with respect.

Inside our prison systems in America, there is a war between the prisoners and the prisoner guards.

Not only that, but prisoners fighting one another.

In that kind of environment. No wonder when they get out they return to prison.

They don't have the skills to be good human beings in society.

There is a saying that the more you pay to something the more attention it pays to you.

In the United States prison system, it is designed against you to heal oneself.

I hope you enjoy this book and will ponder it over.

There are many lessons for us to learn.

Without kindness, you may have the greatest plan, but it will fail if it is done without kindness.

Kindness is the foundation of life.

If you want to see what a lack of kindness does in our society, take a look at the homeless epidemic in America today.

We are the richest nation on earth and yet one out of every 30 children is living in the streets.

What does that say about our priorities?

We spend around 60% of our budget on the defense industry.

We seem to put more emphasis on war than on helping our fellow man.

The United States has lost touch with its citizens.

The Scandinavian countries still have their problems. They are striving to overcome them practically and consciously.

In the United States, the top political officials pay only lip service to this.

It seems to me they make laws that benefit the rich.

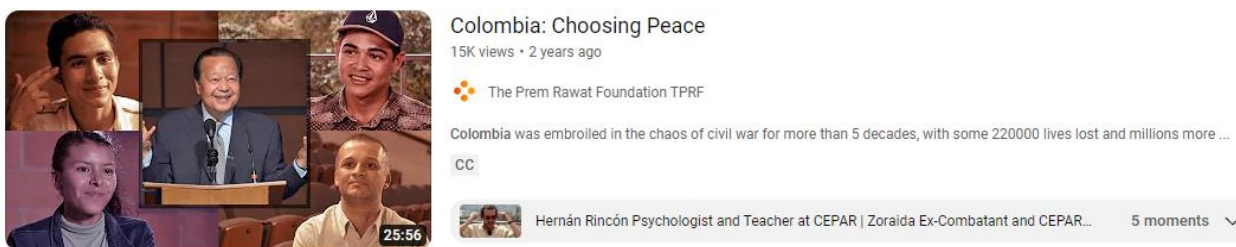
The following YouTube video comes from the peace education program, a worldwide program dedicated to bringing peace. This is a highly successful program in our prison systems around the world today.

It is quite innovative and highly successful in the outcome.

Many prison systems today are using this program to help solve their problems.

Columbia for decades has had two rival gangs fighting. This has led to too much bloodshed in the country.

This program helps them to reconcile their differences and put their weapons down.



The Eighties



80s Greatest Hits - Best Oldies Songs Of 1980s - Oldies But Goodies

6.3M views • 1 year ago



Music Memory

80s Greatest Hits - Best Oldies Songs Of 1980s - Oldies But Goodies 80s Greatest Hits - Best Oldies Songs Of 1980s - Oldies But Goodies



The eighties was a time when I learned how to have my feet on the ground and my head in heaven.

I got married in 1979 and had a beautiful daughter named Leilani.

I'm so proud of her. Her husband is from Egypt and she has three wonderful daughters.

She has embraced the Muslim faith. Her husband is a jewel. They have an incredible sense of dignity, humor, and love in their life. They live in South Carolina. Leilani loved the ocean.

At two years old we would boogie board. We would catch a wave and she would hold on to me. We loved it. She learned the beauty of the ocean.

She learned how to love different ethnic cuisines. Imagine at two years old loving Potato Subji. Our favorite restaurant was Shu Shin a Japanese restaurant.

Leilani's favorite was an eggplant dish with incredible miso-like sauce.



We would love when we got back from the beach to visit the Athens juice bar. They would make incredible fresh juices. Our favorite was homemade fresh Pina Colada.

I went back to school and learned about writing software.

This was love at first sight. I could develop an incredible piece and software starting from a blank slate.

Through trials and errors (fixing bugs) a product then is used to make things easier to get its job done.

I was a software engineer for the Miami Beach department. I have incredible memories of working there. I'm still in contact with some of my former co-workers. They loved the work I performed.



During this time there was a cocaine epidemic in South Florida. Every day huge amounts of cocaine were stored in the Miami Beach Police department.

I developed a Property Management program where all evidence was logged into a computer program. I could provide many different kinds of reports that were useful for the Police department.

The police were very nice and appreciative of my work. I developed programs that made their life easier.

I wrote a crime analyst program during this time. President Carter during the Mariel refugee crisis allowed many Cubans into the United States.



Consequently, Fidel Castro set free many prisoners from his prisons. Crime skyrocketed in Miami Beach. I wrote a program that keeps track of and reported on many different aspects of crime.



I developed a Pawn Shop program. Imagine someone broke into your house and stole some jewelry. They will try to pawn it at a Pawn shop. Miami Beach had a new law where any items which came to the pawn shop had to be registered with the program I wrote. We then could identify any item which was to be sold with any item that was stolen.



R E O Speedwagon Greatest Hits Full Album - Best Songs Of R E O Speedwagon Playlist 2021

449K views • 1 year ago



ROCK MUSIC COLLECTION

R E O Speedwagon Greatest Hits Full Album - Best Songs Of R E O Speedwagon Playlist 2021 R E O Speedwagon Greatest Hits ...

4K



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, FORTRAN, and COBOL. I always knew I was going to be involved with Computers. Even at a young age, I


```

380 type(json_val) json_val
381
382 // Force the components to be stored sequentially
383 // (as in JSON, the order of the variables below
384 // is significant to avoid the misaligned field warning)
385 sequence
386
387 // For the linked list:
388 type(json_val, json_val) previous => null()
389 type(json_val, json_val) next => null()
390 type(json_val, json_val) parent => null()
391 type(json_val, json_val) children => null()
392 type(json_val, json_val) tail => null()
393
394 // Variable name:
395 characterkind-CX, len-1, allocatable :: name
396
397 // The data for this variable:
398 real(80), allocatable :: dbl_value
399 logical(40), allocatable :: log_value
400 characterkind-CX, len-1, allocatable :: str_value
401 integer(80), allocatable :: int_value
402
403 integer(80) :: var_type = json_unknown // variable type
404
405 integer(80), private :: n_children = 0 // number of children

```

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.

The nineties



Back To The 90s - 90s Greatest Hits Album - 90s Music Hits - Best Songs Of best hits 90s

13M views • 1 year ago



Music Express

Back To The 90s - 90s Greatest Hits Album - 90s Music Hits - Best Songs Of best hits 90s Back To The 90s - 90s Greatest Hits ...



During the nineties, our family moved to Maui. I got a job working for the Haleakalā Observatory. Boeing was the subcontractor.

The air force operates the Maui Space Surveillance Complex. The air force was tracking space debris and satellites. One of my first

projects was a dome automation system.

Imagine at midnight we would have a dome operator which would have a switch to move the dome clockwise or counterclockwise. During the winter it would get extremely cold.

The operator would be wearing a snowsuit. At times during an important pass, they would doze off and fall asleep. I was instructed to automate this process.

My friend Paul was charged with the overall hardware design and I was assigned to the software side. The program was written in C++ which I was not familiar with.

Anyway, we had a short timeline to pull this off. Paul and his crew installed bar code readers around the dome. We had an IBM Pizza box that we used.

The basic formula was we had to take the AZ, POL, and Dec positions and calculate where the dome should move to.

At times we had to force the dome to go super-fast and when we got to our destination we had to slow down and they stop. We had to make fine adjustments along the way.

When we first tested out this system we would hear a hum when we were stationary. We quickly fixed this.

The system was installed on time. The system was so successful that we had another dome that was requested to have the same software and hardware installed.

Here's a photo of my surfing buddy and co-worker at the Observatory Bob Brem. He has a mentor for robotics at Baldwin High School.

Here's a funny story. Around 2018 I called my friend Bob Brem. He told me that one of the systems was still up and running. The system was built in the early nineties. I have since learned it has been decommissioned.



Programming mentor Bob Brem poses with Baldwin Robotics students and their robot during last year's FIRST Hawaii Regional Competition in Honolulu.



I remember one day I went up to the Observatory and they were looking at a tape from the past evening. The last evening a UFO was spotted on Maui. It was reported on the evening news. Several of the people who investigate this kind of phenomenon had no clue

what the object was. They said nobody on earth makes anything like this.

I had a couple of close surfing friends who worked there. We worked 4 ten hours a day. This included drive time. The ride up the mountain was incredible.

As you drive up you can see both sides of the island. Rainbows would appear and disappear. We would drive in vans and take turns driving.

One of my bosses was a surfer so on good days we would go surfing and then drive up the mountain. Because it was an observatory no light was allowed.

Imagine coming home and seeing thousands of stars. We would listen to Hawaiian music.

My favorite singer was Israel Kamakawiwo'ole. I saw him in concert twice and listened to him on the radio. He played the ukulele and had this voice from heaven.

His medley of somewhere over the rainbow/what a wonderful world is famous worldwide. It took time to get to know the Hawaiians. As I spent time with them they would open up and become my friend.

Many of them seemed to not care about you but in time they open up their hearts to you. I loved the Hawaiian spirit. They are a culture of family and friends.



Somewhere Over The Rainbow_What A Wonderful World

37M views



Israel Kamakawiwo'ole - Topic

Provided to YouTube by The Mountain Apple Company Somewhere Over The Rainbow_What A Wonderful World · Israel ...

Surfing was a way of life for them. The ocean was in their blood. Whether people believe it or not they descended from the Lemuria which was the first ancient race.



Many of the Adam and Eve concepts come from this ancient culture. To this day the magic and mana continue. Many of the kahuna to this day believe in Lemuria and its ancient culture.

One of my favorite surf spots was Paukukalo near Wailuku. It is a river mouth reef break. One day I surfed it in the morning and it was 4-6 Hawaiian.

The Hawaiians measure the wave by the back. So a 4-foot wave to them is two feet. Anyway, the swell then went to 6-8 feet and then 10-12 feet.

The waves were so large that when they broke the ground would shake 25 feet below. I remember that one huge set came in and I was in the right place at the right time.



I paddled hard and I dropped in easily. I did a bottom turn and this huge wave tunneled over me. I was riding with pure delight. My friends were in the channel

paddling and they were screaming with joy at what they were seeing. It was probably the best wave of my life. It took a long time to make it to shore. When I did many of the surfers wanted to kiss the ground because of how large it got in such a short period.



My family loved Maui. We lived in upcountry Makawao. You didn't need air conditioning or a heater. Where we live we had a huge avocado tree, bananas, oranges, and passion fruit.

We lived in Maui for 6 magical years.

01. Uila E
02. Somewhere Over The Rainbow
03. White Sandy Beach
04. Wind Beneath My Wings
05. Kaulana Kawaihae
06. Hawai'i '78
07. Kamalani
08. La Elima
09. Opae E
10. In This Life
11. E ala E
12. What A Wonderful World
13. Hawaiian Like Me
14. Hi'ileawe
15. Maui Hawaiian Sup'pa Man

The Very Best Of Israel Kamakawiwo'ole - Israel Kamakawiwo'ole Full Album

24K views • 11 months ago

Phedra

The Very Best Of Israel Kamakawiwo'ole - Israel Kamakawiwo'ole Full Album Tag: Israel Kamakawiwo'ole, Israel ...

Hawai'i '78

735K views

Israel Kamakawiwo'ole - Topic

Provided to YouTube by The Mountain Apple Company Hawai'i '78 · Israel Kamakawiwo'ole Facing Future © Mountain Apple ...



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 at 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 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.

A Comprehensive Guide to Products and Services www.Onmaui.com

 History & Culture	 Valley Isle Weddings	 Entertainment & Events	 Virtual Towns Virtual Malls
 Shopping Maui Style	 Convention Services	 Business	 Real Estate
 Gallery Hopping	 Places to Stay	 Classified Ads	 Ecology Non-Profit
 Golfing Maui	 Activities & Services	 Restaurants	 Education Center

[On Kauai](#)
[On Oahu](#)
[On Molokai](#)
[On Lanai](#)
[On Hawaii](#)

Our favorite Sites

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



HAPA Mix (1992 - 2005)

7.3K views • 1 year ago

 Ka Lāhui o Hawai'i Nei

Hapa originally consisted of Barry Flanagan and Keli'i Kaneali'i. When this duet split, Nathan Aweau joined Barry Flanagan as the ...



THE ISLAND Music Video by ALLAN THOMAS

2.5K views • 12 years ago

 MauliFilms

In the early 1990's after returning from a trip to Hawaii, I heard "The Island" playing on KTWV (The Wave) in Los Angeles and was ..

Charles Schwab



Senior Staff Web Developer, 1999 to 2009

Charles Schwab, San Francisco, California

Developed, maintained, and upgraded cutting-edge financial industry software.
Created .net web-based software for operations and brokers.

Charged with all phases of development including database design, stored procedures, and jobs.

PAT

Lead Developer

Built program called PAT which tracks all Transfer of Authorization (TOA's) going out for a Broker when they leave the company.

Each broker signs an agreement saying they won't take any clients with them when they leave the company. This program tracks all ex-employees for a certain period depending on their warning level. It will send out an email when the threshold is met.

The legal department has used this tool for bringing lawsuits against ex-employees who have violated their contract.

Built a series of reports using MS Reporting Services that they use daily. C#, .net 3.5, Team Foundation Server, JavaScript, AJAX, MS SQL, Teradata, Sharepoint, Visual Studio

This software project has resulted in Schwab not having to go to court to protect its clients.

PAR Letters

Lead Developer

Generated custom letters to be sent out for various rate changes. Built first a custom tool where the broker had to custom build the letters. The second phase automatically creates the letters from a database job.

This system saves Schwab 40 hours a week in input alone in the San Francisco office. No longer does a rep need to input the letters. C#, MS SQL, Sharepoint, Wiki, .Net 2.0, Team Foundation Server, Visual Studio 2005.

Pricing Desk

Lead Developer

This program tracks in a queue all pricing changes requested for a client and is part of a web-based software tool on each broker's desktop. Each request is reviewed by the Pricing and Analyst team for approval. C#, MS SQL, Java Script, Web Services, Sharepoint, Wiki, .Net 2.0, Visual Source Safe, Visual Studio 2005.

Business Calculator

Lead Developer

This is a tool utilized by the Brokers to calculate naked, spreads, and straddle and is a part of each broker's desktop tools. It was developed in JSP, Java, Java Script, and Web logic server. Converted Calculator to c#, Java Script, Sharepoint, Visual Studio 2005, .Net 2.0.

RPM program

This program calculates how much Schwab makes for each account. If a client calls for a discount this tool displays around 30 key areas displaying how much profitability is made on the account.

As the Co-developer of this program won a prestigious award presented by Charles Schwab himself. C#, JavaScript, AJAX, MS SQL, Oracle, Teradata, Sharepoint, .Net 2.0, Visual Source Safe, Visual Studio 2005.

[Stock Market Game](#)

Developed a stock market game using Java and web logic. The game was used to determine a person's portfolio in real-time. This game was used to see who the top teams in Schwab were and the top Brokers.

Each player was given \$100,000 of play money and over three months Schwab could see who was the winner and all strategies used Java, web Logic, JSP, and JavaScript.

[Dan Villarreal, CSM, PMP](#)

Sr. Program Manager, Vice President at Bank of the West

I worked with Richard on several critical efforts at Charles Schwab. Richard was the primary developer and contact representing his technology group on the projects I managed.

He was adept at interpreting the business requirements, which were often in flux. Richard could be relied upon to foresee the potential risks and helped us to mitigate them before they became an issue.

Most impressive about Richard was his ability to work independently relying on his research to find the right sources of data in a highly complex organization.

The result was that Richard developed a brilliant tool that allows Schwab to stem a historical asset attrition issue that was costing the firm tens of millions of dollars.

March 5, 2009, Dan worked with Richard at Charles Schwab

[Maurice Wright](#)

Creator of Things at MWright - portfolio.mwright.com

Humility and intelligence are the first two words that come to mind when I think of Richard Fletcher.

We worked together on the same development team for several years. In addition to his affable nature, what sets Richard apart from other developers is his discipline in coding.

Whether it's documentation, technical project management, or coding itself, Richard is better than anyone when it comes to identifying and implementing the shortest, most efficient path from point A to point B.

February 20, 2009, Maurice worked directly with Richard at Charles Schwab

Wynne Shaw

Council Member - Lone Tree City Council District 1

Working with Richard and his web development team was a breath of fresh air.

Richard worked with me on several web development projects over 5 years. He asked the right questions, was able to converse in easily understood terms with me (saving more technical developer language for his team), and always found ways to find a creative solution to address our needs.

The results Richard and his team delivered allowed for significant productivity gains across multiple business units.

February 15, 2009, Wynne worked with Richard at Charles Schwab

Paul Bishop

Senior Software Application Engineer

I have had the pleasure of working with Richard for 8 plus years, and can't say enough about his contributions to the success of our team.

Richard has a tremendous work ethic and produces quality solutions that usually exceed the expectations of the business partner.

Richard has been a consummate team player and is very quick to offer his help and extensive programming knowledge to others in any capacity.

Additionally, he can easily grasp the needs of the end users and quickly deliver top-quality, high-impact applications utilizing the most current technologies.

I would recommend Richard to anyone looking for a proven top-level performer.

February 12, 2009, Paul worked directly with Richard at Charles Schwab

Eric Wood

Software Application Engineer at Charles Schwab

I have worked with Richard closely on the same team throughout the last nine years or so.

His extensive experience coding and his ability to understand the business make for an excellent combination.

In addition, during my time working with him, I have known him to be a person of integrity and intelligence, as well as someone who brings a positive attitude in his daily efforts!

Richard has made a strong contribution to our programming team and I recommend his work in this capacity

February 9, 2009, Eric worked directly with Richard at Charles Schwab

I worked for Charles Schwab for almost 10 years. They laid off around 12,000 in 10 years. I love my job. It was extremely creative.

I won various awards and even was presented one by Charles Schwab himself. There was a great team that I worked in. Unfortunately, I survived 10 out of 11 layoffs.

My last project saved the company millions of dollars everyone who worked on that project got laid off. I was given a very generous severance package on the condition I wouldn't sue over age discrimination.

I spent a few weeks looking for a job find this job below. I worked on this project for around 6 months. This software was written for the salesman at Panasonic.

Imagine the salesman going to Walmart and they would have a software program where they would have sales projections for the various items Panasonic would sell.

There were many different factors involved. I created a temporary data storage where when the salesperson went to a Starbucks they could upload their business to the online server.

Unfortunately, this was during the recession. Panasonic lost over a billion dollars in a quarter and the project never got released. I was laid off <grin>.



Extreme - More Than Words (Official Music Video)

OfficiallyExtreme 624M views

REMASTERED IN HD! 25th Anniversary Deluxe Edition of Pornograffitti available here - smarturl.it/ExtremePCD Music video by Extreme performing More Than Words. (C) 2004 A&M Records...



Bee Gees - How Deep Is Your Love (Official Video)

beegees 470M views

Bee Gees official music video for "How Deep Is Your Love" from the Saturday Night Fever Soundtrack, now remastered in HD. Subscribe for more videos: <https://beegees.lnk.to/subscribe> Watch...

Plexis and Stillhead

Senior Staff Web Developer, 04/2009 to 11/2009

Steelhead Advertising, Ashland, OR

Lead Developer

Created a forecasting desktop application for Panasonic. Using Flex, MS SQL, SQLite, Web services, and PHP.



I loved working with Plexis. My salary went down by half of what I was making with Charles Schwab. I worked with Chris Facey who was from Canada. He was a bright young guy and a pleasure to work with. Every day we would take walks around town.

Software Engineer, 11/2009 to 03/2011

Plexis Software, Ashland, OR

Building next-generation medical insurance prototype software using Adobe Flex, Pure MVC, MS SQL, Web Orb, and web services. Developing common-based code for desktop and web applications.

Developing and maintaining 800 thousand to 1 million dollars medical insurance software program. Working in c# and Visual Basic.

Built a claims web portal in Microsoft MVC. Using Microsoft Entity Model and LINQ to SQL. Built WCF services.

Convert Quantum Choice application to be 508 compliant.



Anilah - Medicine Chant

10M views • 8 years ago



ANILAH

Learn more about ANILAH go here: www.anilah.ca

Download ...



Kansas

USDA RMA



During my time at Plexis, we sold our house. We made a decent profit. About 5 years before our house jumped from 340,000 to 600,000 in two years. Crazy.

The Ashland market was dictated by the Northern California market.

Wild mood swings which unfortunately exist today. In Ashland, 3 percent of the market is not rented out. Rents have skyrocketed.

One day I get a phone call and I was asked "Do you want to do a phone interview". I said sure why not.

Anyway, I did this interview and about 30 minutes later my wife said you got the job and I said what job? This is how we ended up in Overland Park Kansas.

I'm not sure how stable it is being a government contractor for the government.

If you are a government employee your job is secure. If you are a contractor well here's my story.

I was in charge of maintaining a program where once a week various livestock insurance was being sold.

For example at 10:00 Central on a Tuesday the doors would be open to accepting live orders. We should have around 3 million dollars of insurance before the money would run out.

My job was to make sure the doors were open exactly on time and not a minute before. It was exciting to watch. It was like a mini stock market.

Anyway, in March 2013 the government was having financial problems and I got laid off.

[Mike Reed](#)

Lead Engineer Software at the Sunflower Group

Richard is highly experienced and dedicated to working with the latest technologies to maintain his edge. He has a strong ability to translate business requirements into practical solutions. While Richard and I were never working on the same team, our team needs to cross several times, and I could trust that when Richard was involved the job would get done and it would get done right. Richard is also a good soul. The type of teammate you value both personally and professionally.

March 29, 2013, Mike worked with Richard at Kforce

[Software Engineer, 04/2011 to 04/2013](#)

[Kforce](#)

Contractor for SAIC. Working in C#, reporting services, and MS SQL 2008.

Worked on buying insurance policies for the USDA. Also worked on a program to track delinquent buyers of crop insurance.

Presently working on eDAS an online program for buying livestock insurance from the USDA.

Built a file watcher program that monitors files coming in to denote starting times for AIPs buying livestock insurance for farmers.

Automated a manual authorization process that allows AIP agents to modify key data with a special key. This was a time-consuming process that involved different groups inside the IT departments.

Received security clearance.



Kansas Greatest Hits Fan favorite Songs

236K views • 2 years ago



Arin Mn

Kansas Greatest Hits : Kansas - Carry On Wayward Son Kansas - Away from You Kansas
Can I Tell You Kansas - Dust in the ...

Heartland Crop Insurance



Well, I got this job in a few weeks. Heartland crop insurance is the agent who is responsible for paying claims to farmers. I was there only for a short period. In October of 2013, Ted Cruz and his crew shut down the government for some time. Usually, claims are paid 50% by the government and 50% by the agent. In October, the government stopped paying its bills. Well, guess who got laid off?

Software Engineer, 04/2013 to 10/2013

HeartLand Crop Insurance

Contractor for Heartland Crop Insurance.

C#, MS-SQL 2008, Nhibernate, Silverlight, Caliburn micro framework, WCF RIA Services

AR Payments

Developed AR Payments system to track clients' insurance payments. Developed the back-end portion of inserting and updating data from the UI to the database.

Commissions

Created both the front end and back end to create a batch of commissions for specific agencies. Ability to sign off and cut checks.

Lead developer

Interest

Create the UI and backend to generate monthly interest due on all our overdue policies.

Refunds

Worked on the front end and back end to create a refund system.



Celtic Thunder Heritage - Heartland

Celtic Thunder 🎵 15M views

Buy on our store: <https://www.celticthunder.com/shop/> Tour information: <https://www.celticthunder.com/tour/> Stream on Spotify:...



I worked with 3 other individuals with Booz Allen. They were a delight to work with. We maintained a GIS mapping system for all the farms in America.

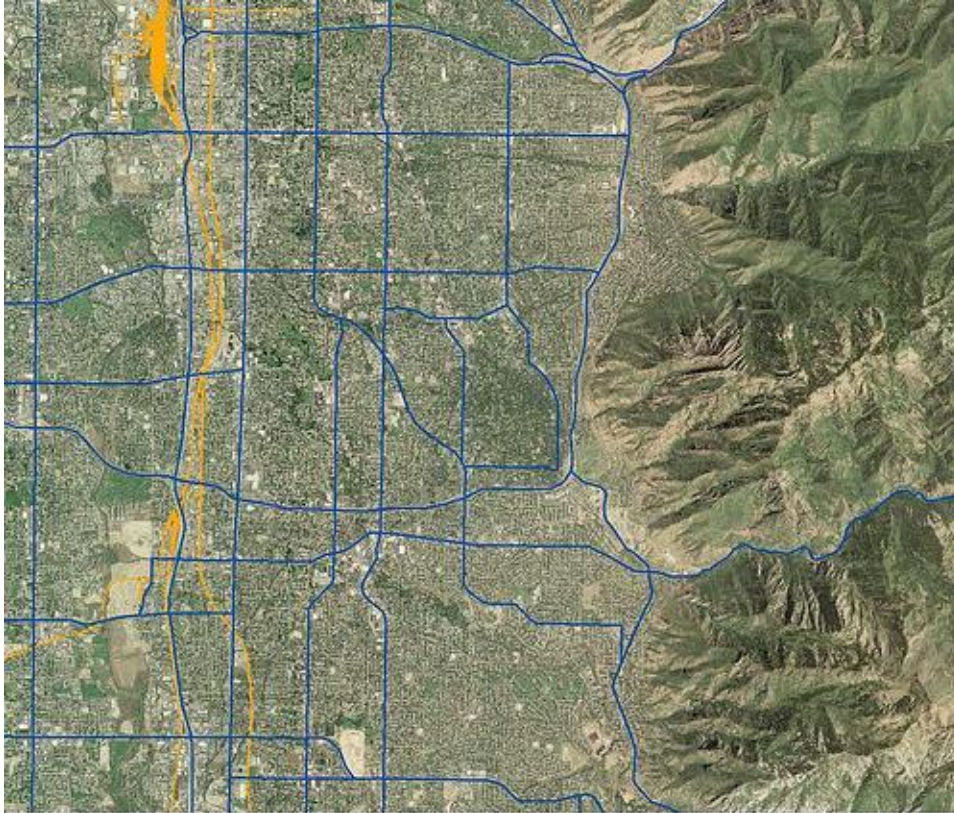
We worked on enhancements and fixing bugs. Our team always looked at the future. Microsoft in a few years was not going to support the browser the USDA was using.

The ESRI GIS was not going to support Silverlight in a few years. We built two proof of concept. One used the .Net technology and the other one was a JavaScript version.

We would have easily finished two years ago. Unfortunately, things don't always work out. The project was stopped and started around 6 times.

Our team went from 4 to around 20. Millions of dollars were wasted. This past year our four-man team didn't have any work to do and we all got laid off.

Now in the ESRI GIS world, there is a steep learning curve. Our team worked incredibly together. If and when this team has to



Roads and Rails dataset layer place on top of NAIP 2006 imagery dataset located in Salt Lake County, UT

develop a new system all of the brainpower is gone. There is no one to support the system.

Software Engineer, 12/2013 to Present

Built a prototype of the new USDA Farm GIS system. Built system based upon HTML 5, Angular, bootstrap, and MVC 5.

C#, MVC 5, RESTFUL web services, ESRI, NAPI Imagery, SVN, Visual Studio 2013, MS SQL, HTML 5, JQuery, Bootstrap, Angular

Maintains and adds new features to the USDA Farm GIS system. This software has GIS maps for farms all across America including Alaska and Hawaii. My job has been to make the software run faster and more efficiently. I also have added more features that the business needed.

C#, Silverlight, RESTFUL web services, ESRI, NAPI Imagery, SVN, Visual Studio, MS SQL

Craig Belser

Contract Applications Developer/Architect

I had the pleasure of working with Richard for two years at the USDA, where he was a core developer on our GIS team. He has excellent talents across multiple technology platforms that make him a well-rounded developer with both breadth and depth.

His ability to offer multiple solutions to every obstacle makes a dramatic difference in the productivity level of our team.

His optimism and determination lead the entire team with a can-do attitude.

Richard would be an asset to any team.

November 8, 2016, Craig worked directly with Richard at Booz Allen Hamilton

G. Todd Comer, ICP, GISP

Explorer

Working closely with Richard during the past few years, he is always eager, and dedicated to any task; indeed, his light-heartedness and eternal optimism ensure a positive work environment and promote cohesiveness within the team. He consistently delivers complete and competent code on time, seeking out peer review to ensure the same, and always accepting and open to suggested changes, even if it means throwing everything out and starting over.

November 2, 2016, G. Todd worked directly with Richard at Booz Allen Hamilton

Ross Short

Associate at Booz Allen Hamilton

Richard is a highly skilled developer with 20+ years of experience. I have been his Team Lead for 3 years. Richard's knowledge of .NET and expertise in development was a huge advantage to our entire team. He put

this skill set to work to remediate code defects.

Along with his undeniable talent, Richard has always been an absolute joy to work with. He is a true team player and always manages to foster positive discussions and bring the best out of other employees.

November 1, 2016, Ross managed Richard at Booz Allen Hamilton



Owner 12/2011 to present whatscookingtreasures.com



Built whatscookingtreasures.com. A worldwide ethnic recipe website that allows the user to use the smartphone as a device for grocery lists and planning meals for the day, week, or month.

Each recipe calculates nutritional information from the USDA database. Capability to search for recipes by nutritional content, author, and many other unique criteria.

One of the only sites on the Internet that will allow the user to search by nutritional content. Added around 100 new ethnic ingredients to the USDA database.

Built site and added over 700 recipes from my worldwide collection of recipes. Built site to accommodate smartphones and standard web applications.

C#, MVC 4, RESTFUL Web services, MS SQL 2012, Java script, AJAX, SOA architecture, LINQ, Visual studio 2012,.NET 3.5



The Byrds - Turn! Turn! Turn!

19M views • 14 years ago



embryonicsoul

The classic song from the 60s band "The Byrds"

See the Latest recipes



How would you like to make homemade cheese with two ingredients?



Recipe of the week

A good cook is like a sorceress who dispenses happiness. — Elsa Schiaparelli



Ethnic Cuisine



This is my pride and joy <http://whatscookingtreasures.com/>. I have collected recipes from my travels from all around the world. During the eighties and nineties, I built a really simple database to hold my recipes.

Years later I worked as a contractor for the USDA. They had a nutritional database that contained all the nutritional information for thousands of food. This database was free to the public. I incorporated this database into my system.

I always learn through the building software. None of my past employers were using MVC a new framework for the. Net platform. So I learned it and used the latest technologies in my product.

Here's some info directly on my site why to register.

Here are some of the benefits. It's free.
Our goal is to provide you with quick and easy tools to assist you in all

areas of cooking. Each recipe has a nutritional label that you can use for a healthy and tasty recipe. Using your smartphone you can have a shopping list for each recipe on hand while shopping at the store. While you are making the recipe your smartphone will help you prepare your meal by easy-to-use directions. Most of the recipes take less than 30 minutes. It's a great and easy way to share and discover new recipes.

Getting Laid Off



Since 2009 I have been laid off 5 times. Before that, I never got laid off. The first time with Charles Schwab was quite a shock. I felt it. I thought I survived getting laid off.

A good friend of mine got laid off early in the morning and it was after lunch I got the phone call. It is ever so common nowadays that companies lay people off.

What is happening in America? Millions of people are getting laid off and their families and lives are dramatically changed. There is no loyalty involved.

My boss who laid me off got laid off when he was a certain age. Probably the person who laid him off will get laid off. Human beings are not some objects who you can hire and fire.

Each human being is precious. Why doesn't America have employees on the board of directors? Why is the entire company directed towards making profits for the shareholders?

Have we lost our sense of morality and ethics in our corporate culture? I can see each time I got laid off it was easier to recover. Been there done that.

Yet do we need to go through this? When I got laid off from Schwab they made a tremendous profit. Is the company more interested in profits than the welfare of its employees?

There must be a balance. Employees are spending more time at work than their families and yet the company still will lay them off. In all the layoffs I have seen I didn't see a real reason to lay people off.

The company could have taken a financial hit without laying people off. I have yet to see my salary equal to what my salary was 8 years ago. So many Americans are going backward in salary while the one-percenters are having huge increases in wealth.



The Byrds - Mr. Tambourine Man (1965)

138K views • 9 months ago

 Classic Hits (Stereo)

1965... #1 Ireland #1 UK Singles Chart #1 US Cash Box Top 100 #1 US Billboard Hot 100... Dylan wrote this on a road trip he took ...

4K

How quantum computing could transform everything everywhere, but not all at once

BY [ALAN BOYLE](#) on April 30, 2023 at 5:45 am



Quantum computing could change our perspective on the cosmos. (Illustration: Harmonia Macrocosmica, 1660 / Microsoft, 2022 / Alan Boyle)

⁶What does quantum computing have in common with the Oscar-winning movie [“Everything Everywhere All at Once”](#)? One is a mind-blowing work of fiction, while the other is an emerging frontier in computer science — but both of them deal with rearrangements of particles in superposition that don’t match our usual view of reality.

Fortunately, theoretical physicist Michio Kaku has provided a guidebook to the real-life frontier, titled [“Quantum Supremacy: How the Quantum Computer Revolution Will Change Everything.”](#)

“We’re talking about the next generation of computers that are going to replace digital computers,” Kaku says in the latest episode of the [Fiction Science podcast](#). “Today, for example, we don’t use the abacus anymore in Asia. ... In the future, we’ll view digital computers like we view the abacus: old-fashioned, obsolete. This is for the garbage can. That’s how the future is going to evolve.”

⁶ <https://www.geekwire.com/2023/quantum-computing-michio-kaku/>

Computer scientists might take issue with Kaku's digital doomsaying — but there's little doubt that quantum computers will transform the field as much as artificial intelligence is transforming it today.

"Quantum computing could very well revolutionize what an Amazon Web Services or Microsoft Azure will want to do for the world in terms of computing," says Louis Terminello, associate laboratory director for physical and computational sciences at the U.S. Department of Energy's [Pacific Northwest National Laboratory](#).

Kaku's assessment of the potential impact goes a lot further: In his view, any problem that involves sifting through a multiverse worth of possibilities will become more solvable once the quantum revolution takes hold. Energy generation and storage, food production, climate modeling, disease treatment and genetic repair are all potential targets for quantum supremacy.

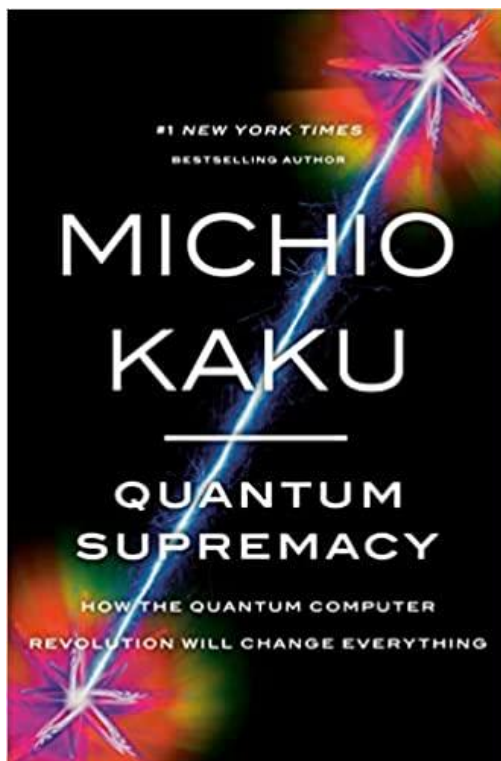
Why is that? In contrast to the rigid one-or-zero approach that serves as the foundation of classical computing, quantum computers would take advantage of the fact that quantum bits — better known as qubits — can represent multiple states when information is processed.

"Quantum computers, in principle, are infinitely more powerful than a digital computer that computes on zeros and ones, zeros and ones, because quantum computers are quantum mechanical," he said. "The atom can spin in any direction. How many directions are there? An infinite number of directions."

Tech titans haven't yet settled on the best basis for quantum computing: Amazon, Google and IBM use [superconducting circuits](#) in their hardware. IonQ — which is [creating a research and manufacturing facility in the Seattle area](#) — favors a technology based on trapped ions. Other companies are taking advantage of the [quantum properties of photons](#), or [defects in silicon lattices](#). And Microsoft is placing its bets on [topological superconducting nanowires](#).

Which technology will win out? Kaku says it's too early to tell.

"How many quantum computer architectures are possible? An infinite number of them," he says. "Now, of course, only a handful of them are practical and economical. But the point I'm raising is that Mother Nature has already devised millions of quantum mechanical systems, and we're playing catch-up to Mother Nature. And so I think that one day, one or a handful of these technologies will dominate the whole field, but we're not sure yet."



“Quantum Supremacy: How the Quantum Computer Revolution Will Change Everything,” by Michio Kaku (Doubleday / Penguin Random House)

Even though full-fledged quantum computers aren't yet ready to prime time, researchers are already trying to figure out how to simulate the quantum mechanisms behind important biological processes such as photosynthesis and nitrogen fixation. Coming up with new molecular methods to perform those tasks could be worth billions of dollars.

“About 1% or so of the world's energy goes to the process to refine nitrogen in the air to create fertilizer,” Kaku says. “But it's very wasteful. ... We need a quantum mechanical Green Revolution.”

On the energy frontier, quantum computers could help engineers design better reactors for generating fusion power — and help chemists design new types of materials for solar

cells and batteries.

Kaku says chemistry is a prime target for the quantum revolution.

“Chemists who do not use quantum computers to model chemical reactions will go bankrupt,” he says. “They'll be out of a job. They'll be replaced by chemists who do use quantum computers. This means all medicine. All medicine can eventually be reduced to a quantum computer.”

Once quantum computers take hold, researchers could design synthetic molecules for medicines that address specific maladies.

“How do we find new drugs today? Trial and error,” Kaku says. “We have thousands of Petri dishes with chemicals in them. We tediously see whether or not they have any antibiotic properties. Why not do that in the memory of a quantum computer?”

Quantum calculations could also direct the course of gene-editing therapies with the potential of heading off diseases before they arise — an application that raises hopes as well as ethical concerns.

“Any discipline that requires the use of molecules and atoms can be helped by the quantum revolution, including cancer research, aging. Why do we die? Think about it for a moment: There are zero laws of physics that say that we have to die,” Kaku says.

Doesn't immortality run counter to the Second Law of Thermodynamics? “If I have an open system and I use quantum computers to add extra energy from outside, I can begin the process of stopping the aging process,” Kaku says. “Think about that: the

possibility of extending the human lifespan by reducing the buildup of errors in our DNA. ... The applications are endless.”

He’s even hoping that next-generation computing will help him solve the mysteries of string theory and reveal the so-called Theory of Everything, which Kaku calls [the God Equation](#). That hope is what led him to write “Quantum Supremacy” in the first place.

Kaku has been working on string theory for decades, and he’s the author of [one of the leading textbooks](#) about it. But he says the theory is “so complicated, with so many resonances, that the human mind has not been able to solve string theory.”

“What a frustrating thing,” he says. “So I said to myself, wait a minute. String theory is a quantum theory, like the atom. Why not use quantum computers to solve a quantum problem?”

By now, you’ve probably gotten the message that Kaku is bullish on the quantum revolution. Is he willing to admit there’s something that quantum computers *can’t* do? Yes, as a matter of fact.

If a movie like “Everything Everywhere All at Once” makes it look as if you can slip back and forth between quantum universes, Kaku says you should know that’s pure fiction. “It doesn’t work that way,” he says. “It turns out that it takes an enormous amount of energy and time to go between universes. So, believe it or not, it may be possible to go between universes, but it’s not for us.”

In other words, not even the quantum computer revolution can change everything everywhere all at once.

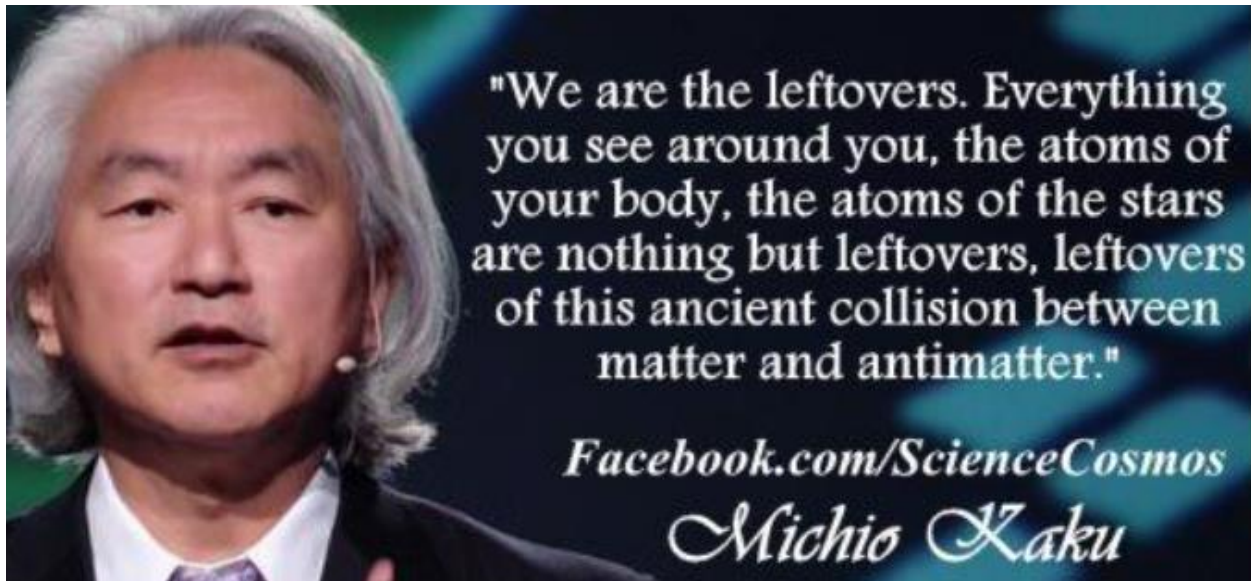
[“Quantum Supremacy: How the Quantum Computer Revolution Will Change Everything”](#) comes out May 2. Check out [Michio Kaku’s website](#) for information about [his coast-to-coast book tour in May](#).

My co-host for the Fiction Science podcast is Dominica Phetteplace, an [award-winning writer](#) who is a graduate of the [Clarion West Writers Workshop](#) and currently lives in Berkeley, Calif. To learn more about Phetteplace, visit her website, [DominicaPhetteplace.com](#).

This report and the accompanying podcast were also published on [Cosmic Log](#). Stay tuned for future episodes of the [Fiction Science podcast](#) via [Apple](#), [Google](#), [Overcast](#), [Spotify](#), [Player.fm](#), [Pocket Casts](#), [Radio Public](#) and [Podvine](#). If you like Fiction Science, please rate the podcast and subscribe to get alerts for future episodes.



GeekWire contributing editor Alan Boyle is an award-winning science writer and veteran space reporter. Formerly of NBCNews.com, he is the author of "[*The Case for Pluto: How a Little Planet Made a Big Difference*](#)." Follow him via [CosmicLog.com](#), on Twitter [@b0yle](#), and on [Facebook](#) and [MeWe](#). Reach him via email at alan@geekwire.com.

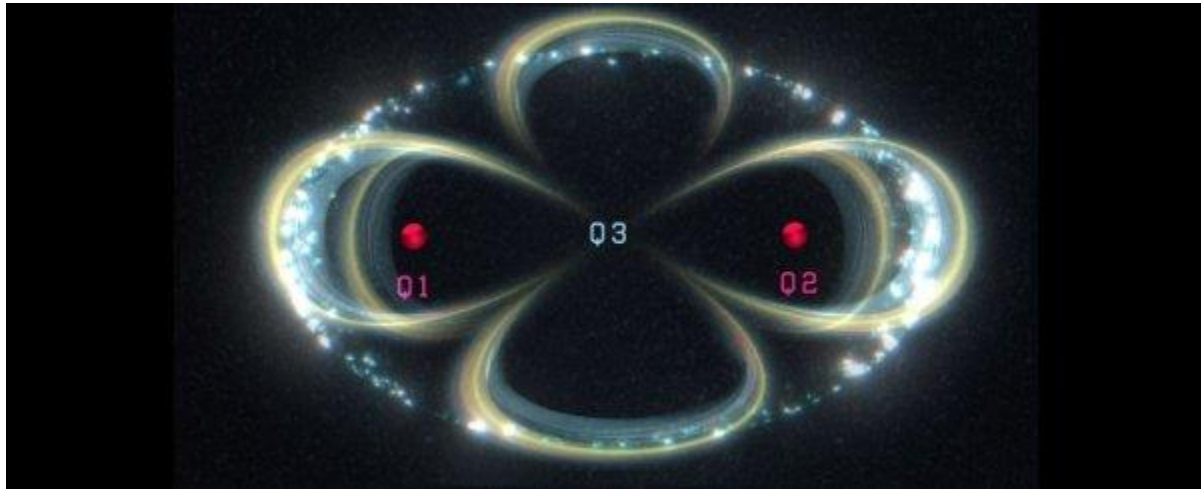


First, Google revealed that their Sycamore quantum computer could solve a mathematical problem in 200 seconds that would take 10,000 years on the world's fastest supercomputer. According to MIT's *Technology Review*, Google called this a major breakthrough. They likened it to the launch of Sputnik or the Wright brothers' first flight. It was "the threshold of a new era of machines that would make today's mightiest computer look like an abacus."

Then the Quantum Innovation Institute at the Chinese Academy of Sciences went even further. They claimed their quantum computer was 100 trillion times faster than an ordinary supercomputer.

In a Historic Milestone, Silicon Quantum Computing Just Exceeded 99% Accuracy

Haji Einstein March 14, 2023



Visualization of an entangled three-qubit system. (Tony Melov/UNSA)

⁷A major milestone has just been reached in quantum computing.

Three separate teams around the world have passed the 99 percent accuracy threshold for silicon-based quantum computing, placing error-free quantum operations within tantalizing grasp.

In Australia, a team led by physicist Andrea Morello of the University of New South Wales achieved 99.95 percent accuracy with one-qubit operations, and 99.37 percent for two-qubit operations in a three-qubit system.

In the Netherlands, a team led by physicist Seigo Tarucha of Delft University of Technology achieved 99.87 percent accuracy for one-qubit operations, and 99.65 percent for two-qubit operations in quantum dots.

⁷ https://www.rightnes.xyz/2023/03/in-historic-milestone-silicon-quantum.html?fbclid=IwAR2jfCmeIPsDvUSjdK7wu15fOo5QwtM3cb10GV9MD8T0Ht_JIOb81gAVI1g

Finally, in Japan, a team led by physicist Akito Noiri of RIKEN achieved 99.84 percent accuracy for one-qubit operations and 99.51 percent for two-qubit operations, also in quantum dots.

All three teams have published their results in the journal *Nature* today.

"Today's publication in *Nature* shows our operations were 99 percent error-free," [Morello says](#).

"When the errors are so rare, it becomes possible to detect them and correct them when they occur. This shows that it is possible to build quantum computers that have enough scale, and enough power, to handle meaningful computation."

Quantum computing relies on quantum mechanics as the basis for operations.

Information is encoded in qubits, or quantum bits, the quantum computing equivalent of binary bits, the basic units of information.

However, where bits process information in one of two states – a 1 or a 0 – a qubit can be in the state of a 1, a 0, or both simultaneously.

The latter state – 1 and 0 at the same time – is known as superposition. Maintaining the qubits' superposition enables quantum computers to solve complex mathematical problems by running calculations based on the probability of an object's state before it is measured. This endeavor is highly prone to error, however, and improving the fidelity of quantum operations has been the subject of intense study.

In 2014, Morello and his colleagues were able to demonstrate a whopping 35-second lifespan for quantum information in a silicon substrate. Their qubits were based on the spin states of nuclei, which, isolated from their environment, enabled the setting of a [new time benchmark](#). But that very isolation proved a problem, too: it made it harder for the qubits to communicate with each other, which is necessary for performing quantum computation.

To resolve this issue, Morello and team introduced an electron to their system of two phosphorus nuclei via ion implantation into the silicon, one of the fundamental processes for making microchips. This is how they created their three-qubit system, and it worked.

"If you have two nuclei that are connected to the same electron, you can make them do a quantum operation," [said physicist Mateusz Mądzik](#) of UNSW.

"While you don't operate the electron, those nuclei safely store their quantum information. But now you have the option of making them talk to each other via the electron, to realise universal quantum operations that can be adapted to any computational problem."

The other two teams took a different approach. They created quantum dots of silicon and silicon-germanium alloy, and installed a two-electron qubit gate; that is, a circuit of multiple qubits. Then, they tweaked the voltage applied to their respective systems, using a protocol called [gate set tomography](#) to characterize their systems.

Both teams found that they too had achieved higher than 99 percent fidelity in their systems.

"The presented result makes spin qubits, for the first time, competitive against superconducting circuits and ion traps in terms of universal quantum control performance," [says Tarucha](#).

"This study demonstrates that silicon quantum computers are promising candidates, along with superconductivity and ion traps, for research and development toward the realization of large-scale quantum computers."

Any one of these papers alone would be a significant achievement. The fact that all three teams have reached the same milestone independently suggests that quantum computing will now be surging ahead.

"You typically need error rates below 1 percent, to apply quantum error correction protocols," [Morello says](#).

"Having now achieved this goal, we can start designing silicon quantum processors that scale up and operate reliably for useful calculations."

The three papers have been published in *Nature*. They can be found [here](#), [here](#) and [here](#).

Quantum Computing – pros and cons



[alan2000alex](#)

⁸Introduction: In this era of supercomputers, quantum computing is considered as the next big thing. It has been theorized that quantum computers will take a huge leap over the supercomputers. To put this into perspective, supercomputers have achieved a peak performance of around 200 petaflops or 200, 000 trillion calculations per second.

Quantum Computers will be able to achieve a billion times more performance power.

Ideology: A quantum computer will be able to perform any task that a classical computer is able to perform. Although, there is a catch. If we use classical algorithms on a quantum computer, it will simply perform the calculation in a similar manner to a classical computer. For a quantum computer to be utilized to its full potential, quantum algorithms need to be formulated. Quantum algorithms can exploit the phenomenon of quantum parallelism. These algorithms are not easy to create, requiring a lot of research and development. A well-known example for one of the algorithms is the quantum factorization algorithm created by Peter Shor of AT&T Bell laboratories. What the algorithm does is tackle the problem of factorizing large numbers into its prime factors. This task is classically very difficult to solve (base on current technology). Shor's algorithm cleverly uses the effects of quantum parallelism to give the results of the prime factorization problem in a matter of seconds.

⁸ <https://www.geeksforgeeks.org/quantum-computing-pros-and-cons/>

Pros of Quantum Computing

1. **Speed:** Quantum computers are substantially quicker than conventional computers at some sorts of computations, particularly when factoring big numbers and modelling quantum processes.
2. **Parallelism:** Due to the simultaneous processing of many calculations by quantum computers, certain types of problems can be solved much more quickly.
3. **Large-scale optimization:** Compared to conventional algorithms, quantum algorithms are faster and more accurate at solving complex optimization issues.
4. **Simulating quantum systems:** A quantum computer can be used to simulate quantum systems more effectively and precisely than conventional computers since it is based on the ideas of quantum physics.
5. **Cryptography:** Quantum computers have the ability to crack some of the encryption used by conventional computers, but they also present fresh possibilities for private communication.

Cons of Quantum Computing

1. **Hardware:** The size and stability of existing quantum computers are constrained, and developing a large-scale, dependable quantum computer is a big engineering problem.
2. **Software:** The field of creating quantum algorithms and software is still developing, and qualified professionals are in short supply.
3. **Cost:** Building and maintaining quantum computers is currently relatively expensive, and this may prevent widespread deployment.
4. **Noise and mistakes:** Compared to conventional computers, quantum computers are more prone to noise and faults, and fixing these errors is a difficult task.
5. **Scalability:** At the moment, quantum computers are only partially scalable, and it is yet unclear how to construct a robust, large-scale quantum computer that is capable of solving complex problems.
6. **Interoperability:** Due to the lack of standards in the realm of quantum computing, it might be challenging to compare and combine various quantum computers.

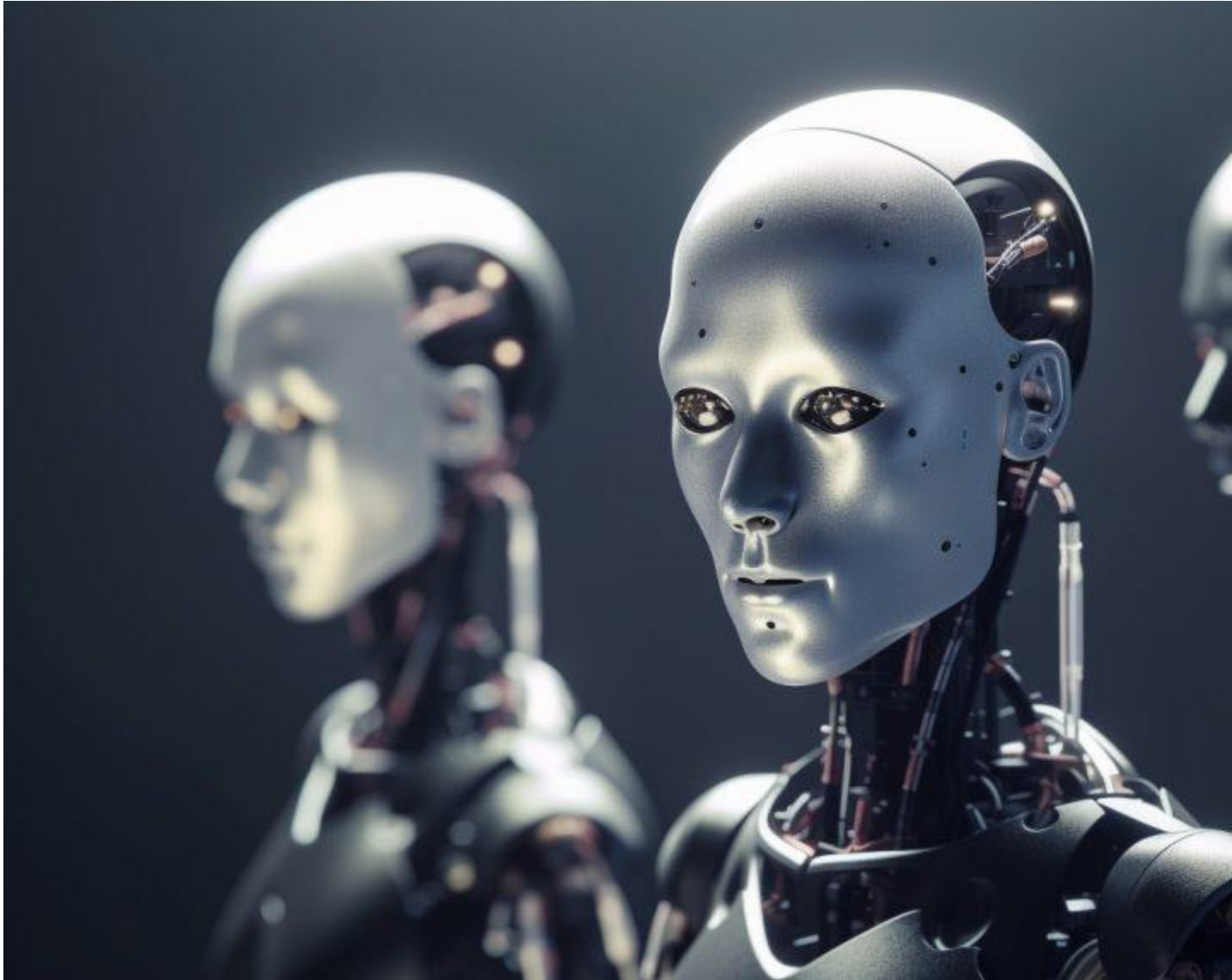
Conclusion: A classical computer would take, in some cases, more than the age of the universe to produce a result. It is clear that breakthroughs are required not just in technology, but also in algorithm and we do require other supporting technology such as leverage of machine learning (ML), artificial intelligence (AI), Big Data, Cloud Computing to accelerate Quantum Computing development.

Last Updated : 09 Feb, 2023

The Ethics of Quantum Computing: Implications and Challenges

- by [Marcin Frąckiewicz](#)
- in [Artificial intelligence](#), [TS2 Space](#)
- on 30 March 2023

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Exploring the Potential Ethical Dilemmas of Quantum Computing

⁹As the potential of quantum computing continues to grow, so does the awareness of the ethical dilemmas it presents. Quantum computing is a powerful form of computing that uses subatomic particles to solve complex problems. It has the potential to greatly improve existing technologies and create new ones. However, its power and efficiency come with a host of ethical considerations.

The primary ethical dilemma of quantum computing is the potential for abuse of the technology. Quantum computers are capable of processing large amounts of information at an incredibly fast rate. This could be used to gain access to sensitive data or design materials with malicious intent. In the wrong hands, quantum computing could be used to create weapons of mass destruction or disrupt global economies.

Another ethical concern is the potential for quantum computing to be used to manipulate public opinion. It could be used to disseminate false information or propaganda. This could have a devastating impact on democracy and public discourse.

Finally, quantum computing could be used to create forms of [artificial intelligence](#) that are far more advanced than existing ones. This could have a profound effect on human life and could lead to a host of ethical dilemmas. For example, AI could be used to make decisions that would be considered unethical, such as in the medical or criminal justice fields.

It is clear that quantum computing presents a number of ethical dilemmas that must be addressed. As quantum computing continues to advance, it is essential that the implications of its use are fully understood and properly addressed. The ethical considerations of quantum computing must be taken into account when developing any applications of the technology.

Assessing the Social Impact of Quantum Computing on Society

As quantum computing technology continues to accelerate, its potential impacts on society become increasingly relevant. Quantum computing could revolutionize the way we access and process large amounts of data, and its applications could range from improving cybersecurity to optimizing traffic patterns.

⁹ <https://ts2.space/en/the-ethics-of-quantum-computing-implications-and-challenges/>

However, alongside the potential for quantum computing to bring about positive technological change, there are also potential social and ethical implications that must be taken into consideration. Quantum computing could potentially create significant disparities in economic power and access to information, and the implications of this could have far-reaching repercussions. Additionally, some experts have raised concerns regarding the potential of quantum computing technology to be used for malicious purposes by malicious actors.

To ensure that the benefits of quantum computing are maximized while minimizing associated risks, it is essential to assess and address the potential social impact of this technology. Governments and industry need to take proactive steps to develop policies and regulations to ensure ethical use of quantum computing technology and ensure that it is used to benefit all members of society. Additionally, stakeholders should consider how quantum computing can be leveraged to benefit vulnerable populations and promote greater economic equity.

Ultimately, quantum computing is an incredibly powerful technology that has potential to revolutionize many aspects of our lives. To ensure that these potential benefits are realized and that potential harms are minimized, it is essential to consider the social implications of quantum computing and develop strategies to mitigate them.

How Quantum Computing Could Impact Privacy Laws and Regulations

Quantum computing has the potential to revolutionize the way data is stored, processed, and utilized. The technology has already been used to solve problems that were previously impossible with classical computers. However, many experts believe that the technology could have a huge impact on privacy laws and regulations.

Quantum computing could allow for the storage of data in an incredibly secure manner. With classical computing, data is typically stored in a single location, which makes it vulnerable to hacking or other malicious activities. With quantum computing, data can be securely stored across multiple locations, making it virtually impossible to breach or access. This could drastically reduce the risk of data breaches and help protect user privacy.

Quantum computing could also be used to create stronger encryption algorithms. These algorithms could be used to protect sensitive information, such as financial

data or medical records. This could help to ensure that user data is not accessible to malicious actors or hackers.

Finally, quantum computing could be used to develop new methods of authentication. These methods could be used to verify user identities, which would help to prevent unauthorized access to sensitive data.

Overall, quantum computing could have a major impact on privacy laws and regulations. The technology could be used to create more secure storage methods, stronger encryption algorithms, and more accurate methods of authentication. All of these could help to ensure that user privacy is protected and that data is protected from unauthorized access.

Examining the Moral Implications of Quantum Computing on Human Rights

In recent years, quantum computing has made remarkable advances in the field of computing. However, these advances have raised questions about the moral implications of quantum computing on human rights.

Quantum computing is a type of computing that uses quantum-mechanical phenomena, such as superposition and entanglement, to perform computation. Quantum computing is incredibly powerful and can solve problems that traditional computers cannot. This includes problems related to cryptography, [artificial intelligence](#), and machine learning.

The power of quantum computing has caused a great deal of concern in the human rights community. One of the primary concerns is that quantum computing could be used to create powerful surveillance systems that could be used to violate the right to privacy. Furthermore, quantum computing could also be used to create systems that could be used to manipulate elections or even control populations.

Another concern is that quantum computing could lead to a new form of cyber warfare. Quantum computers could be used to crack codes and gain access to sensitive information or even disrupt communication networks. This could have devastating consequences for global security and could potentially lead to a new arms race.

Finally, quantum computing could lead to new forms of inequality. Quantum computing requires large amounts of energy and resources and could potentially lead to a new form of digital divide between countries with access to the technology and those without.

Ultimately, the moral implications of quantum computing on human rights must be carefully examined. It is essential that governments and international organizations take steps to ensure that quantum computing is used for the benefit of society and not for the detriment of human rights.

What Are the Ethical Issues Surrounding the Development of Quantum Computing?

As quantum computing technology continues to develop and advance, the need to consider ethical issues surrounding its use has become increasingly important. Quantum computing has the potential to revolutionize the way computers work and could provide powerful solutions to some of the world's most complex problems. However, with this great potential comes a range of ethical issues that must be addressed.

One of the primary ethical issues surrounding quantum computing is the potential for it to be used to breach security systems. Quantum computers are significantly more powerful than traditional computers and could potentially be used to crack passwords and access sensitive information. This could have serious implications for the security of confidential data, including financial and personal information.

Another ethical issue is the potential for quantum computers to be used to manipulate markets. Quantum computers could theoretically be used to analyze large amounts of data and make complex calculations in order to predict market trends and to gain an unfair advantage. This could lead to the manipulation of markets and could have significant economic implications.

The potential implications of quantum computing on employment is another ethical issue. As quantum computing becomes more advanced, it could potentially replace human labor in certain sectors, leading to job losses. This could have a major impact on individuals and could potentially lead to increased inequality.

Finally, there is the potential for quantum computing to be used for unethical purposes. Quantum computers could be used to build weapons of mass destruction, or to develop algorithms that can target and discriminate against certain groups of people. Therefore, it is important to consider the ethical implications of using quantum computing technology.

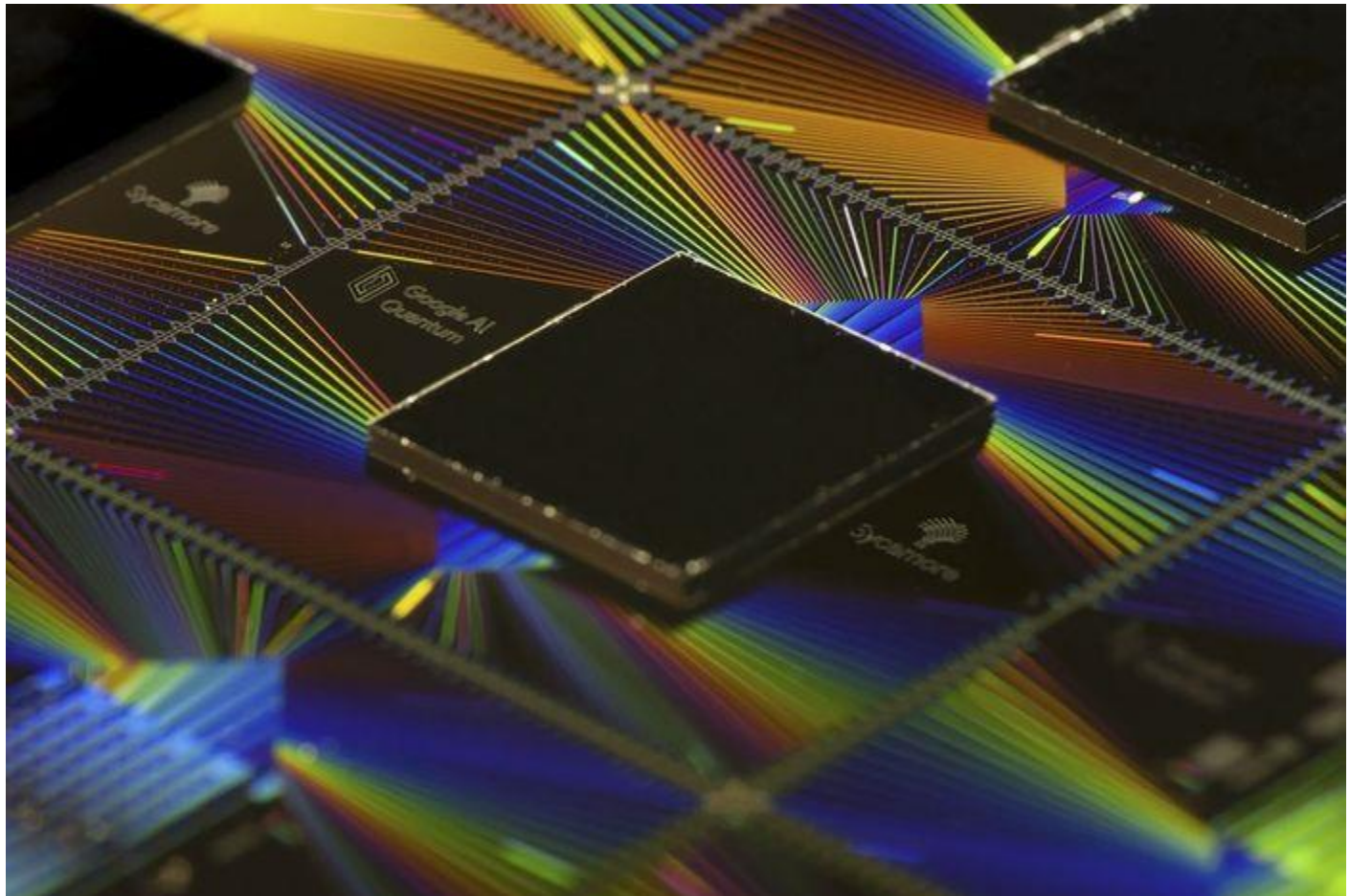
Overall, the development of quantum computing technology is an exciting prospect that holds great potential. However, it is important to consider the ethical implications of this technology and to ensure that it is used responsibly.

Quantum Computing Scientists Call for Ethical Guidelines

Among the potential dangers of misuse: harmful manipulation of the human genome

By [Sara Castellanos](#)

Feb. 1, 2021 12:01 am ET



¹⁰A group of quantum computing experts are raising ethical concerns about the technology's potential to accelerate human DNA manipulation. PHOTO: HO/AGENCE FRANCE-PRESSE/GETTY IMAGES

A group of quantum computing experts, including scientists and company executives, want to raise ethical concerns about the technology's potential to create new materials for war and accelerate human DNA manipulation.

Six experts are featured in a 13-minute video titled "Quantum Ethics: A Call to Action," which goes live Monday on YouTube and the Quantum Daily, a free online source for quantum computing news.

¹⁰ <https://www.wsj.com/articles/quantum-computing-scientists-call-for-ethical-guidelines-11612155660>

The goal of the video, which features a former quantum chief at [Alphabet](#) Inc.'s Google, is to kick off conversations with other quantum computing industry leaders about the ethical implications of the technology.



Quantum Ethics | A Call to Action

The Quantum Insider • 10K views

The Quantum Daily is proud to release Quantum Ethics: A Call to Action. This mini-documentary is meant to raise awareness and...

“Whenever we have a new computing power, there is potential for benefit of humanity, [but] you can imagine ways that it would also hurt people,” said John Martinis, professor of physics at University of California, Santa Barbara, and former chief scientist of quantum hardware at Google.

While quantum computers are still in their early stages, it is important to begin discussing the potential benefits and drawbacks of the technology and find a way to balance the two, he said. “You want to think ahead,” he said.

Dr. Martinis and others such as Ilana Wisby, chief executive of quantum computing company Oxford Quantum Circuits, and Nick Farina, founder and chief executive of quantum computing hardware company EeroQ Corp., are also featured in the short video.

Quantum computers have the potential to dramatically speed up drug and materials discovery as well as complex calculations related to finance. Companies such as Visa Inc. and [JPMorgan Chase](#) & Co., [Roche Holding](#) AG and [Volkswagen](#) AG are all experimenting with early-stage quantum technology.

By harnessing quantum physics, quantum computers have the potential to sort through a vast number of possibilities in nearly real time and come up with a probable solution. While traditional computers store information as either zeros or ones, quantum computers use quantum bits, or qubits, which represent and store information as both zeros and ones simultaneously.

A commercial-grade quantum computer hasn't been built yet, but startups and tech giants including Google, [Microsoft](#) Corp. and [International Business Machines](#) Corp. are racing to commercialize the technology.

"This is the equivalent of a whole new industrial revolution," said Ilyas Khan, founder and chief executive of Cambridge Quantum Computing, which develops cybersecurity products, software and algorithms that companies can use when experimenting on early-stage quantum computers. That power, in the wrong hands, could also be used to create harmful materials or to manipulate the human genome in a harmful way, he said. "We ought to have those conversations today," said Mr. Khan, who was also featured in the video.

Though it will likely take years to come up with ethical guidelines for quantum computers, Mr. Khan said he is beginning to speak with government officials in the U.K. about those ethical issues now. There may have been certain ethical controls on technologies such as social media and data privacy if conversations about ethics were had in the mid-1990s, he said. "We were asleep at the wheel," said Mr. Khan.

Experts are already bracing themselves for some of quantum computing's potential challenges. For example, [financial services companies are preparing for a time](#) when a powerful quantum computer could break some of the most widespread cryptographic methods currently used in cybersecurity. Hundreds of the world's top cryptographers [are involved in a competition](#) to develop new encryption standards for the U.S. that would guard against both classical and quantum-computing cyberattacks.

Matt Swayne, an editor at the Quantum Daily who co-produced the short video along with Publisher and co-founder Evan Kubes, said he aims to create an advisory group of experts to discuss the topic of quantum ethics. The video is the first step, he said. "We want to raise concern but we don't want to cause fear," he said

How Great Leaders Use the 100:0 Rule to Improve Engagement, Productivity, and Performance

¹¹You know the old 'three positives for every negative' leadership advice? Forget it. Research shows it doesn't work.

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BY [JEFF HADEN](#), CONTRIBUTING EDITOR, INC. @[JEFF HADEN](#)

¹¹ https://www.inc.com/magazine/202304/diana-ransom/the-sba-after-ppp.html?utm_source=facebook&utm_medium=social&utm_campaign=freeform&cid=sf01002&fbclid=iwar18iumucted1h_jubtcfajbk3auxi_maymx-g2dvq7w6p3rr9gi8zrtkec

Photo: Getty Images

I've always wondered why it's OK for coaches to yell at players. It seems even more odd that no one watching seems to care. Imagine the outrage if a manager screamed at a sales clerk for not approaching customers quickly enough.

A video (somehow, there's always a video) would appear on social media. Within minutes, countless people would chime in, vowing to never shop at that store again.

Yet clearly most coaches believe -- you would certainly hope the behavior stems from a reasoned decision, since the salary investments and financial returns for the organization that result from winning are so high -

- that berating, criticizing, and screaming at players works.

But they're wrong.

A study published in *Journal of Sports Behavior* found that verbal aggression (think yelling *at*, not yelling *to*, as in "call timeout!") was negatively related to motivation and affect. Nor were negative behavior alteration techniques -

- character attacks, competence attacks, teasing, ridicule, threats, profanity, etc. -- in any way effective.

In fact, a review of a series of studies failed to find a single instance where verbal aggression was related to any positive outcomes or consequences.

So, yeah: In sports, no matter how widespread or accepted, criticizing people doesn't work.

Nor in nearly any situation. A 2020 study published in *Educational Psychology* found that students instinctively tune out feedback that makes them feel bad, and tune in to feedback that makes them feel good. In fact, the more frequently students are praised and less often they are criticized -- in

social psychology terms, the greater the praise-to-reprimand ratio -- the higher their on-task behavior.

A 4:1 ratio of positive to negative feedback? That's good. A 5:1 ratio? That's better. In fact, there is no maximum threshold for the praise-to-reprimand ratio: The more praise received, the more on-task students became.

And then there's this: A 2020 study published in *American Economic Review* found that 99 percent of people remember positive feedback a month later, but only 35 percent actually remember negative feedback.

As the researchers write:

We establish that positive feedback has a persistent effect on beliefs. Negative feedback, instead, influences beliefs in the short run, but this effect fades over time.

Or in non-researcher-speak, yelling at me might make me do something differently right now, but definitely not forever. In part, that's a defense mechanism. No one likes to think poorly of themselves, so we instinctively suppress and forget negative feedback.

But mostly that's because research also shows that people who yell at other people are seen as less credible. Tell me, in a calm, reasonable way, how I can improve? I'll listen, and remember.

Yell at me? Tell me I'm slow or stupid? Threaten me? No matter how accurate the feedback might be, the only thing I'll remember is that you were a jerk.

And even if you *are* calm and reasonable, the behavior modification outcomes that result from delivering negative feedback only last for a short time.

That's why smart leaders rarely give negative feedback. They praise positive behaviors. They "catch" people doing things well. They make people want to live up to how you see them, and how they want to see themselves.

And when smart leaders do need to make corrections, they focus on the behavior, not the person. They show how to do a task differently. They explain why a different approach might be more effective. They don't criticize. They coach, and guide, and train.

So forget the 4:1 ratio of praise to criticism. Go 100:0.

Your employees -- and your business -- will thank you for it.

OCT 26, 2022

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A refres

How Differently Would You Live If You Knew How to use this Power



How Differently Would You Live If You Knew How to use this...

Gregg Braden Official 919K views

Gregg Braden - This connects all things in existence, for all of time. Gaia Exclusive MISSING LINKS Series Preview: Re-broadcast by...

12

0:02

[Music]

0:08

Western science has just arrived that the understanding that that there is in

0:14

fact a field of intelligent energy that connects everything certainly in our world and it's believed beyond our world

0:20

even the entire universe our science is only now arrived at the understanding

0:26

through the experiments and through the studies and the modeling the equations that tell us in fact that field exists

0:33

so this is a place where we are now and it's the place where the ancient the indigenous traditions have always begun

0:39

they have always started from the place that we are part of everything that that we are part of a greater existence that

0:46

everything is connected and they have devoted their time rather than than trying to explore and prove to

0:54

themselves this existence really is there they devoted their times to understanding how to work within this

1:00

existence what does it mean to life and death what does it mean there are time together in this world if this field is

1:06

really out there can we communicate with it and if we can what is the language that it understands well the

1:12

¹² https://www.youtube.com/watch?v=yhe2Y-9N_6U

understandings in terms of Western science that this intelligent field exists in late 1990s early 2000s is is

1:21

when the the experiments actually confirmed what Max Planck in 1944 stated

1:27

the father of quantum physics Max Planck actually said that the matter that we

1:33

see in our world doesn't exist it says the stuff were made out of doesn't even exist in the world that we

1:38

see doesn't exist the way we believe it does what he said was what we see is matter is here because of the existence

1:45

of we called a conscious an intelligent mind and these are his precise words and

1:50

he followed that statement by saying that underlying this mind is the matrix of all matter and this is the coin he

1:57

turned in 1944 of course the movies series was based on the studies that came afterward but it's

2:04

actually been around since the mid 20th century so this field the matrix or the divine matrix is it now is being called

2:11

is recognize is as the field of intelligent non vention 'el energy it doesn't work

2:17

the way electricity or our broadcast energy works and perhaps that's one of the reasons it's taken so long for

2:23

science to catch up with the fact it was there because our equipment isn't built to detect this kind of energy on the one

2:31

hand the other hand these ancient indigenous cultures they detected it through the equipment of their bodies

2:36

they understood how the sense and feel and work and move in this field so for

2:42

me I was trained as a scientist and in my training there was never an allowance

2:47

for the possibility this field could exist as a matter of fact in the last 100 years science has has missed the

2:55

mark twice in terms of their explanation the story that science gives of how our

3:01

world works and we're now paying the price for where science got it wrong essentially and and it's coming full

3:07

circle it's being corrected but the first place that this happened was with the belief that's the space between

3:13

things is empty and now we know that nothing could be further from the truth there's there's a lot going on and what

3:19

we always thought was empty space but from the experiments were performed in 1887 very famous Michelson Morley

3:25

experiments to detect whether or not this field was there when when those experiments were interpreted as as

3:33

proving the field wasn't there 100 years over a hundred years ago from that point forward our science has been based in

3:40

the belief that everything is separate from everything else what happens in one place doesn't have any effect on

3:45

anything else into what happens in this lifetime has nothing to do with any

3:50

other lifetimes and when we leave our bodies there's nothing for our souls to travel into this is going to be

3:55

important as we talk about some of the the implications of our time in history and where we're going so it's the first

4:01

principle where they got it wrong in the second was that science Western science has believed firmly that the experiences

4:09

that we have inside of our bodies our thoughts feelings emotions beliefs our prayers our affirmations

4:15

in here have no effect on the world beyond our bodies and now we know that these two assumptions are flat wrong

4:21

there is something in the nothing and we do have the ability through our

4:28

hearts what is called a coherent heart based emotion to create the fields in our bodies the fields of our beliefs of

4:35

our thought feelings and emotions that extend beyond our bodies into the divine matrix so when people ask what is the

4:42

divine matrix the the way to answer that it is the container for the entire

4:48

universe as far as scientists understand right now everything that happens in this universe and then the higher

4:54

dimensions of this universe are all within the context of this field number one number two that the divine matrix is

5:01

a bridge between our inner in our outer worlds it's the conduit that allows our

5:07

prayers and our good wishes for one another to move from our hearts into

5:13

this field and be disseminated and distributed in the field in ways that we're only beginning understand in ways

5:19

of the pr2 the five the laws of physics as we understand them today and that's exciting and number three this field

5:25

appears to be a mirror in that the quantum soup of all possibilities if you

5:33

will that exists as this field will will mirror back to us it's like a large

5:40

projection screen that's everywhere all the time it will mirror back to us what we claim to be true in our heartfelt

5:48

beliefs not what we speak as our truth rather what we truly feel is is the the

5:55

the reality of the way our lives work our relationships the way our worlds work what we hold in our hearts is our

6:03

truth this field will mirror it back and where this gets really interesting is sometimes those truths that we hold our

6:09

unconscious truths and we're not even aware of what it is that we truly believe we know what we like to think we

6:15

believe but what we truly believe in our heart sometimes is masked even to us and

6:21

it is through the wisdom of recognizing what the world brings to us in our everyday lives our relationships our

6:28

abundance our health our romance or lack thereof all of those things those are

6:33

all mirrors in the mirrors don't lie their mirrors in this divine matrix showing us

6:39

our true beliefs what we claim to be true of ourselves in the world our limits and our capabilities this field

6:45

the divine matrix of the many ways that scientists now describe the field and and what makes it so significant in our

6:51

lives is the fact that number one through this field all matter appears to

6:57

be connected and the word that science is using for this connection now is called entanglement what entanglement

7:04

suggests is that when something happens in one place in this field in the divine

7:11

matrix it can be in another room next to us it can be halfway around the world that the effects of that something can

7:19

be felt almost everywhere simultaneously so let me just describe what I mean by

7:24

that a little bit there was a a very famous experiment that was done in 1997 made that the cover of the scientific

7:31

journals but it never made mainstream public media and I think here's the

7:36

reason why it sounded like a very technical experiment what scientists did at the University of Geneva was they

7:44

took a particle of the stuff our world is made of it's called a photon we'll packet of light particle of light if you

7:50

will and they wanted two identical particles so they took this one photon and they broke it into two so both

7:57

pieces have the same properties and they had a specialized device where they

8:02

could fire these in opposite directions at the same time seven miles for one

8:07

particle in one direction seven miles in the other direction when they reach their destinations they're now 14 miles

8:13

apart they're using fiber-optic cables to do this and once those particles are at their destination they can begin the

8:19

experiments and what they found was whatever they would do to one particle in a moment in time the other one acted

8:25

like it just had the experience faster than it could have if this one were transmitting the information to the

8:32

other one sometimes this one would act like it was having the experience before this one even finished its experience

8:40

the vicar said they were tickling or disturbing the particles they would change the charge or change the spin

8:45

rate or force the particle to go take path a or path B but whatever they were doing over here this particle

8:52

always had the identical experience as if they were still connected even though they were physically separate and the

8:58

reason this experiment is so important is it is now demonstrating to the scientific mind what the ancient

9:04

indigenous traditions have always said and that is once matter is physically

9:10

connected even though it may become separate and distant from where it was

9:16

originally it's always linked energetically always linked energetically and here's why that's

9:21

important because we live in a universe many light-years in diameter and we're

9:27

made of particles that were once all converged into a single unit a matter of

9:34

fractions of a second after what's called the Big Bang with scientists believes the beginning of our universe so if you could take all of the space

9:42

out from between all the particles in our entire universe many light-years

9:47

distant and bring all those particles back together scientists say that that we would take up about the the space of

9:54

a single green pea very compact very hot a particles of matter and this is where

10:00

we were at one time the particles of your body and our listeners in my body we were once a part of all the stars and

10:08

we were months part of this Big Bang and if we were once connected even though we are now physically separate the

10:14

experiments suggests that the energy connecting us remains and when I began to understand that as a scientist it

10:20

helped me to understand when I hear the ancient and the indigenous people say we're all connected we're all one

10:25

suddenly began to make sense because my mind needed something to hang that nice thought upon I wanted it to be true I

10:33

guess didn't know in my training as a scientist there was nothing that led me to believe that it could really be true

10:38

so the entanglement is one one of the descriptions of the nature of this

10:45

relationship the second is what is called a hologram or a holographic principle and I wanted to lay the

10:52

foundation so we could share both of these together in a hologram the definition of a hologram is that every

11:00

piece of something mirrors the entire

11:05

no matter how large or how small that is so I'd like to give an example of of

11:11

what that means I'm a very visual person to help illustrate this back in the 1980s there was a series of bookmarks

11:18

that came out in the new thought community well shiny strips of foil that had images that were put there with a

11:25

holographic process and if you held them in the light just right you would see that image actually come alive it looked

11:30

like it was hovering above above your hand and there there was an image of the face of Jesus and mother Mary and there

11:36

was one of a Great Pyramid and the dolphin and a rose unfolding or a number of them out there

11:42

those little bookmarks if you have one you can do an experiment that you can

11:47

only do it once because there destroy your bookmark in the process but if it's a truly a holographic bookmark you can

11:53

take that bookmark and you can cut it into a bajillion little pieces with a pair of scissors and you can take the

11:59

smallest one of those pieces a little Fleck under a microscope with an exacto knife and cut it in half even again and

12:06

take that little Fleck and look at it under magnification and you'll still see

12:12

the entire image in that Fleck no matter how small no matter what shape it is and this is by definition this is the

12:20

holographic principle every piece of the something contains the entire something

12:25

on on a different scale of magnitude and this is important because is now

12:31

believed that we are holographic in nature that we mirror all that there is in this universe that the universe is

12:37

holographic in nature William Blake said this so beautifully and as poem he said the entire entire world is reflected in

12:44

a grain of sand and it's more than a nice poetic saying there there's truly

12:50

something to this this fact and it is it is through the holographic principle

12:56

that nature it's one of the most powerful principles in nature and perhaps one of the least understood

13:01

because it is through the principle of the hologram and the entanglement that nature can create a lot of change in the

13:09

entire universe by initiating that change in only one place because by

13:14

definition of the hologram every every fragment mirror the whole so when a change is made in

13:22

one fragment that change is mirrored in the whole of a living hologram that's important for us because it says to us

13:29

that when we create peace and our family dinner table or in our communities for

13:34

example that that peace is experienced in the hologram of consciousness of the Divine matrix in a way that extends much

13:43

more than simply there's not simply limited to it to our family dinner table or or our prayer group and and this is

13:50

why our prayers people ask me all the time they say if I if I am praying for my loved one in the battlefield of Iraq

13:57

halfway around the world I can make a really good prayer but how do I get to prayer over there I mean it's got to go

14:02

a long ways how how do I get my prayer from here to there and this is the beauty of the hologram in the two

14:09

particles that were separated by 14 miles when one of them had its

14:14

experience and the other one acted like it had its experience scientists say how

14:19

did the information get from one to another and in the hologram the answer is it doesn't have to because it's

14:26

already there the information doesn't have to travel because it's already everywhere all the time our prayers when

14:33

we create them in our hearts for our loved ones are already with them on that battlefield halfway around the world

14:38

when we speak to our loved ones who have passed over into into another world what

14:44

we're actually doing is we are speaking to the essence they're energetic essence that is now within the layers or the

14:52

higher dimensions of this divine matrix and we don't have to to pump or send our

14:59

prayers into the 8th dimension or the ninth dimension by virtue of being in

15:05

our hearts because we exist in those dimensions as well it's already with them the whole idea of dimensionality 25

15:11

years ago as a scientist if I walked onto a stage and talked about anything and a live audience talked about

15:17

anything happening in higher dimensional state spaces there's a good chance of be live left right off the stage and now

15:24

because scientists simply didn't acknowledge or mention much more than the three or four dimensions that we

15:30

deal with now third as our physical world the fourth dimension being time in time-space there

15:39

are a number of new theories that scientists are developing to explain and

15:45

unify the laws of physics as we know them today and this has been the great

15:50

challenge of Western science as we haven't been able to come up with one story that explains the entire universe

15:57

because our stories are fragmented the mathematics stories of quantum physics

16:02

or the mathematical stories of Newtonian physics they don't mesh they don't they

16:08

cannot work together to give us a coherent understanding of the universe and where this may be changing now

16:14

science has come up with new theories a number of different theories that are actually able to merge quantum and

16:20

mechanic's quantum mechanics and the Newtonian theories together the quantum

16:26

theories saying that we live in a universe of energy and the Newtonian theory saying we live in a universe of

16:32

things and it's the mathematics that describe the energy and the things they're trying to link together well the

16:38

new series the new theories are called string theories and although there are a

16:44

number of different string theories eleven at least there is now a super

16:50

string theory that brings them all together and the reason I'm saying this what makes it so interesting is for

16:55

these theories to work and to unify the quantum mechanics and the Newtonian

17:00

mechanics and the physical in the energetic world to do that the theories require that we live in a universe of at

17:07

least eleven dimensions and very possibly 25 dimensions they say they

17:12

must be there for these theories to work and what's so interesting is the higher you go in the dimensions the simpler the

17:20

mathematics become and where everything looks separate in our three-dimensional world in our polarity world everything

17:27

is that's all we live in the world of pluses and minuses men and women light and dark hot and cold black and white

17:33

true and false love and fear we live in this polarity world and this is where the
 mathematics do not work and I would
 17:39
 expect that they wouldn't work here because everything here is in that separateness
 however the beauty of these
 17:46
 new theories and the way that they tie into the ancient the indigenous traditions both of
 life and death and life continuing
 17:54
 after death what we call the death is that they require this this higher
 18:00
 dimensional experience and the higher you go in these dimensions the
 18:05
 mathematics become simpler and simpler and simpler and they actually unify in the
 higher dimensions very very simple
 18:13
 mathematics and the reason this is interesting is because what the studies now have
 shown is that when you and I
 18:20
 have a feeling coherent heart based emotion in our feelings those emotions
 18:26
 are actually coherent their length they're in resonance with these higher dimensions
 where everything is one so
 18:33
 when we are having an effect and we have a feeling and we see a physical effect in our
 world it's not that our feeling
 18:39
 changed something in this 3-dimensional world rather our our feelings are
 18:44
 speaking to the blueprint and the higher dimensions and we're seeing the shadow of
 that change in our physical world and
 18:52
 this to me tremendous implications in terms of life and death our soul the
 18:58
 seat of the soul where do we come from where do we go in between lives where do you
 go after after we die do animals
 19:04
 have souls all of these questions these understandings now are bridging the
 19:10
 language of science in the language of spirituality and the ancient in the indigenous
 traditions have been here for
 19:15
 8,000 years in a very exciting new way that gives us this this this very
 19:23
 holistic picture of who we are and how we relate to one another and what life
 19:28

is really all about to me that's very exciting as well a growing number of
19:34
mainstream scientists within just the last two years this is now 2007 so 2006
19:42
early 2007 a growing number of mainstream scientists are now putting
19:48
forward an idea that is gaining tremendous momentum regarding
19:53
consciousness who we are in consciousness the nature of our physical
19:59
reality and how things really work and when when we first hear about this idea it almost
20:05
sounds like science fiction and then we ask where does science fiction come from many
times it comes from the intuitive
20:12
hit of how the world works and what's possible and then it becomes the reality of our
world what these signs are saying
20:18
mit signed is Seth Lloyd for example in his 2000 book programming the universe literally
is proposing that our entire
20:26
universe and consciousness is either a computer in and of itself that the
20:33
universe is a quantum computer this is what they're saying or if the universe is not a
quantum computer that the
20:41
universe is the simulation that is being run on a big computer somewhere and when
20:48
I first began to hear this you know at first as a scientist I think you know this sounds
pretty out there but I began
20:54
to explore why mainstream physicists would it leading universities would
21:01
begin to look at things this way and my training of the senior computer systems
designer from Martin Marietta aerospace
21:08
during during the Cold War years so it of course it's my language but the more I began
to understand and I look at the
21:14
comparisons every computer has a language that it uses to get things done
21:21
consciousness is the operating system of this universal computer and belief is
21:27
the language that it recognizes every computer turns bits of information off
21:33

and on to make things happen and I said well in a universe we don't have bits and and I began looking at the

21:41

comparisons and they're looking at literally the stuff our world is made of the atoms are the bits when the atoms

21:47

are turned on and in physical existence they are reality when they are not turned on their uh knatoms or anti atoms

21:55

or antimatter that are not in existence and they're they're taking this so

22:01

seriously this this proposition that we may literally be living a simulation of

22:06

some kind but they've done mathematic modeling to determine the

22:14

probability that we are or are not living a simulation and the the

22:19

mathematics suggests strongly that we are living in a simulation and the

22:26

reason I'm mentioning this here I know it's a very different way of thinking about things it sounds like the movie The Matrix but where did that come from

22:32

the reason that this is important is because we begin talking about the soul what the ancient indigenous traditions

22:39

say to us is that while a part of our soul speaks and experiences through this

22:46

body we're not really here at all that our higher self is is a part of a

22:51

greater existence and we always go like this it's somewhere else expressing through this body we just come back from

22:58

a tour in Australia and the aboriginals in Australia as well as many other

23:03

traditions say this isn't the real world this is the illusionary world and and they spend more of their time in what

23:10

they believe is the real world and what we would call the dream state so all of this ties together when we talk about

23:16

life and death existence consciousness between lifetimes where do we go when we

23:24

leave this body from the perspective of these these new ways of seeing things

23:30

from physicists and quantum physicists who are looking at this as a simulation it's when our part of the simulation is

23:36

over it doesn't mean that we are gone forever it just means that we're no longer expressing here and we're in

23:42

those higher dimensions wherever this simulation is being run from so it's a it is a fascinating concept and the more

23:51

we begin to explore it and when you look at the mathematics and they plug in all the variables they say it's more likely

23:57

than not that we are actually living in in a universe that is is the result of a

24:03

massive simulation that's being run from somewhere else sounds like a Star Trek episode Seth

24:10

Lloyd is is the man the MIT physics professor who's developed the first

24:15

feasible viable quantum computer and he said even in the infancy of our

24:21

computers a quantum computer is so powerful it wouldn't take much more to model an entire universe on a quantum

24:28

computer and the thinking is that who or whatever is responsible for the simulation is probably uh lightyears

24:36

ahead of us in terms of technologies so so to believe that they may have quantum

24:41

computers that could manipulate the bits of matter and it sounds very technical in some respects and it stretches us in

24:48

some respects and it also and that's the purpose of films like this - we're looking for new ideas and new ways to

24:54

think out of the box whether it is a reality or even if it's only a metaphor even if we only use this

25:01

as a metaphor it's a powerful metaphor that allows us to hang our beliefs upon

25:07

because whether it is a physical reality or a metaphor that we live in a

25:12

simulation the bottom line is this that if we understand the language that this

25:18

reality recognizes then we are no longer limited by the law is the relative laws

25:24

of physics as we know them it means that we no longer have to suffer in our lives or age or we don't have to have the

25:30

poverty and the disease we don't have to have the war if we understand the language then we literally can rewrite

25:36

the reality code that runs are real or metaphoric simulation and to me it's we

25:43

need some new ideas to look at the world because what we're seeing now is as so many people believe there's a single

25:49

physical reality if you want to change it you've got to go out there and hammer it into submission militarily

25:54

economically men bump in chess with men you know guys with big armies and in a

26:01

lot of power and we know where that's gotten nice so it my feeling is that we need to think we need new ways to think

26:07

about our universe and this is one of the most powerful and innovative ways I've seen in a long time and it's not so

26:13

new just different language because this is what the ancients have always said they said you're not from here and that

26:19

we don't live here and that this world is a dream and that this world is an illusion and then it opens up all kinds of

26:26

questions if this is a simulation who's the architect when did it begin when

26:33

does it end and all of these have implications in terms of life in this world life after death

26:39

life from this perspective death just becomes a journey into the homeland of

26:47

where everything begins rather than the end of everything that we've ever known

26:52

so I I can't help but imagine one day if this is either a dream a simulation real

27:00

or metaphorically we'll just wake up one day and we'll look at each other and we'll say what were we thinking what in the world were we thinking when

27:07

we did all those horrible things to one another but what we now know is when I

27:14

was in school and when many of our listeners were in school we were taught that this is a physical reality made of atoms and our atoms would look like

27:21

little solar systems that were modelled as a little solar systems things in the middle called a nucleus with other

27:27

things orbiting them like electrons and those days are long gone we now look at

27:33

atoms rather than things orbiting around other things we look at them as concentrations of energy in space in

27:40

time where there are no clear-cut things now where this gets important is that

27:47

the scientists and this in the standard physics textbooks this is no surprise what I'm about to say is if you change

27:54

the field of energy that the atom lives in you change the atom you can change

28:01

that field electrically or you can change it magnetically and there are

28:06

terms for the the effects the Zeeman effect the stark effect are well-documented effects of electrical

28:13

and magnetic changes in the field that changed the atom or while it sounds technical and maybe not relevant where

28:19

it gets really relevant very fast is our hearts are the strongest bio electrical

28:26

and magnetic field generators in our bodies our hearts generate stronger

28:32

electrical fields than our brains they generate stronger magnetic fields than our brains our hearts are 5,000 times as

28:39

powerful magnetically than our brains and we hear about EKGs of our hearts they're up to a hundred times stronger

28:45

than the EEG the electrical information our brains so when we create thoughts

28:50

feelings emotions beliefs compassion prayers of forgiveness in our hearts that's the words that we call those experiences but

28:58

to the field what we're doing is we're creating electrical and magnetic waves in here that are now known to change the

29:05

stuff out here and then that way we are linked so when we talk about our

29:11

universe possibly as a simulation it tells us that we are not separate that

29:16

we are empowered not to control or manipulate or impose our will rather to

29:23

participate is Princeton physicist John Wheeler suggests to participate in the

29:29
way this reality unfolds to participate in our personal growth and healing in
29:35
the healing of our loved ones to participate in the peace that happens in
29:40
our families and between nations and the the little catch is that for us to share
29:46
the beauty of this participation we must work together and share those heart
29:52
fields and that I think is is where this learning curve is actually going and we may not
use that language we don't have
29:59
to understand all the technical aspects when people know that when you have a feeling
it may have an effect but in our Western world we need our mind our our
30:07
left brain our logic needs a framework to hang these very subtle spiritual
30:14
understandings upon we'd like to believe and we just need a reason to believe it and the
reasons are there if if we can
30:21
take the understandings out of the very technical realm and and share them in the
language it's relevant to two people
30:28
that don't have that background science is only a language it's a good language it's only
one language it describes our
30:34
world and there are many other languages and I think for me this is the value of
30:39
going into the monasteries of Tibet and Bolivia and Peru and the Paul we've been in
monasteries in Egypt in their their
30:46
libraries their records for 1,500 years people who lit have lived the traditions and
perpetuated and taught them because
30:52
we can look at them I can look at another human eye to eye heart to heart God to God
in that moment directly or
30:58
through a translator and I can ask them human the human I can say when you just
31:04
did that miraculous healing mmm what happened in your body to make that happen
how'd you do that and if I
31:11
don't understand what they say I can ask them again and again and again until either
kicked me out of the monastery because they're tired of my questions or
31:17
they will answer my question and in this way we learn from this five

31:23

thousand-year-old heritage of our past and we marry that with the best science

31:30

of our day today in the book small miracles there is an amazing story it's

31:36

a true story and I share it with our audiences a lot of what many people would call a miracle and for me it's

31:43

it's a demonstration of just how real this field is that connects everything it's a story of a young Jewish boys name

31:50

was Joey who at the age believe of 19 suddenly woke up one morning began to

31:56

question 5,000 years of Jewish tradition he began to question all of the things

32:02

he'd been taught by his family and his father took as a personal offense he said how can you question this this

32:09

lineage of wisdom and tradition and Joey said I've got to go out in the world and find out for myself if these things are

32:15

true or not and his father said if you turn your back on your tradition and you go out in the world and search for

32:21

yourself you said you're no longer my son I have no son and Joey said I've got to do this and he and they left and he went into the world

32:28

and he studied in the ancient and in the the Eastern traditions Buddhist traditions and the Jewish traditions and

32:36

he was in a small cafe and I believe it was in Paris and you never know who's

32:42

gonna walk into those cafes and a friend of his walked in from the states that he hadn't seen since he left and the first

32:48

thing his friend said was I was so sorry Joey to hear about the death of your father and it was the first Joey knew

32:54

that his father had died and so he immediately came back to the states and he began speaking to his father's

33:01

friends and their neighbors and what he found is rather than turning his back on his son his father done just the

33:07

opposite he was so proud of his son for having the strength to question five thousand years of faith and he he spoke

33:13

about his son incessantly and honored his son's courage and this led joy back into the Jewish tradition that

33:20

left to explore and that eventually led him in a traditional pilgrimage to the

33:25

to the holy wall in Jerusalem and if you've ever seen this wall you know that it's made of these massive stone bricks

33:32

they've been there for so long that the mortar holding them together has fallen out so where the mortar used to be

33:37

they're empty spaces and the tradition is to inscribe a prayer on a paper or a cloth rolled up and place it place your

33:44

prayer into that wall and this is what Joey was doing he he'd written a prayer to his father asking for his father's

33:50

forgiveness for the pain that he'd caused and the suffering in the family and it was pacing back and forth in

33:56

front of the wall looking for just the right place where he would leave his prayer and there was a place that card

34:02

his eye and as he was raising his hand to put his prayer into that place the moment that he did that another prayer

34:09

that was already in there somehow magically fell out at his feet and as he

34:14

reached down to pick up the prayer that had fallen out it was already partially unrolled and he already recognized what

34:20

was happening here it was a prayer in his father's handwriting that his father had written before his death and had

34:27

come to precisely the same place and put in precisely that crevice in the wall

34:32

that Joey had been drawn to and his joy read the prayer it was a prayer from his father to God asking for forgiveness for

34:41

turning his back on his son and how much he really loved his son and how proud of his son he was and the reason I share

34:49

the story for two reasons first of all we hear the story there's a feeling within us I feel it every time I share

34:54

it that feeling is a language it's a nonverbal language and if I just simply
35:01
said to you or to an audience have that feeling right now you might be
35:07
hard-pressed to do it because there's no reason to have the feeling but when we hear
stories like that that feeling came
35:12
from a place of innocence of emptiness of non judgment you didn't know what was
going to happen but you feel a feeling
35:18
when you hear that story number one number two for Joey to find precisely
35:24
the crevice in the wall where his father had been months before his death there
35:29
obviously and for that for him to be there that moment and for that prayer to fall out of
the wall at his feet and this is a true story
35:36
there obviously was a communication that was not bound by time or space or in
35:42
this case even life and death it was a message from beyond his father's life in
35:47
this world and for that to happen there's got to be a conduit that carries that message
that's the divine matrix
35:52
that's the field that we're talking about so we know that that our our soul
35:59
what we call our soul is is an energetic essence the number of studies were done
36:05
early in the 20th century even trying to measure at the instant of death how much
weight a body loses in their passing and
36:14
no matter if the person was a 300-pound man or a 70 pound woman the the amount
36:19
of weight that they lost I think it was 28 grams I believe is what it was was the average it
was about the same a lot
36:26
of controversy around around the studies and I'm not sure they've been duplicated well
but the key is there there is
36:33
apparently in essence within each of us that is not bound by this world and we
36:39
asked the question in our mind when that essence leaves our bodies where does it
36:44
go understanding that we live in the universe of at least 11 and probably 25 dimensions
and that this field of energy
36:53

is made of a non-conventional field that doesn't work the way electricity or our
36:59
radio waves works all of a sudden it's not so far-fetched to believe that we're
37:04
part of that essence and that we can move and travel and navigate and maneuver
through those fields when we're
37:10
not inhabited or inhabiting our bodies as we know them today it's giving a
37:15
whole new meaning to life death when the ancients talked about heaven and their
37:21
hands always went like this were those heavens and there are multiple heavens were
those heavens the higher dimensions
37:28
was heaven the language they used 5000 years ago for what our male dominated
37:33
schematically oriented left brain technological society calls higher dimensional space
state spaces are we
37:40
are we talking about the same thing so this is again this is the value for of going back
into these ancient traditions
37:45
and and looking at it the way the way they look at the world
37:50
through their eyes and asking what did they know maybe that we've forgotten I had the
opportunity a few months ago the
38:00
last remaining gnostic sect to survive in the 20th and now the 21st century is
38:05
a sect called the Mandans and interestingly enough the location of
38:11
their home has been the border between Iran and Iraq right where goal for one
38:17
and go for two rolled right through them and I was in another country where many
38:22
of the Mandans had fled and one of the high priests asked to meet with me while
38:28
we were we were in this country and of course I said yes and he brought with him a
scroll that he says is over 6000
38:37
years old and it was written in Aramaic which is interesting to me because Aramaic was
the language of Jesus and
38:45
we're not sure when it actually began but what was interesting about this
38:50
scroll in our biblical traditions the creation of humankind

38:56

happens in a couple of sentences in the book of Genesis because we've got the Reader's Digest condensed version and a

39:02

lot of things we know were edited out in other traditions such as the Mandans they are in scrolls so there is column

39:10

after column paragraph after paragraph of information describing the creation

39:16

of the human body first and how the powers-that-be then tried to put the

39:25

soul into the body suggesting that our soul is in fact separate in comes from

39:31

somewhere else and what makes it so interesting is is that the first few iterations of humankind could not hold

39:38

the power of the soul or the spark or the light of God from this higher dimension and it was only when they

39:45

perfected the genetic recipe for the bodies that we have now that they could

39:50

get that the soul and it always says when they created the body of Adam it's

39:55

not when he created the body now them when they indicating that there were multiple people created her multiple beings

40:02

create the body of Adam they could not get the soul into the body of Adam at

40:08

first so into the male body of Adam they place the feminine soul from a higher

40:14

state space a higher dimension as the way we can interpret this and it was the marriage of the physical body with the

40:20

feminine soul they gave Adam his animation and allowed him to become the man that he was and that either

40:28

metaphorically or in reality this is the story that tells us that our bodies and

40:34

our souls while they share time together and are merged in this moment that they

40:41

are actually separate entities and when we talk about life and death here again we find in at least a 6,000 year old

40:48

tradition that there's something inside of us that's not from around here that comes from somewhere else and we begin

40:54

to think about our universe in our lives it's a simulation it's saying essentially the same thing that that

41:00

we're projecting or experiencing through this physical body to find out something

41:06

here about ourselves in this world that apparently we cannot experience in heaven or in these other worlds and in

41:15

these texts they are what we would call plays of morality it's if you live in the 8th dimension and you wake up every

41:20

morning in the 8th dimension and all there is is light it's easy to live in the light but if you wake up in this

41:26

third dimensional world and you've got choices of light and dark and good and bad right and wrong and males and

41:32

females and all the things that go with that then you have to choose and and

41:38

that's where it gets really interesting so this is again this is the value of going back into some of these these

41:44

ancient traditions because they had a language that was intact that describes our universe and who we are in a way

41:50

that our science is only now beginning to understand whether the ideas proposed

41:56

by the physicists that we are somehow living a simulated reality are real or

42:04

metaphoric again for me the bottom line is they suggest that we are

42:09

living in a universe and in the world that we're part of rather than separate

42:15

from and as part of our world we are empowered to participate in our healing

42:21

and in our abundance and in our peace and I believe that that may be what this this life is all about recognizing

42:29

recognizing that there's a power within us that allows us to transcend the great

42:35

suffering and achieve that the greatest joys that we could ever ever want to experience what that means to me in

42:42

terms of everyday life is looking at the world around me through new eyes and

42:49

recognizing that this world is nothing more nothing less than a mirror of what we claim to be true in our hearts and if

42:55

we choose to live in the new world rather than trying to hammer in the submission externally we can choose in

43:01

our hearts to feel and believe in in ways now that our scientists say

43:08

actually affect and change the reality of our world through what's called coherent heart based emotion they aren't

43:14

just thoughts or wishes feeling as if our bodies are already healed feeling as

43:20

if peace has already happened in our lives in giving thanks or appreciation and gratitude for whatever time we have

43:26

together in this world because real or simulated we don't really know how long it lasts or how long we're here so from

43:33

my perspective every day I do my very

43:39

best and I ask myself the question what can I do today to leave every place that

43:45

I visit a better place than it was than when I got there and whether it means cleaning up the sink in an airport

43:51

bathroom before I leave because it looks better when I left and it didn't when I came in or when someone stops me in the

43:58

hall in a very busy conference to talk and I know I've got to be somewhere else am I too busy to talk to them or could I

44:04

give them 60 or 90 seconds fully present

44:10

fully focused and honoring and just say to them I can only honor you for for

44:16

these moments and look them in the eye in that way these are the little things

44:22

we can do in our in our day be fully present with everyone that comes into

44:27

our lives and crosses our paths and where we choose to travel and share our

44:33

energy leave that place a better place than it was when we left

44:38

[Music]

English (auto-generated)

How To Use The Power Of Your Mind For Spontaneous Healing



¹³**Dr. Joe Dispenza:** If you study the research in neuroscience, mental rehearsal installs neurological hardware in your brain to look like you already did it.

Dr. Mark Hyman: Welcome to the Doctor's Farmacy, I'm Dr. Mark Hyman. That's Farmacy with an F. A place where conversations matter. And if you've ever wanted to figure out why you're miserable, why you're suffering, how your mind drives you crazy, and how to get free spiritually, emotionally, physically, and heal your body using your mind, well, you better listen up because we have one of the world's experts on the science of how to use your mind to create happiness and to heal your body. And that's Dr. Joe Dispenza, who I've met many years ago, we were just chatting about that. At Omega Institute, and his work has just exploded since then. He's focusing mostly on the intersection of neuroscience, epigenetics, quantum physics, which sounds like a bunch of very intense stuff. But it's really deep science around how we heal, and how our bodies work. Around spontaneous remissions. And he teaches people around the world to heal their bodies using their minds and improve their consciousness and make real changes. He's partner with scientists and universities all over the world to perform research on the effects of meditation, and how that affects the brain and the body.

Dr. Mark Hyman: He's done advanced retreats around the world. And doing these retreats, he's collected data, it's not just, "Oh, well, your mind can heal your body that sounds fun and cool." It's like hard science. And he's done 8000 brain scans and 4000 heart rate variability measurements, which are a measure of your sort of psycho emotional, spiritual well-being in the

¹³ <https://drhyman.com/blog/2021/08/18/podcast-ep184/>

sense, an indirect measurement and correlate the effects that sustained elevations in your mood, and emotions and your ability to regulate yourself, how they impact your heart and brain function, your immune system, and your mind body health. And he studied the effects on gene expression, on protein regulation, on immune response, changes in your brain chemistry, your telomeres, which determine your aging, and all kinds of variations in your molecular metabolic pathway. So it's pretty cool stuff. He's written a number of books, I encourage you to check them all out. He's a researcher, lecturer, a corporate consultant, and he's just got such a practical approach to dealing with human suffering, both mental, emotional, physical, and spiritual. So, welcome, Joe.

Dr. Joe Dispenza: Oh, Mark, thank you so much for the introduction. I really appreciate it. I'm so happy to be with you again.

Dr. Mark Hyman: Of course. It was fun to be with people who are thinking about how do we make things better? How do we make things better for individuals, for society? And you're doing that in spades. As a functional medicine doctor, I started to see a lot of changes in people's mood and behavior and attitude, and cognition by fixing their body. And I wrote this book called The UltraMind Solution about 12 years ago about how the body affects the mind. No one had really been talking about it that time. Mostly we're talking about the mind body effect. And they're both really important. And I think functional medicine does a good job about healing the body, which can help the brain function better. I always say it's a lot easier to get enlightened if you don't have mercury poisoning, your thyroids working, you're not B12 deficient and your microbiome is healthy, right? It's a lot easier than struggling through, "All of you can..." I think it's important you enlighten people who aren't that healthy, but it's easier.

Dr. Mark Hyman: But your work is really focused on dissecting and going deep into the understanding of how the brain and the mind, which are not the same thing can be a powerful tool for transforming your life at every level, your relationship to yourself, your relationship to others, and often really serious chronic illnesses that can be transformed by understanding the power of the mind. And we are in this society so focused on the external world. We've been

exploring outer space. And we just saw Richard Branson and Jeff Bezos go into outer space, we see Elon Musk go into Mars and all these great exploration. We've been really good at understanding the outer world, but we haven't really been adventures in our inner landscapes. On inner space. And you have been one of the aeronauts the inner space astronauts, so to speak. That it makes fun of the far reaches of our consciousness, and our ability to really become fully human ultimately. And it's just such a beautiful thing. And I think you've learned so much about it, and I want to get deep into it in this conversation.

Dr. Mark Hyman: So, let's start by talking about how you first became sort of interested in this whole idea of spontaneous remissions, which for those who don't know what it is, means you have some incurable disease and it goes away. And it's not because you got a medical treatment, it's because something happened that shifted the course of the disease that was most likely coming from your own consciousness. So, talk about how you got into that and why you started to study it.

Dr. Joe Dispenza: Well, I think... First of all, thank you again, I think for the most part, I've always been a curious person, and I'm always interested in human potential. And at one point, we all read really cool information about mystics and saints and avatars. And for me, that's all good philosophy until you have your own moment. And I was in a [inaudible 00:05:38] and I got run over by a truck and I broke six vertebrae in my spine, and I had to make a decision at that time in my life. Because the diagnosis wasn't very good, and neither was the prognosis. And I had to decide if I was going to spend the rest of my life on addictive medications, and with surgical rods in my spine, or if I was going to see if the mind could actually heal the body. And so that was my wake up call in 1986. And so I just... I was at the point where I just had to make a decision to see if it was actually the truth, if all of this that I learned was the truth, let's apply it.

Dr. Joe Dispenza: And so I was lucky enough to have a dramatic change in my own personal health. And then I thought, "God yeah, if it worked on me, as it worked on other people." So I started looking into people that had been treating conventionally or unconventionally, and with a certain diagnosis, and their condition was staying the same, getting worse, and all of a sudden, it

got better. And I just wanted to look at what the cause was, that was producing that effect. And so I interviewed hundreds and hundreds of people that had gone through the process. And one of the most fundamental elements that they all had in common, there were a lot of things that had to do with their mind. And some people had specific diets and specific regimes, some people use certain conventional, non conventional protocols, but the commonality primarily was about how the mind was really influencing the body. And they began to really take a closer look at how they were thinking on a daily basis, how they were acting on a regular basis, and looking at how they feel on a moment to moment basis.

Dr. Joe Dispenza: And how you think and how you act and how you feel is your personality and your personality has a very direct relationship with your personal reality. Which means if you want to change your personal reality, if you want to change something about your life, you got to change. And so the process of change then, becomes the fundamental process of going from some person that's familiar, unknown to you, and stepping out and beginning to make different choices and to begin thinking differently, and being to behave differently and speak differently and feel differently. And if you start thinking, acting, and feeling differently, our research shows without a doubt, you're going to have dramatic changes in your biology. And if you do it enough times, you're going to become someone else. And the disease then all of a sudden exists in the old personality and not the new personality.

Dr. Mark Hyman: Wow!

Dr. Joe Dispenza: And then you ask the person, where's the cancer? Where's the rheumatoid arthritis? Where's the immune mediated condition? It's in the old person, I'm not that person any longer. And so when we started seeing these changes taking place in people that had their own personal remissions, I thought, "Well, is that teachable? And what is the science behind teaching it can we teach people how to begin to change their thoughts? And is there a neuroscience to support it?" And there's tons. And if you begin to behave differently, can you create neural pathways that begin to become habituated over time? And if you stop feeling suffering, and you stop feeling pain, you stop feeling guilt, and you start feeling elevated emotions, like joy, or

inspiration or gratitude, not just in a momentary state, like positive thinking, but to be able to self regulate and maintain that, if we could teach that, could we produce the same effects in people? So, I think this is a time in history Mark, where it's not enough to know, it's a time in history to know how.

Dr. Mark Hyman:Wow!

Dr. Joe Dispenza:And so all that philosophy is all great dinner conversation. But when you're given a diagnosis, now you got to step out of the bleachers, and you got to get on the playing field, and you got to start making different choices. And the hardest part about change is not making the same choice as you did the day before. And the moment you decide to make a different choice, whether you like it or not, you're going to feel uncomfortable. You're going to feel unfamiliar, you're not going to be able to predict what's going to happen. There's going to be some uncertainty because you're leaving the known familiar yourself. And so how does the person become the person they are? And why do they keep their health condition the same? And well, most people, your brain is a record of the past. It's an artifact of everything you've learned and experienced to this moment.

Dr. Joe Dispenza:So most people wake up in the morning, if you think that your thoughts have something to do with your destiny, they start thinking about their problems. And those problems are just memories that are etched in their brain, that are connected to certain people and objects and certain things at certain times and places. And the moment they start thinking about their problems, they're thinking in the past. Now, because every one of those problems has an emotion associated with them, the moment they start feeling unhappy or feeling sad, now their body is in the past, because thoughts are the language of the brain, and feelings are the language of the body. And how we think and how we feel creates our state of being. Now, the problem is, is that the person thinks, so the problem feels the emotion, and that is a thought and a feeling. That's an image and an emotion, it's a stimulus and response. And that starts the conditioning process to get the body emotionally conditioned into the past. Now, here's the crazy part about it.

Dr. Mark Hyman: Yes.

Dr. Joe Dispenza: The familiar past, emotionally is producing dramatic effects on the body because the body is so objective, that it does not know the difference between the real life experience that's creating that emotion, and the emotion that person is fabricating by thought or memory alone. The body's believing it's living in the same past experience, seven days a week, 365 days a year. And the problem with that is, is that the environment signals the gene, that's epigenetics. And the end product of an experience in the environment, that's an emotion. So the person is keeping the same gene regulated, because the body's believing in something in the same environmental condition. So, getting that person to step outside of that familiar unknown territory into the unknown, where there is uncertainty and have them be comfortable there, and begin to think about how they are going to think. And how they are-

Dr. Mark Hyman: Can you give up their identity of who they are, what defines them, their past, their stories, their beliefs? You're coming after it, you're going for the juggler in our old patterns and our old ways of being that keep us not well and keep us unhappy and sick.

Dr. Joe Dispenza: Turns out that's 95% of who we are. So, if we don't address those unconscious programs, you can... And you're an integrative physician, you understand this, you could have the healthiest, ketogenic vegan, intermittent fasting, enzymes, food combining.

Dr. Mark Hyman: Yeah, yeah.

Dr. Joe Dispenza: And you're living in fear.

Dr. Mark Hyman: Yeah, I have seen this.

Dr. Joe Dispenza: If you're living in pain, the cell is not in a state to actually absorb anything, it's in a state of emergency. In an emergency, there's no growth and repair. So-

Dr. Mark Hyman:I treat patients like that, who do everything perfectly, and they're still sick, and I've seen people who don't give a crap about their health, but they have the best attitude, and they're fine.

Dr. Joe Dispenza:Because the body's believing it's in a different environment and growth and repair is what does it. So then we said, "Okay, let's see if we can demystify the process. So, the concept, the word meditation, literally means to become familiar with, if you look at the symbolism of it, and you look it up it's familiarization. So, you sit down and you say, "Okay, I don't want to be unhappy. I don't want to be angry. I don't want to talk trash about people, I don't want to complain, I don't want to blame. I don't want to make excuses. I don't want to feel lack. I don't want to have an attitude that's telling me I can't, it's too hard." That's the old identity, right?

Dr. Mark Hyman:Mm-hmm (affirmative).

Dr. Joe Dispenza:So the moment you start becoming conscious of those unconscious thoughts, the moment you become aware of your automatic habits and behaviors, the moment you can notice that this is actually guilt that you're feeling, or sadness or pain, the moment you can become conscious and familiar with those states of mind and body. If you keep becoming familiar with it, if you keep becoming conscious of it, you won't go unconscious. So sitting on a meditation to Know thyself, most people, all of a sudden, here comes the barrage of thoughts, here comes the propensities and habits. And here comes the emotions. The body's saying, "You normally complain at this time, what are you doing sitting with your eyes closed? Let's think of a reason why you can complain." And the body starts influencing the mind.

Dr. Joe Dispenza:So, if you break it down for a person to understand, how many times do we have to forget until we start remembering and keep remembering and stop forgetting. That's the process of change. So, then you put a person in a meditation and they hear that voice, they hear that chatter, they want to get up and go to the bathroom, they want to check their cell phone, they

want to feel angry, and instead of getting up and saying, “I can’t meditate...” See, they’re coming to the end of the known. So they want to go back to what’s known right?

Dr. Mark Hyman: Hmm.

Dr. Joe Dispenza: If you teach the person what to do, and you show them that on the other side of that is freedom. On the other side of that is joy, you got to become so conscious, and it takes a lot of awareness. It takes a lot of energy to sit with yourself long enough to disentangle from those programs. Now, we now know that it’s a formula, that if you follow a formula, you will actually start pruning circuitry, you’ll stop the conditioning process and move the body out of the past and it starts liberating energy. And that’s energy to heal with, that’s energy to create a new life, that’s energy to digest again. The body’s no longer living in survival, living in emergency. And the majority of people’s emotions then tend to be derived from the hormones of stress.

Dr. Joe Dispenza: And so that we started realizing that the arousal of the stress hormones, that the rush of the chemistry is actually tapping the body’s resources, and the stronger the emotions we feel towards any problem or person in our life, the more we pay attention to them. And if where you place your attention is where you place your energy, then you’re giving your power away to that person or problem. And if a person can learn to sit in the fire, and say, “It’s not my boss, it’s not my ex, it’s not my job, it’s not the pandemic, it’s me, that this emotion isn’t serving me because this emotion is the exact emotion that’s pushing the genetic buttons that’s creating disease.” Okay. If I can keep practicing lowering the volume to that emotion, I’ll keep taking my attention off that person or problem and in a sense, the body starts moving back into the present moment, it starts getting relaxed in the unknown.

Dr. Joe Dispenza: So we started teaching people the process, and by a person overcoming their past, not the trauma, just the emotion, they just have to work on breaking that conditioning process, because if you keep doing it over and over again, a habit is when the body becomes the mind. Now, the servant, now the body is influencing the mind. So, I teach a person then how to break that conditioning process. The body starts moving into the present moment, it’s no longer

on the same environmental condition. And then all of a sudden, we start to see some pretty dramatic changes in people's health.

Dr. Mark Hyman: Yeah. It's pretty remarkable what you're talking about, is helping people understand that the voice in their head is not them.

Dr. Joe Dispenza: It's a progress.

Dr. Mark Hyman: Who is it that's actually aware that you have a voice in your head?

Dr. Joe Dispenza: That the person [inaudible 00:17:11].

Dr. Mark Hyman: They call that witness consciousness, or non judgmental awareness, or whatever they call it.

Dr. Joe Dispenza: Mindfulness.

Dr. Mark Hyman: Mindfulness.

Dr. Joe Dispenza: Yes.

Dr. Mark Hyman: And honestly Joe, it's scary in there. Your lower self has literally hijacked the road trip. And for me, I'm constantly in relationship to my lower self, trying to see what it's saying, trying to shift the dialogue and flip it so that I'm not constantly repeating these same negative thought patterns that are causing me unhappiness, or suffering, or disease, or pain, or whatever it is. And I've been working on this for a long time, and I don't find it easy, I find it challenging. It's like four in the morning, my mind just kicks up about my ex wife, or... And I'm pretty chill most of the time. I'm like, "God, it's so deep in this wiring and programming." And your work really helps people with a methodology to deal with that. Right?

Dr. Mark Hyman: And what happens in the work that you've done is so tremendous, is that not only do you see the changes in people's lives, but you're seeing changes in their biology, which speak to the underlying physiology of joy, happiness, freedom, right?

Dr. Joe Dispenza: Yeah.

Dr. Mark Hyman: That's a very new thing. You're familiar I'm sure with my friend Daniel Goleman, and his partner Davidson, Richie Davidson, who wrote *Altered Traits*, about studying these Olympic meditators who've been in cave for nine years meditating all the time, and their brains look totally different. And you're seeing this not in nine years of being in a cave, but after seven days, right?

Dr. Joe Dispenza: Yeah. God, if you were to ask me, Mark, a year ago, or two years ago, if I would think in my lifetime that I would be seeing what we're seeing in our measurements, I'd probably say, wow, probably not. But it's pretty ambitious because sometimes we see such levels of order in our community's brains when they apply that formula, that we just found the articles that said that the mathematical probability of this type of coherence happening in the brain is statistically impossible. And if it occurred, it would occur as a momentary phenomena that's random. And our collective groups of people are sustaining these states for extended periods of time. So, we can see dramatic changes in people's brain circuitry. But not only their circuitry, but this thing called coherence. And coherence is order, it's rhythm. So, the antithesis is if you're living in stress, and you're living in survival, you feel like you can't control something. You feel like you can't predict thing, and you have the perception that something's getting worse.

Dr. Joe Dispenza: And the arousal of those stress hormones causes you to shift your attention from one person to another problem to another thing to another place. And every one of those elements has a neurological network in the brain. So, the arousal in the brain is saying there's an emergency, try to control everything, try to predict everything, prepare for the worst. And you start firing all these circuits individually. You shift your attention to your boss, your co workers, or whatever, and you start causing the brain to fire very incoherently. And when the brain is in

coherence, we're in coherence. And when the brain isn't working right, we're not working right. So then the arousal causes us to narrow our focus on the material world as our senses become heightened and we focus on everything that's physical and material, and we start over focusing, that's what stress does.

Dr. Joe Dispenza: So we thought, what if we taught people to do the opposite, instead of narrowing their focus on whatever is material or known to them, let's have them open their focus and broaden their focus, and put their attention on nothing physical and put it on nothing, on space, on energy.

Dr. Mark Hyman: Yeah/

Dr. Joe Dispenza: And if we can create what's called a divergent focus, is it possible that the brain will begin to fire more coherently, and all of a sudden, we started seeing the front of the brain talk on the back of the brain and synchronizing areas together and what sinks in the brain links in the brain, all of a sudden, you see the person starting to feel more whole. You keep doing that, more coherence creates more energy. The waves start standing, and they start building on each other. And when that happens, there's an arousal that ultimately takes place in the brain, but the arousal is not fear, the arousal is not pain, or aggression, and the arousal is not as anger, your arousal is ecstasy, the arousal is bliss, the arousal is love.

Dr. Mark Hyman: Sounds pretty good.

Dr. Joe Dispenza: And the person-

Dr. Mark Hyman: Where do I sign up?

Dr. Joe Dispenza: The cool part of that is that, when that occurs, the stimulation that's being created, and we see these high gamma patterns that are off the scale. The arousal that's taking

place is not taking place from anything out there in the environment, it's not taking place from the sports car, the wardrobe, or the movie, or the cell phone, it's happening inside the person. And all of a sudden, that's a new feeling. I've never had that feeling before and they start feeling connected. The side effect of that is even greater levels of order in the brain, and all of a sudden the heart gets very turned on, it gets very signaled, and the person is moving into an elevated state. And that kind of combination of energy between the heart and the brain causes the person to become creative, not a little creative. But really seeing possibilities to their conscious of things they were never conscious before. And that's a greater level of awareness. And that's a greater level of energy.

Dr. Joe Dispenza: And so people all of a sudden start seeing synchronicities, that start taking place in their life, because they have a coherent brain and a coherent heart, and you got a Wi-Fi signal, and you feel connected to something you don't feel separate. Stress causes us to feel separation and lack. And this feeling makes you feel whole, and all of a sudden, all the things that you wanted because you're in lack, you no longer want, because you feel like you have them. And that's the kind of place where you can relax more into the present moment and enjoy the sunset, and enjoy the meal, and enjoy the conversation and enjoy the connection. Because your presence... And I say that that's a skill. So-

Dr. Mark Hyman: [crosstalk 00:23:28] It is, really. And a whole society is geared to make us not present. I mean, the phones that we have are just these distraction animals. I think it's hard for us to come back to ourselves. And I remember, I'm old enough to remember when we didn't have cell phones, we didn't have computers, we didn't have anything. So, postcards and a landline.

Dr. Joe Dispenza: Yeah.

Dr. Mark Hyman: And I remember, the quality of my experience was quite different. And the quality of my inner joy was much higher. And I'm sort of inspired by what you're saying. And I decided actually last week that I'm going to go for a month into a cabin somewhere where I'm

going to have food delivered not see another human and go into a retreat, and meditate and be and have no phone, no computer, no books, am not even going to take your books, Joe. I'm going to take a pen and paper so I can write. But that's it. And I'll just be in an interesting experiment to see what it feels like to just be with no distraction and to let all that settle and begin to get into the space of coherence. Because I've noticed that for myself, and I'm sure like everybody else, that the mind is a hard monkey to tame. And it takes us down pathways of beliefs and ideas and things that take us away from a vibrant, full, joyous, happy life.

Dr. Mark Hyman: And what's great about your work is it's not just theoretical, and yes, you've got all the science behind it and you're really mapping out the changes that structurally happen in our bodies, but you talk about these four elements of healing your body with your mind, and how we can rewire our brain by changing our thoughts. So it sort of implies that we have the capacity to match our thoughts, which a lot of us don't agree to. But can you take us through what those four-

Dr. Joe Dispenza: Well, first of all, I want to respond to that because-

Dr. Mark Hyman: Okay, okay.

Dr. Joe Dispenza: ... because a lot of people don't know what to do when they have that thought. They have no formula that scientific and practical that if they can practice enough times, if nerve cells that fire together, wire together, the nerve cells that no longer fire together, no longer wire together. And if you stick with it, and we can tell you this, that sooner or later that thought is going to start to have a weakening effect on your mind, until ultimately it's no longer going to be there because you no longer paid attention to it, no longer accepted it, no longer believed it, no longer surrender to it. And most people when they get to this point, Mark, they think I'm doing my meditation wrong. And I always tell them, no, no, no, no, no, you're actually doing it right. That's what I want you to see. That's standing in the way between you and your happiness. On the other side of that is a whole new area that you get to wire your brain anyway you choose.

Dr. Joe Dispenza: So, then there's an unlearning process before the relearning process. There's a breaking a habit of the old self and a reinvention of a new self. You got to prune synaptic connections, and they got to practice sprouting new ones. You got to unfire and unwire, you got to refire and rewire. You got to deprogram and reprogram. You got to lose your mind and create a new one. And you have to and memorize emotions that keep you connected to the same familiar past, and then recondition the body to a new mind into a new emotion. So then, that process, if there's a formula to apply, let's just say, you sitting in your meditation, it means-

Dr. Mark Hyman: Because it sounds good, right? But how do you get from here to there? I'm sure everybody is thinking who is listening.

Dr. Joe Dispenza: Yeah, of course. But everybody's done it. They've done it, they just haven't made it a habit. And so then, if you're sitting in a meditation, and you have something to do and your body starts going, "I'm angry, I'm frustrated, and it's my ex wife, it's my whatever." And you go like this to your body. Okay, okay, now listen, you settle down, and you know exactly what to do. And you tame the animal, you tell it to sort of stay, and relax it back into the present moment. What I wanted to know-

Dr. Mark Hyman: Sit down, boy.

Dr. Joe Dispenza: Sit. That's a victory, that's a victory. And then if the body starts going, "I got to get up, I got to check my cell phone, I got to go, I got a meeting, I'm busy." And you notice that your body's habituated into the same predictable future and you settle your body back down into the present moment, now you're executing a will, that's greater than those unconscious programs. And that's a victory. And if you keep doing this over and over again, just like training an animal, the body is going to stay, it's going to surrender to a new mind. And when that occurs, there's a liberation of energy and the person relaxes into the present moment. That's the unknown. The familiar past is the known, the predictable future is the known, the only one place left is the sweet spot of that generous present moment.

Dr. Joe Dispenza: Now, let's get the person so familiar with their unconscious thoughts that when it comes they don't respond to them, so aware of their habits and behaviors. So, a conscious of the emotions that they typically feel in a waking day, they would never go unconscious to that emotion again. And you say to the person, "Hey, Mark, what thoughts do you want to fire and wire in your brain?"

Dr. Mark Hyman: Mm-hmm (affirmative).

Dr. Joe Dispenza: And with intention and attention, if we showed you how to do that, nerve cells that fire together wire together, just take a little repetition, a little presence, you start installing the hardware, keep doing it, it's going to become a software program. What does that mean? That's going to be the new voice in your head that says, "Mark, you can do it?" If you said, okay-

Dr. Mark Hyman: I can teach my inner voice to speak a different language?

Dr. Joe Dispenza: Exactly. You can change-

Dr. Mark Hyman: That sounds good.

Dr. Joe Dispenza: You can change-

Dr. Mark Hyman: That sounds good.

Dr. Joe Dispenza: But then [crosstalk 00:29:19]-

Dr. Mark Hyman: Portuguese, because I think it's a nice sounding, very sexy language. I think Portuguese is very sexy.

Dr. Joe Dispenza: But if you said them, “Okay, how am I going to be with my co workers? How am I going to be with my employees? How am I going to be with my ex wife? What would greatness look like today?” And you sat down and closed your eyes. And you rehearsed in your mind how you’re going to be in every one of those situations.

Dr. Mark Hyman: Hmm.

Dr. Joe Dispenza: If you study the research in neuroscience, mental rehearsal installs neurological hardware in your brain to look like you already did it.

Dr. Mark Hyman: [crosstalk 00:29:59]. I think about my serve before I serve, and I do it better.

Dr. Joe Dispenza: Of course. Because you’ve produced that mind. So if you keep doing that, you install hardware, practice it and rehearse it, it becomes a software program, which means you start behaving that way. Now, here’s the challenging part. Can you teach your body emotionally, what the future reality that you want to live in feels like before it happens? Now, this is very difficult if you’ve been conditioned into believing something your outer world has to change to take away the emptiness or the lack, to make you feel differently. This is saying actually feel the emotion before it happens, and don’t wait for the experience to occur. Teach your body what the feeling will be before it occurs, if the environment signals the gene, and the end product of an experience in the environment is an emotion, you’re signaling the gene ahead of the environment. And genes make proteins and proteins are responsible for the structure and function of your body. And the expression of proteins is the expression of life. So teach the body emotionally to self regulate to believe it’s living in an environment that’s flourishing.

Dr. Joe Dispenza: That’s wonderful. Keep practicing it and it’ll become familiar to you. And the process then creates a new identity. And it’s not difficult once you understand what you’re doing and why you’re doing it. And the more you combine all those different branches of science and make it in a simple way to understand if people understand the what and the why, the how it

gets easier because you can assign meaning to what you're doing and it becomes instrumental. So get a group of people, 1000 people, 1500 people, 2000 people into a room, teach them that information, whether they're coming for wealth or health, or relationship, a new career, a mystical experience, get them all together and teach them and measure what can take place in a one week period of time. And I assure you, that's more than 75% of the people that go through and go all in and retreat from their lives and remove the same stimulation from their environment and not be in the same conditions and teaching them that information, give them numerous opportunities to apply it and numerous opportunities to get beyond themselves.

Dr. Joe Dispenza: All you need is that first person that stands on the stage and says, "Hey, I walked in here with Parkinson's disease. I have no idea what happened, but I'm not trembling anymore." And boy, that last thing, just something clicked for me, and the person in the audience was watching the Four Minute Mile right in front of them and going, "Wow, that guy looks like he's not a vegan, he doesn't look like he's particularly in shape. But his Parkinson's went away. And wow, if he could do it, I could do it and somebody else changes their belief." And now that's the footprint and consciousness get enough people doing that, by the end of the week, you're going to see things... We've seen blind people seeing, deaf people hearing, not once, not twice-

Dr. Mark Hyman: Wow, really!

Dr. Joe Dispenza: We've seen people with strokes for 10 years lift their arms up again. We've seen people step out of wheelchairs, people on crutches, drop their crutch. You see, the body literally recalibrates to a new mind. And they're not intentionally trying to do anything, they're just becoming somebody else. But the process of overcoming is the process of becoming. And if you teach people that formula, and you get just one or two people doing it, it's just going to become an infection, and wellness is going to spread just like disease.

Dr. Mark Hyman: It's good. Yeah. I think health is contagious, actually. So Joe, a lot of people listening are going, "Yeah, this all makes sense." And I'm sure having these thoughts.

But taming the mind is hard. And a lot of us feel things and have really strong emotions. And we think that they have an existence of their own. But it's really the thoughts that create emotions, right? It's thoughts that create the feelings because we have a belief, we have perspective, we have a narrative and it can happen in a nanosecond. Right? It can happen in a nanosecond, but is that how it works?

Dr. Joe Dispenza: Well, as you said at the beginning of the show, there's never a time where your body isn't influencing your mind, and there's never a time where your mind isn't influencing your body. You have a body in your mind and a mind mapped in your brain. And it's the same. So, to a person then who's become so happy being unhappy, that that familiar feeling in them is something that they enjoy feeling because they don't know who they would be if they didn't feel that feeling. Okay? Let's... Okay. Let's just say-

Dr. Mark Hyman: A lot of the sick people here, without their illness is their identity. And without it, they don't know who they are.

Dr. Joe Dispenza: And why? Why? Because the suffering, and I'm not saying this is for everybody. That person gets attention from it, gets people to visit, gets whatever they need, but in a sense, they also have relationships where they love to share the same emotions and if you share the same experiences, you share the same emotion. So Mark, let's get on the phone and let's complain for the next 30 minutes about how miserable life is, and then I'll try to top you and you try to top me, and we're using either to reaffirm some type of conditioning, right?

Dr. Mark Hyman: Yeah.

Dr. Joe Dispenza: So, that becomes the identity. So, then let's just say you decide to stop blaming, stop complaining, stop making excuses, stop feeling sorry for yourself. Stop talking trash, stop commiserating. You just say, "I'm going to quit that." In the first hour, you do really well. But the problem is, the body's saying, "Hey, Mark..."

Dr. Mark Hyman: This is what you've been in an hour.

Dr. Joe Dispenza: Yeah. When you call Joe, and you start commiserating, so what does the body say? The body starts influencing the mind and it starts calling up circuits in the brain that are connected to that emotion that you've been using all along. So, then you start thinking about all the reasons you're unhappy, now that thought leads to a choice, that choice leads to the same behavior, the same behavior creates the same experience, and the same experience produces the same feeling and the same emotion. And that same emotion starts to influence the very same thought. And now the person returns back to their same biology and the health condition will always be there, because it's the environment that looks like it's signaling the gene. But it's the emotion.

Dr. Joe Dispenza: So then, if the person all of a sudden says, "Okay, I'm going to do my meditation," and you do your meditation at 11 o'clock in the morning, and that's normally when you get on your emails and start judging people, your body's going to say you're out of schedule. So, the process of change requires then not only addressing the mind, which is the thought, but also the emotion that's conditioned into the body. And if you break it down for people, they'll be able to distinguish in the process of change, "Oh, my God." I'm fasting from.... breaking in addiction. Your body's craving, I just got to suffer a little bit, but somebody wants to suffer, and you got to be able to work with it. And not just to sit there and white knuckle it to learn how to self regulate.

Dr. Joe Dispenza: So learn how to make those changes with your eyes open, that's when it matters the most. You practice meditation with your eyes closed, you take your body out for a test drive during the day with your eyes open, and you work on staying conscious, right?

Dr. Mark Hyman: Yeah. The purpose of meditation is not to get better at meditation, it's to get better in life. Right?

Dr. Joe Dispenza: Exactly. Exactly. Exactly. Becoming more conscious. Exactly.

Dr. Mark Hyman: Yeah. So those four elements that you talked about, a little [crosstalk 00:37:34].

Dr. Joe Dispenza: Yeah. So it's really simple. So, the first thing is that people have this very strong belief that there was some innate intelligence within them that was giving them life, there's some energy, some force of life that made them more vitalistic and less mechanistic. Whether it was spiritual, whatever they want to call it, that there was some power within them that that they acknowledged that was giving them life. The second thing was, they realized that it was their own mismanagement of their thoughts, and their actions and their emotions that created their health condition. They realized, I actually had a strong part in this and they started taking responsibility. And really started... They decided, I got to break the habit of being myself. Now, they really said, "If I'm going to live the next part of my life with this health condition, I don't want to live like that person any longer. If I only have six months to live, I don't want to live that way." So they started becoming conscious of their unconscious self and so conscious that they didn't want to go unconscious.

Dr. Joe Dispenza: And then they started thinking number three, "If I actually had a new lease on life, if I actually could heal, if I actually could live another year, how would I live my life?" Now, they didn't say I'm going to be the same person, they said, "How do I want to think? How do I want to act? How do I want to feel?" And exactly how I described, they went into an inward process, not even a meditation, just what do I want to tell myself? And let me repeat it. How do I want to live with my family? How do I want to eat dinner? What emotions do I want to feel? And they started changing their personality. They started reinventing a new self. And then the last thing that they had in common is that they started noticing when they would close their eyes and do this, they lost track of space and time. That they thought was like 15 minutes that went by or 20 minutes that went by. And in actuality, it was an hour and 20 minutes that went by.

Dr. Mark Hyman: Wow!

Dr. Joe Dispenza: They had no sense of space and time in their inner process. And I was interested in demystifying the process, because I wanted to see if we could teach that process. But that worked with sick people and other people and it worked.

Dr. Mark Hyman: So you're taking these ancient spiritual traditions and meditation and spiritual practices, and you put a lot of structure and science behind it to help the average Westerner who's not familiar with those practices to actually access it, which is really an extraordinary gift. And I'd love to sort of have you talked about some of the practical things that people can do like gratitude. You talked about how there's 1200 chemicals released in the body from the practice of gratitude. And again, I'd be scared to know how many molecules come out with the practice of stress and complaining. I don't want to know that. I don't want to know that. Talk about the gratitude, the biology of gratitude.

Dr. Joe Dispenza: Yeah. So I studied this extensively, because we actually... We did an experiment and we took a group of people that came to our event, and we did all kinds of brain measurements on them, and then we put HRV, heart rate variability devices on them, and we asked them to trade emotions like fear, or anger or resentment or impatience or frustration, and stop feeling those feelings and just for a few times a day, to feel gratitude, and we would talk them through it just for 15 minutes, 10 or 15 minutes to three times a day. At the end of four days, we were looking to measure if there were any significant changes in their immune regulation. And we found out that the body started producing 50% more of a chemical called IGA, immunoglobulin A, the body's natural antiviral, antibacterial, natural flu shot.

Dr. Mark Hyman: Yeah.

Dr. Joe Dispenza: And so, when you are receiving something favorable, or you just receive something enjoyable, if something wonderful just happened to you, or something really amazing is happening to you, you feel grateful. So, the emotional signature of gratitude is something amazing is happening to her just happen to you, right?

Dr. Mark Hyman: Yeah, yeah.

Dr. Joe Dispenza: So it's the ultimate state of receiving emotionally. So if you can teach a person to truly practice gratitude, there'll be significant changes in the way their heart thumps, the way it beats, and what it starts to do to the brain. We've studied this 1000s of times. So when you start feeling grateful, your heart starts beating in a rhythm that begins to influence or inform the brain that it's safe to create. It's believing in that moment, that it's safe to be it be out of survival. And practice that enough times the body starts to regenerate. So, we saw changes in immune regulation, we saw changes in gene expression. Why? Because the body's believing it's living in an environment where the person's dreams have already happened. Now, we only accept, believe and surrender to thoughts that are equal to our emotional state. We never accept, believe and surrender to thoughts that are not equal to our emotional state. And this is why affirmations don't work.

Dr. Joe Dispenza: You could say, "I'm healthy, I'm healthy, I'm healthy, I'm healthy, I'm wealthy, I'm wealthy, I'm wealthy, I'm wealthy, I'm free, I'm free, I'm free," and your body's going, "No, you're not, you're miserable." So the thought never makes it past the brainstem to the body. Teach a person to change from fear, and break that conditioning, and practice with enough times creating the same feeling of gratitude as automatically as they did with fear. It makes sense then, that in a very short amount of time, you can see very significant changes, and how the body regulates and how it functions. And the heart then starts to beat in this beautiful, beautiful, coherent state.

Dr. Joe Dispenza: And so we started looking to see if teaching people how to do that and sustaining it, if it made significant changes, and without a doubt, when we accept, believe and surrender to the thoughts that are equal to the emotional state of gratitude, that information programs the autonomic nervous system into a different destiny. So then teach a person how to be in a state of receivership and gratitude, they can program their brain and body a lot quicker than when they're feeling fear and anger, because you get the diagnosis, the moment you get the diagnosis, you notice a change in your internal state. You've changed. And when you notice that

change in your internal state, the brain freezes a frame and takes a snapshot and that's called the long-term memory. So the doctor says, "You have six months to live, you have this condition, this is what happened."

Dr. Joe Dispenza: And all that information's going in because it's equal to the emotion of fear. And to get the person out of that state because that's a state of survival and you're losing energy in the body, and in gratitude you're you're regenerating energy. So get the person to a state of gratitude, and then teach them how to program their brain and body then we start seeing changes in their autonomic nervous system.

Dr. Mark Hyman: Yeah. And the biggest pharmacy is between our ears. Right?

Dr. Joe Dispenza: Exactly.

Dr. Mark Hyman: And that you're teaching people how to access that. The challenge I see for people and I'm thinking about this very selfishly and personally, is, "Okay, I meditate, but is that enough? If I meditate 20 minutes, twice a day. I do sort of a mantra meditation, I still have this relationship to my thoughts that I struggle with. So, are there other practices that you teach that help people to really break that pattern? Because it's not just about sitting, it's something else that has to happen. Right?"

Dr. Joe Dispenza: Sure. Well, first of all, absolutely. Meditation is not just to meditate, and then get up and return back to the same person flipping people off on the freeway and judging your partner, that's going back to the old self. Meditation is to prime the brain and body into a new state of being and then maintain that modified state of mind and body your entire day, you got to be able to practice it with your eyes open, that no condition, no circumstance in your environment, no person, no thing, no craving in the body, no wrong choice, you got to be able to sustain that state. And if you can, get ready because there's going to be changes in your outer world. That's the law. So when we started studying people that were healing in this work, that were diagnosed, a lot of them with immune mediated conditions, Mark.

Dr. Mark Hyman: Like autoimmune diseases, and...

Dr. Joe Dispenza: Yeah. Autoimmune diseases, from cancer to rheumatoid to everything in between. They noticed that when they started doing the meditations, their well-being came back. But their blood values and their markers never changed. And it occurred to them, "My God, I have a great meditation, I feel amazing. But then when I get up, I return back to the same whirring person. Now I got to step it up. I got to make the changes with my eyes open." And when they started doing it with their eyes open, that's when we started seeing the blood values and everything changing.

Dr. Joe Dispenza: So in our retreats, you can sit as it and get really good at it. But then there's four types of meditation, there's a seated, there's a standing, there's a walking, and there's a laying down. So, if you're going to become that person you want to become you better be able to practice doing it with your eyes open. So we teach people 1000, 1500 people on a beach or in a park, it's really cool to watch. Everybody open their hearts, get in that elevated state and move into a new state of being. And then let's open our eyes. And now let's practice walking with our eyes open as that person. No different than rehearsing for a play or rehearsing and becoming that person. And if you do it enough times, and a person understands that if they could really... How would I walk if I could heal my body in an hour? Who am I going to leave behind here, and who am I going to walk as? And a lot of people just hit it. And when they do, you see dramatic changes in their health because they're actually embodying the energy of their future.

Dr. Joe Dispenza: So we practice seating, we practice standing and walking, we practice laying down, we practice it all ways, because we want the person to become that very person in one week. And if they do, our research shows, there's dramatic, dramatic biological markers that change. Not small amounts, thousands.

Dr. Mark Hyman: What are you seeing? What are you seeing?

Dr. Joe Dispenza:Wow! Oh, my God. Just everything from methylated DNA to changes in cytokines, changes in immune markers to suppression of ATP and cancer cells to down regulating genes for Alzheimer's, and we just see dramatic changes in people's biology.

Dr. Mark Hyman:And you mentioned gene expression changes too. Can you talk about genes? Because we don't really think about our thoughts changing our genes. Right?

Dr. Joe Dispenza:Yeah. So, again, I'd like to simplify it for the average person for us, regular people, and it's really simple. Your body is a protein producing machine. And muscle cells make muscle proteins, they are called actin and myosin, skin cells make skin proteins, they are called collagen and elastin. Stomach cells make stomach proteins they are called enzymes. And every cell in your body except red blood cells, makes proteins and proteins are responsible for structure holding it together and function physiology. How we work, it's messengers, right? But in order for a cell to make a protein, a gene has to be regulated.

Dr. Joe Dispenza:So they used to say genes create disease. Well, you know this less than 1% of the people on the planet are born with a genetic health condition. Everything else is lifestyle. It's behavior, it's the stress. So then, is it possible then, that if they say now, genes don't create diseases, the environment that signals the gene that creates disease. Take two identical twins, you watch one age looks... dies 54, the other one lives to 83. They don't even look like the same person, shared the same genome, or the environment was signaling the gene expression to make certain proteins and the person develops a different condition, because it's the environment that does it. Now here's the problem.

Dr. Joe Dispenza:But if the environment signals the gene, the outer environment of the cell is the inner environment of the body. And what is that? That's the emotions, or chemical, physical and emotional balance that we have to maintain. So, if a person's just constantly living in fear and even if the environment is wonderful, and they're on vacation, and they keep remembering an event or anticipating the future, and they're bringing up the emotion of anxiety and fear, it makes sense then, that the person's signaling the gene, outside of the outer environment, because

they're making the emotion in their inner environment, and there's no difference. And so, if that happens, the constant effect by the hormones of stress down regulate genes and create disease. And if you can turn on that stress response just by thinking about your problems, then your thoughts are literally going to make you sick.

Dr. Mark Hyman: Yeah.

Dr. Joe Dispenza: So if your thoughts can make you sick, can your thoughts make you well? And you cannot begin to see changes in a person's health until they stop regulating the same genes the same way, and they start up regulating new genes, and down regulating old genes. And if they do that, they start producing different enzymes and different chemicals and different hormones, and their body begins to scale in a different direction.

Dr. Mark Hyman: So powerful. This work is so powerful. How is it different from other forms of meditation or practice that people are doing?

Dr. Joe Dispenza: Gosh, I have to be really honest, Mark, I don't even know what anybody else is doing. We're so immersed in the stuff that we're doing. Basically, what I am, I'm a pragmatist. You want to talk about quantum superposition, to me if it has no effect on my life, I'm not interested. But if it hasn't... If it is a practical application, I'm interested in the practical application. So we look at... I was going to say we have over 13,000 brain scans now.

Dr. Mark Hyman: Wow.

Dr. Joe Dispenza: We look at real time brain scans. I'm looking at your brain in a one hour an hour and 10 minute meditation. At certain moments, I'm watching what you're doing if you can actually change your brainwaves. And if you can sustain those changes, and can you do it again and make it a habit? Can you make it a skill? Can you repeat it enough times that you can do it more automatically? So I'm watching the words, we're watching the words that I'm saying, I'm not studying any tradition, any ancient scriptures, I think that the moment you start talking

religion, or tradition, or scriptures or spirituality, you're going to divide an audience. I think science creates community. So what we do is we look. We've actually created... When you see a person move into love or gratitude. And you see what that does to the brain in an instant, it informs the brain to be creative.

Dr. Joe Dispenza: When you see that and you see this dance between the two, and you turn around and you look at that person, and they got this big smile on their face. They're so in love with the moment they don't want it to end there. And there's very strong biological changes. So we're looking at scans of hearts and brains, we're looking at collective scans of people just to see if we can demystify the process. I don't want to shut an audience off with a word, I want to create new words that are science based. So the meditations that we teach all have meaning behind what we're doing, because we've studied the scans and studied the effects, and it has certain intentions of why we're doing it, whether we want to signal new dreams, whether we want to create more brain coherence, more heart coherence, we want to create coherence between the brain and the heart. What is it that we want to do? So we have different meditations for different intentions, really.

Dr. Mark Hyman: It's so great. Your work is so accessible. And I'd just love you to share a little bit about the kinds of offerings you did. Because people listening are, "Wow, this sounds great. How do I really change my mindset? How do I rewire my brain? How do I get different neurons to fire together? How do I practice gratitude? How do I begin to shift my emotional states by changing my beliefs?" And it's something that we need a hand for. It's hard to do on our own. And your work is such a beautiful collection of offerings. There's a scientific research when you go on your website, Drjoedispenza.com and look for that. But you've got a wonderful new online course, The Formula, which is 12, 30 to 40 minute lessons and five meditations and a study guide, and allows people to access this in an easy way. It's affordable in the comfort of their own home. So, can you share a little bit about that course. And then let's talk about some other things you're doing like the live events.

Dr. Joe Dispenza: Sure. Thank you, Mark. So, again, a lot of times we listen, we have a community that definitely, we're very interactive within. And one of the things that people kept saying is, "Okay, my husband, he's not going to watch the weekend course, he's not going to do the steady course, my boss notices that I'm very different, but he's not ready for this. Or my best friend, she just ended a relationship and she can't stop complaining and I'm not the right person tell her." So can you do something that's a little bit simpler and just more easily bite sized that people can digest. And so, when we started looking at the process of change and transformation, we figured out it was a formula that just like dancing the salsa, or hitting a golf ball, or hitting a tennis ball, or giving a speech, if you learn the practice of it, it gets easier.

Dr. Joe Dispenza: So, we did this course called The Formula, and it's become super popular because basically, what we're doing is we're giving you the science and the basic understandings. And then you get five meditations after a few of the courses, you practice one, and then you build on that, you practice the next one, then you build on this, and you practice the next one, and you put it together. And the model just keeps expanding. So we wanted to make it something that was easy for people to wrap their mind around and not too long and not too heavy. So, we did The Formula and launched it. And-

Dr. Mark Hyman: That's great. And people can go to Drjoedispenza.com and find it?

Dr. Joe Dispenza: Yes, yes. It's on the website.

Dr. Mark Hyman: Okay. And then the other thing I wanted to have you talked about is Dr. Joe Live, which is your monthly community question and answer. And then share a little bit more about the the live events, because I think those are really immersive, intensive week long events. And I've known people who've gone to those, and I really want to go, and I think they've had real transformational experiences. It's one of those game changers for people.

Dr. Joe Dispenza: DR. Joe Live is just a great thing that we do. It's an International service, we have a community of hundreds of thousands of people around the world. And one of the

things is that people have questions, and the questions really are not about theoretical concepts, but more about the practical application. And so, every month, the last Thursday of every month, I go down on there and I just answer questions, and I talk for a bit, for 30 minutes or so, develop a concept how we develop anxiety, how we develop depression, how to create brain coherence, how not to create heart incoherence. We just pick a topic and break it down for people. So when they sit down and they do the work, they remember. And they can assign meaning to what they're doing. So, it's just become super popular and you don't have to be on the call, you can subscribe and then they send you the recording and listen to it.

Dr. Mark Hyman: And it's free.

Dr. Joe Dispenza: Yeah.

Dr. Mark Hyman: It's free?

Dr. Joe Dispenza: No, it's... That one is a \$10 a month service.

Dr. Mark Hyman: Oh, okay. Well, that's pretty good bargain. And how about the live events? Share about what those are like. And then also, when you talk about the events, talk about the kinds of experiences that people have, the transformations that occur, what happens in there, what to expect.

Dr. Joe Dispenza: Sure. We started doing these weekend workshops. And when we did, we started seeing people have some really dramatic health changes. And I thought, "Okay, let's go from Friday night, Saturday, Sunday, let's do a four and a half day event." So we started elongating the events and started seeing more healings and more changes. And then I thought, "God, if we could have people for seven days, it would be really awesome." And so we started doing these seven day events, we've done 30 of them now, in fact.

Dr. Mark Hyman:Wow!

Dr. Joe Dispenza:And it's probably, for me, the greatest place I want to be. And when we solicit our community and ask them what they think of the week long event, over 95% say it's the best week of their life. It's just really transformative in a lot of ways. And it's an opportunity for people to retreat from their lives for just a whole entire week and remove the constant stimulation in their external environment that reminds them of who they think they are, to separate themselves from all the people and places and things and learn vital information. And then learn the science of how to change, and learn the science of how to create a new life and, and give people lots of opportunities. They're long days, they're full, and it's super transformative and fun. And we do a lot of scientific measurements there, of course, but you'll witness some of the most incredible miracles in a one week period of time.

Dr. Joe Dispenza:We just had a guy that was a veteran, a Green Beret that had a lot of physical injuries and accidents and had PTSD, had brain injuries. He had broken lots of parts of his body and was pretty much suicidal at this point, and he went and had two knee replacements. And when he came out of the surgery, he said he felt like his feet were on fire and after a couple months asked the doctors to cut his feet off, because he couldn't handle the pain. And they said, We can't guarantee that-

Dr. Mark Hyman:The pain will away.

Dr. Joe Dispenza:... pain will go away because of phantom pain. So anyway, he came to the events, salt of the Earth, ex military guy, just wide open, doesn't know anything, "Just tell me what to do," perfect person. And he came in a wheelchair, his wife wheeled him in a wheelchair. And somewhere around the third or fourth day, when we did our first laying down meditation, something really profound happened, he had one of those arousals. And he felt that move right through his autonomic nervous system and an incredible amount of order. And when he opened his eyes, he had no pain in his feet after that moment. Now, within two hours, we were out there doing a walking meditation. And he went from his wheelchair to crutches on the beach there, and

sat out there, got in his heart. Remembered that if you could feel the emotions of his future before it happened, his body would believe it's living in a different environment, a different reality. And this guy had nothing else to do, nothing else was working.

Dr. Joe Dispenza: So he went all in. And then I see him out there the next day Mark, and he's standing on there with one crutch with his hands locked in over his crutch. And I'm just looking at him the wind's blowing in his hair, and he's just... You could just tell this guy's hooked up. And there's 50 people on the beach, and he's right in front of me. And I swear, you can ask anybody at this event, I turned around and this guy was running down the beach. And the volunteer that... Because people with crutches, or wheelchairs, or handicap, we have volunteers. The volunteer is-

Dr. Mark Hyman: Running after him.

Dr. Joe Dispenza: Running after him. And then I see him run back, and there's no volunteer, he just dusted him. And he said he had connected to something so incredible, so big, that he felt like he was literally born again. And to this day, he runs now, he has no pain, he has no depression, he has no suicidal tendencies.

Dr. Mark Hyman: Amazing.

Dr. Joe Dispenza: I mean, he's in a new body. He's in a new life.

Dr. Mark Hyman: Amazing.

Dr. Joe Dispenza: He's in a whole new future. And so, you see those and you just can't go back to business as usual, you just can't be the same person again. And then we do a lot of healings also on other people now, because we've... In fact, we have universities now that are studying what we're doing, because our effects are so incredibly dramatic. And so we do a lot of

coherence healings on other people. And again, studying the effects, we had random event generators in our last event measuring if we were creating huge fluctuations in the field. Of course, they were so obvious, I just looked at the data yesterday. And I love people to see it. I want people to see it. And if a person is part of someone else's coherence healing, I want them to know that they healed that person. I want them to know how powerful they are.

Dr. Joe Dispenza: And I don't care what they eat, what they believe in, I don't care where they're from, the color of their skin, how in shape, out of shape they are, I've talked to all of them. Nobody is excluded, that in all forms and walks of life, are doing this collectively, and it's becoming a new consciousness. And what I mean by that is, what I'm saying is, consciousness is awareness. The moment you become aware of possibilities that you are unaware of, now they exist. And that means that other people can step into those footprints, not just as a possibility, but witnessing the possibility in front of them is truth.

Dr. Joe Dispenza: Because the person who's standing on the stage, who's talking about how their stage four cancer went into remission, and there's no metastasis in any bone, a PET scan, and you can see the before and after, I'm looking at the audience, and everybody is leaning in. You know why? Because they're looking at truth. They're staring truth right in the face, and they can't deny it. And that person isn't telling a glamorous story. They're going to tell you the real facts of what happened to them, and it's going to be relatable. And so we have clearly compelling evidence in our scientific studies. And we have really compelling evidence in our testimonies of students in this work-

Dr. Mark Hyman: Yeah, incredible.

Dr. Joe Dispenza: ... and evidence is the loudest voice. And that's what's going to make a difference.

Dr. Mark Hyman: That's so great, Joe. This is such good work and I'm just so proud of you for doing it. And bringing this everybody, I know it's hard to schlep around and do all this work,

but you're in service and it's a beautiful thing to see. And I can't wait to go to your next workshop here. I'm going to-

Dr. Joe Dispenza:Mark-

Dr. Mark Hyman:I can tell you.

Dr. Joe Dispenza:... you're invited. You're invited.

Dr. Mark Hyman:Okay. Well-

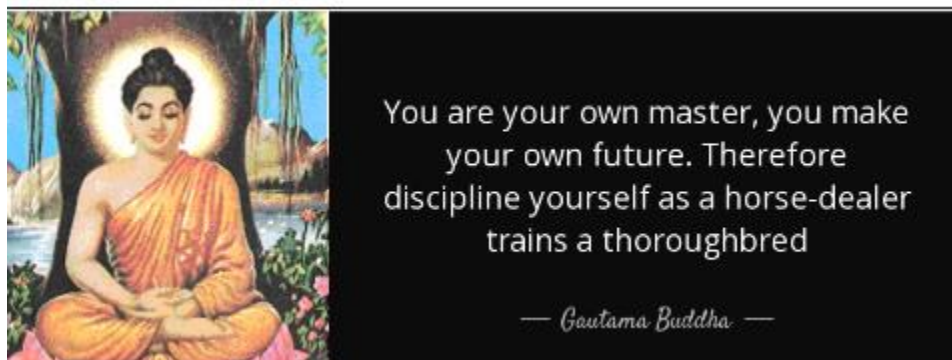
Dr. Joe Dispenza:Now you don't have an excuse.

Dr. Mark Hyman:No, I don't. [inaudible 01:04:52]. I actually just was cluing into my own self awareness and my own level of well-being and my own suffering or negative thoughts and I've been going through some stuff lately that's been challenging. And just having this conversation with you, I feel totally transformed. And I'm like, "Wow, okay, well, I'm going in for the week. If I can get this in an hour." I really thank you, Joe. And thank you for doing the work you do and for being on the Doctor's Farmacy podcast. And I encourage everybody go to Dr. Joe's website, Drjoedispenza, follow him on social media. And you will not be sorry, he's a good man. He's got a beautiful heart and he's doing good work in the world. And who knows, it might just help you with what you're suffering from. And I think that's the game, is to move from suffering to freedom, and you provide a roadmap. And I thank you.

Dr. Mark Hyman:So if you've listened to the podcast and you loved it, share with everybody who needs it, which is pretty much every human on the planet. And leave a comment, I hope you transform your own native consciousness and use your mind to heal yourself. Subscribe wherever you get your podcasts and we'll see you next week on the Doctor's Farmacy. Speaker 1: Hi, everyone, I hope you enjoyed this week's episode. Just a reminder that this podcast is for

educational purposes only. This podcast is not a substitute for professional care by a doctor or other qualified medical professional. This podcast is provided on the understanding that it does not constitute medical or other professional advice or services. If you're looking for help in your journey, seek out a qualified medical practitioner. If you're looking for a functional medicine practitioner, you can visit ifm.org and search there find a practitioner database. It's important that you have someone in your corner who's trained, who's a licensed health care practitioner and can help you make changes especially when it comes to your health.

You are your own master chemist



Did you know that Buddhists have been studying the art and science of happiness for thousands of years? They were probably one of the first to talk about that you are your master's chemist. Buddha once said that when you get angry you are drinking your poison.

In the last 30 years, western scientists are on board with this. They know that over 1500 stress hormones get released into the body. Recently I finished the book *You are your master chemist*.

From the YouTube video, I learned that my book was in alignment with the Buddhist. Buddha was probably the best psychologist ever known. Granted he did not call himself that. Yet they mapped out the states of mind that the western world is trying to catch up on.

Just think it was only in the 1980s did western science study the science of happiness. The east is thousands of years ahead of us when it comes to studying the mind.

Lama Glen mentioned there are probably thousands of chemicals that exist that western science does not know about. Only in a heightened state of awareness do these chemicals get produced by the brain. Remember your state of awareness determines your state of mind and body. If you are constantly stressed out one has no clue about the mind-body connection.



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Your body Is Your Drug Store

The art of Taoism has been around for thousands of years.

I find it quite fascinating that they talk about the elixir of life.

This elixir is not an herb or any external substance.

This elixir exists inside of us.

In India, they talk about the nectar from God that flows within.

Yet here we are taking drugs for our ailments.

Each drug has huge side effects.

Now I'm not saying don't take drugs.

I'm saying maybe there is a better way.

For example, in China, you pay your doctor when you are healthy.

You don't pay when you are sick.

Mind you in modern-day China this isn't always the case.

But the point is that you focus on balance and harmony.

In our culture everything is fragmented.

We don't focus on the harmony of the mind, body, and soul connection.

When I was young I heard about the concept of being in harmony with the universe.

To be quite frank I had no idea what they were talking about.

Here's an example of being out of balance.

In my junior year, my parents took our family to Yosemite.

It's probably one of the most incredible places on the planet.

Yet I couldn't see the forest from the trees.

I was miserable.

Why because I missed the ocean.

Now that is being out of balance.

Before we can begin to be in harmony with the universe let's try being in harmony with the planet earth.

Currently, man has divorced himself from our precious earth.

We pride ourselves on the technology that we have.

Yet we are emotionally immature with the earth.

Where am I going with this?

Imagine if man was in absolute harmony with the earth.

Can you imagine the wisdom that it has?

It might tell you that your body is your drug store.

Every thought whether positive or negative secretes over 1400 positive or negative chemicals.

Currently, most of America is totally out of balance.

Look at all the problems today.

I used to work for the USDA.

I saw my friends taking up vaping.

I couldn't believe how much smoke came out when they exhaled.

It was at least 5 times the smoke from regular smoking.

No wonder there is such an epidemic.

Imagine drugs existing inside of you that are dormant.

To receive them you must be in balance and harmony.

In every moment we have the opportunity to be conscious and aware.

Currently, we are playing the same tapes over and over again.

I can guarantee that these elixirs of life will work better than any physical drugs.

Your body has the intelligence to produce these for you.

How many people listen to their bodies?

How many people monitor their thoughts?

How many people dive into silence?

How many people monitor their actions?

You see this is a moment-by-moment conscious event.

When we are unconscious chaos exists.

Look at the world around you.

Does it seem to be in balance and harmony?

The question is do you want to change?

Are you content with the current conditions?

This isn't just Richard on a soapbox.

I'm asking real questions.

What do you think?

You are your savior.

Nobody is going to save you except yourself.

All the scripture point the way but you must walk on this path.

This human body is hardwired to find God within.

We are on this incredible journey to discover our true nature.

We are out of balance and yet we can learn how to be in balance.

These are exciting times.

Millions of people are waking up.

Playing With Your Chemistry Kit

We are all playing with our chemistry kits.

Unfortunately, we aren't aware of it.

Many people blow themselves up without realizing it.

In every moment thousands of chemicals are being released throughout your human body.

Mankind is spinning out of control.

We are drinking our poison.

We get angry at someone or a political point of view.

In the meantime, we drink our angry poison.

We then wonder why illness arrives on our doorsteps.

The wise man understands the repercussion of negative thoughts and emotions.

Moment by moment one plays this video game of life with awareness.

One tap into the infinite ocean of love and compassion.

This is our true home.

My advice is to learn how to change your chemistry.

Remember you are the master chemist.

Only you are playing with your chemistry kit.

Ponder this over.

This could make your life so much easier.

Nerve cells that fire together wire together

These are called neural networks.

The brain fires more electrical charges than all the cell phone calls in a day.

That is a lot of activity going on.

I would have loved to see the brain scan of a Buddha or Christ.

Just think how incredible that would be.

Years ago I hear the Dalai Lama would rehearse in his mind all the activities of his day.

He would see in his mind's eye area where he could be kinder and wiser in his actions.

At that time I couldn't relate to it.

Well, I sure do now.

He was consciously reprogramming his neural networks and his subconscious mind.

He didn't have to think about being kind.

He trained the subconscious mind day in and day out to be kind.

I once read where he said he had a major anger problem as a child.

Yet today it's hard to believe.

There is no kinder man on the planet.

This is a practical path.

What kind of neural networks are you creating in your life?

If you don't want to answer that question then you are like a leaf blowing in the wind.

Your subconscious mind is running your show.

Nobody gets a free ride.

Nobody changes until you change your energy

Nobody changes until you change your energy.

We still live in a Newtonian world.

We still are only conscious of the external world of matter.

Therefore we only see 1% of the light spectrum.

You could say as human beings we are extremely dense.

For over a century scientists have been studying the quantum field.

Mystics have been studying this for thousands of years.

They knew once you change your energy you change.

The mind is like a tuning fork.

It vibrates at whatever frequency it touches.

When the mind touches silence it becomes silence.

This is our true state of mind.

In the East, our present state is called the monkey mind.

If you don't know what it means do the following.

Sit down.

Close your eyes and focus on your breath.

Just do that simple thing.

You will see that the mind jumps from one branch to another.

You can't stop it.

I have a friend who gave up trying to meditate because he couldn't control his mind.

To conquer your mind is the most difficult thing to do in the universe.

Your body is your subconscious mind

The East has always known there is no demarcation point between the mind and body.

Western scientists know that the subconscious mind exists inside of the body.

Imagined that 95% of our actions come from our subconscious mind.

That means only around 5% are conscious.

Our bodies are trained to respond even faster than our conscious minds.

It is built in that way.

Yet we are unaware of this fact.

Consequently, our reactions stem from past events.

It is like a computer going to a specific track and playing it over and over again.

We respond to past events and we think it's a new one.

We do this day in and day out.

Over time we put deep grooves into the record of life.

We build attitudes towards others.

We mock people and flame others and think it's perfectly ok.

We are intolerant of others.

The list goes on and on.

If we want to change this world we must change ourselves.

Nobody can do it for you.

God will not do it for you.

That's why it's called free will.

Are you heading in the right direction?

I think we have three directions that we perform in every moment.

- One is to take a baby step forward towards your goal.

- Two is to be on a constant treadmill and go nowhere.
- Three is to progress backward.



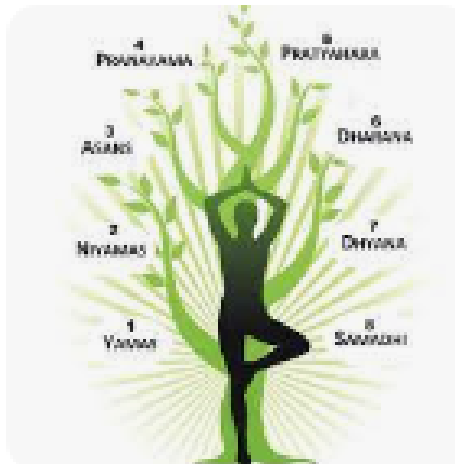
The Jains, Buddhists, and the ancient Yogi's all talked about this. The Jains and the ancient Yogis have the same identical systems. I would imagine the Tibetan Buddhists would have something similar or identical to the ancient Yogis. Their system was started in India. Note how similar both are. One needs to embrace the tree of life to progress on this path.

The eight Buddhist practices in the Noble Eightfold Path are:^{[25][note 2]}

1. Right View: our actions have consequences, death is not the end, and our actions and beliefs have consequences after death. The Buddha followed and taught a successful path out of this world and [the other world](#) (heaven and underworld/hell).^{[26][27][28][29][note 3]} Later on, right view came to explicitly include [karma](#) and [rebirth](#), and the importance of the [Four Noble Truths](#), when "insight" became central to Buddhist [soteriology](#).^{[30][31]}
2. Right Resolve or Intention: the giving up of home and adopting the life of a religious mendicant in order to follow the path; this concept aims at peaceful renunciation, into an environment of non-sensuality, non-ill-will (to loving kindness), away from cruelty (to compassion).^[32] Such an environment aids contemplation of [impermanence](#), [suffering](#), and [non-Self](#).^[32]
3. Right Speech: no lying, no rude speech, no telling one person what another says about him to cause discord or harm their relationship.^[25]
4. Right Conduct or Action: no killing or injuring, no taking what is not given, no sexual acts, no material desires.^[25]
5. Right Livelihood: beg to feed, only possessing what is essential to sustain life;^[25]
6. Right Effort: preventing the arising of [unwholesome states](#), and generating [wholesome states](#), the [bojjhagā](#) (seven factors of awakening). This includes *indriya-samvara*, "guarding the sense-doors", restraint of the sense faculties.^{[33][32]}
7. Right Mindfulness ([sati](#); [Satipatthana](#); [Sampajañña](#)): "retention", being mindful of the *dhammas* ("teachings", "elements") that are beneficial to the Buddhist path.^{[34][note 4]} In the [vipassana movement](#), *sati* is interpreted as "bare attention": never be absent minded, being conscious of what one is doing; this encourages the awareness of the impermanence of body, feeling and mind, as well as to experience the five aggregates ([skandhas](#)), the [five hindrances](#), the four True Realities and seven factors of awakening.^[32]
8. Right [samadhi](#) ([Passaddhi](#); [Ekaggata](#); *sampasadana*): practicing four stages of [dhyāna](#) ("meditation"), which includes *samadhi* proper in the second stage, and reinforces

the development of the [bojjhagā](#), culminating into [upekkhā](#) (equanimity) and mindfulness.^[36] In the Theravada tradition and the Vipassana movement, this is interpreted as [ekaggatā](#), concentration or one-pointedness of the mind, and supplemented with [Vipassana](#)-meditation, which aims at insight.

Eight limbs on the tree of life



This journey of self-discovery is infinite. It's like peeling an onion. There are infinite layers to this onion. A person can never clap their hands and say I've mastered it all.

Our whole sense of understanding of the world around us has to change. The journey is going from a reactive state to a pro-active state. Going from the hurricane state of the mind to absolute silence.

This takes time and patience. You see darkness is the flip side of the coin of light. You can walk into a room when it's dark flip on the switch and the lights will turn on.

In the same manner, you can walk into a room where there is light and then turn off the lights, and darkness will occur. Darkness is simply the absence of light. In both examples, you decide whether darkness or light will manifest in the room.

The same goes for your life. Most of us are unconscious therefore we don't make proper decisions. We live on automatic pilot so we have our ups and downs in life. Nothing is stable.

We spend our lives not wanting to change even if it means for us to have miserable lives. We don't know that we can climb out of the hole that we have dug. This is the state of mind today.

We don't ask questions about life. Even during this shutdown when Mother Nature is sending us to our rooms we aren't asking questions like why. We are so busy and bored to get back to our everyday life.

The eight limbs represented the tree of life and how we can be in harmony with it. Over time one discovers one is a scientist, physiologist, dreamer, mystic, lover, and practical. One learns to have the feet on the ground and your head in heaven.

Patanjali set out his definition of yoga in the Yoga Sutras as having eight limbs (अष्टाङ्ग aṣṭ āṅga, "eight limbs") as follows:

The eight limbs of yoga are abstinence, observances, yoga postures, breath control, withdrawal of the senses, concentration, meditation, and samadhi (absorption).

Imagine a doctor prescribing a program that will heal you in your body, mind, and soul. Note the doctor does not heal you. You heal yourself.

In the last fifty years, yoga has been mainstream in America. When I first started practicing yoga in 1971 you were considered a weirdo to practice yoga. Yoga posture is only one limb on the tree.



14

This is a living tree. You are a living tree. So many benefits occur just by practicing yoga postures. People's health and state of mind have been drastically improved just by doing these.

¹⁴ <https://www.youtube.com/watch?v=vSaf47zusx4>

Note practicing yoga postures is only one limb on the tree of life. We will talk about the various limbs in separate chapters.

Behaviors to match the intention

If you have an intention to change don't you think your behaviors should match your intention?

You will never change if your behaviors don't change.

One can go to church every Sunday and give an offering.

Yet if during the week you don't practice what you preach.

Life is an infinite series of modifying our behaviors.

There will never be a moment where we clap our hands and say I've learned all there is.

If you ever say this boy do you ever have a grand lesson to learn?

I can almost guarantee life will throw you a curveball.

The greater the intention the greater one must modify his behaviors.

One can't live one's life on autopilot.

A proactive being is constantly modifying one's behaviors for the better.

You can't rest on your laurels.

Every moment we can always improve.

How does that make you feel?

A spiritual path is a practical path.

One learns that in every moment we can modify our behaviors for the better.

We will stumble and fall.

Yet we will pick ourselves up and continue walking.

We can smile through diversity.

We can not have a care in the world.

Your behaviors become your personality.

Change your behaviors and you change your personality.

Victim of your environment

I've said many times before the spiritual path is the most practical path.

What do I mean by this?

We are all victims of our environment.

We are like leaves blowing in the wind.

When the environment is good we are happy.

When the environment changes we become frustrated.

Externally everything changes.

Nothing remains the same.

Consequently, our happiness goes up and down.

We try to hold on to our happiness for dear life.

Consequently, we experience tremendous pain.

Life will never go the way you want it.

One may see the glass as half empty or half full.

A wise man learns that inner happiness exists inside of him.

Therefore the world may change yet one resides in the ocean of happiness inside.

This has been known for thousands of years.

Yet it falls upon deaf ears.

Isn't that ironic?

What we have been searching for exists inside of each one of us.

I find that sad at times.

You are the universe.

You just don't know it.

Modify our behaviors to reprogram the mind

Just think if you modify our behaviors you reprogram the mind.

What a difference that would make.

It's not easy yet it can be done.

Just start slow.

You will stumble and fall.

That's part of life.

Don't get hard on yourself.

Pretend it's a game because it is.

Your life will change significantly when you do this.

Your happiness is not dependent upon others.

You can't blame anyone for your problems.

There is a way out of this rabbit hole.

There is a light at the end of the tunnel.

No, it's not another freight train barreling your way.

One who smiles at life is truly content.

One has nothing to say or prove.

You don't have to defend your position or try to convince anyone.

The truth needs no convincing.

Have you ever thought if I changed just one bad behavior it would make my life
easier?

Simplicity is the key.

Just look at a newborn baby drifting off to sleep.

Nothing is more joyful than watching that sweet smile appear.

This is your natural state.

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.

'Now I am become Death, the destroyer of worlds'. The story of Oppenheimer's infamous quote

¹⁵The line, from the Hindu sacred text the Bhagavad-Gita, has come to define Robert Oppenheimer, but its meaning is more complex than many realise



Oppenheimer Bhagavad-Gita Quote

AtomicHeritage • 2.1M views

In this video, J. Robert Oppenheimer delivers his famous quote from the Bhagavad-Gita. Thanks to Trinity Remembered...



A photograph on display at The Bradbury Science Museum shows the first thermonuclear test on October 31, 1952
BRADBURY SCIENCE MUSEUM / GETTY IMAGES

¹⁵ <https://www.wired.co.uk/article/manhattan-project-robert-oppenheimer#:~:text=As%20he%20witnessed%20the%20first,but%20also%20the%20most%20misunderstood.>

As he witnessed the first detonation of a nuclear weapon on July 16, 1945, a piece of Hindu scripture ran through the mind of Robert Oppenheimer: “Now I am become Death, the destroyer of worlds”. It is, perhaps, the most well-known line from the Bhagavad-Gita, but also the most misunderstood.

Oppenheimer died at the age of sixty-two in Princeton, New Jersey on February 18, 1967. As wartime head of the Los Alamos Laboratory, the birthplace of the Manhattan Project, he is rightly seen as the “father” of the atomic bomb. “We knew the world would not be the same,” he later recalled. “A few people laughed, a few people cried, most people were silent.” Oppenheimer, watching the fireball of the Trinity nuclear test, turned to Hinduism. While he never became a Hindu in the devotional sense, Oppenheimer found it a useful philosophy to structure his life around. “He was obviously very attracted to this philosophy,” says Rev Dr Stephen Thompson, who holds a PhD in Sanskrit grammar and is currently reading a DPhil at Oxford University on other aspects of the language and Hindu faith. Oppenheimer’s interest in Hinduism was about more than a soundbite, it was a way of making sense of his actions.

The Bhagavad-Gita is 700-verse Hindu scripture, written in Sanskrit, that centres on a dialogue between a great warrior prince called Arjuna and his charioteer Lord Krishna, an incarnation of Vishnu. Facing an opposing army containing his friends and relatives, Arjuna is torn. But Krishna teaches him about a higher philosophy that will enable him to carry out his duties as a warrior irrespective of his personal concerns. This is known as the dharma, or holy duty. It is one of the four key lessons of the Bhagavad-Gita: desire or lust; wealth; the desire for righteousness or dharma; and the final state of total liberation, or moksha.

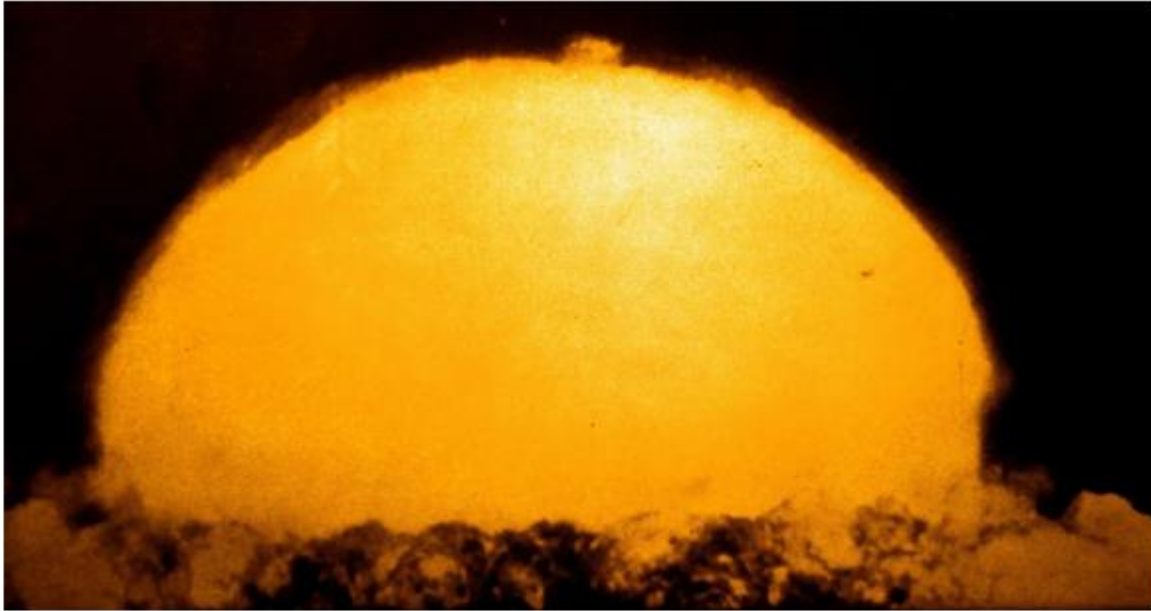
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Seeking his counsel, Arjuna asks Krishna to reveal his universal form. Krishna obliges, and in verse twelve of the Gita he manifests as a sublime, terrifying being of many mouths and eyes. It is this moment that entered Oppenheimer's mind in July 1945. "If the radiance of a thousand suns were to burst at once into the sky, that would be like the splendour of the mighty one," was Oppenheimer's translation of that moment in the desert of New Mexico.

In Hinduism, which has a non-linear concept of time, the great god is not only involved in the creation, but also the dissolution. In verse thirty-two, Krishna speaks the line brought to global attention by Oppenheimer. "The quotation 'Now I am become death, the destroyer of worlds', is literally the world-destroying time," explains Thompson, adding that Oppenheimer's Sanskrit teacher chose to translate "world-destroying time" as "death", a common interpretation. Its meaning is simple: irrespective of what Arjuna does, everything is in the hands of the divine.

"Arjuna is a soldier, he has a duty to fight. Krishna not Arjuna will determine who lives and who dies and Arjuna should neither mourn nor rejoice over what fate has in store, but should be sublimely unattached to such results," says Thompson. "And ultimately the most important thing is he should be devoted to Krishna. His faith will save Arjuna's soul." But Oppenheimer, seemingly, was never able to achieve this peace. "In some sort of crude sense which no vulgarity, no humour, no overstatements can quite extinguish," he said two years after the Trinity explosion, "the physicists have known sin; and this is a knowledge which they cannot lose."



The first detonation of a nuclear device, conducted on July 16, 1945 was a result of the Manhattan Project which Oppenheimer led [UNIVERSAL HISTORY ARCHIVE/ UIG VIA GETTY IMAGES](#)

“He doesn't seem to believe that the soul is eternal, whereas Arjuna does,” says Thompson. “The fourth argument in the Gita is really that death is an illusion, that we're not born and we don't die. That's the philosophy really: that there's only one consciousness and that the whole of creation is a wonderful play.” Oppenheimer, it can be inferred, never believed that the people killed in Hiroshima and Nagasaki would not suffer. While he carried out his work dutifully, he could never accept that this could liberate him from the cycle of life and death. In stark contrast, Arjuna realises his error and decides to join the battle.

“Krishna is saying you have to simply do your duty as a warrior,” says Thompson. “If you were a priest you wouldn't have to do this, but you are a warrior and you have to perform it. In the larger scheme of things, presumably The Bomb represented the path of the battle against the forces of evil, which were epitomised by the forces of fascism.”

For Arjuna, it may have been comparatively easy to be indifferent to war because he believed the souls of his opponents would live on regardless. But Oppenheimer felt the consequences of the atomic bomb acutely. “He hadn't got that confidence that the destruction, ultimately,

was an illusion,” says Thompson. Oppenheimer’s apparent inability to accept the idea of an immortal soul would always weigh heavy on his mind.

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Subtle body as the path to Enlightenment and lighting the inner fire—the five chakras, three channels and two drops of Tantric Buddhism and their practice

¹⁶“In my teaching I emphasize that Enlightenment is found in the body. This draws on Dzogchen, where you are told that when you put your awareness in the body in the right way, you encounter your awakened state. I also point out that through meditation we realize that awareness is not located in the head, it is in the whole body.” Reginald Ray, Tibetan Scholar and Meditation Teacher [1]



A detail of a very old painting illustrating the channels of the body and tummo.

The “whole body” referred to by Reginald Ray includes both the coarse body and the subtle body. In Tantric Buddhism, the understanding of the subtle body is essential: chakras and channels.

Note: Seek the advice and permission of a teacher to engage in actual Tantric practices. This feature is only a general information story. Practice requires full instruction.

¹⁶ <https://buddhaweekly.com/lighting-the-inner-fire-subtle-body-as-the-path-to-enlightenment-the-five-chakras-three-channels-and-two-drops-of-tantric-buddhism-and-their-practice/>



Tummo “inner fire” meditation is a Vajrayana high practice. The control over the body is similar to that achieved by great masters of “chi” in kung fu.

In Tantric Buddhism, subtle body is important

In Tantric Buddhism we recognize more than one body for humans, including — as explained by H.E. Zasep Rinpoche in a Medicine Buddha retreat — “coarse body... our organs, lung, and heart, this is our coarse body. Then, there is subtle body. According to Tantra, we talk about chakras, and we have energy channels, the subtle body.” [4]

Healing practices in Vajrayana inevitably involve subtle body. Centuries of successful healing Tibetan and Chinese medicine and various Tantric healing methods certainly present convincing anecdotal support for its effectiveness.

Six Dharmas (Yogas) of Naropa

Understanding the subtle body is also critical to practicing certain generation and completion stage yogic practices, including “deity yoga” and “tummo, and certainly the higher tantric practices and completion practices. Even the most basic of understandings of “subtle body” is helpful to all Tantric Buddhist meditations.



The great sage Naropa meditating before his Yidam Vajrayogini. Naropa's famous teachings are the Six Dharmas of Naropa.

The Six Dharmas of Naropa (usually mistranslated as the Six Yogas of Naropa; and probably earlier known as the Six Dharmas of Tilopa) is a pre-eminent set of practices that requires an understanding of the subtle body. [See the great Lama Yeshe speaking on the video on the Six Yogas of Naropa below.] The Six Dharmas include three

practices that are considered “*Completion Stage*” practices (and Tummo, which can also be considered a completion practice):

- *gyulü* (Tibetan: རྒྱལ་ལུ་, Wylie: *sgyu lus* S: *māyākāyā*) – the yoga of the illusory body.
- *ösel* (Tibetan: འོ་སེ།, Wylie: *od gsal*, S: *prabhāsvara*) – the yoga of the clear light or radiant light.
- *tummo* (Tibetan: གཏུམ་མོ་, Wylie: *gtum mo* S: *caṇḍālī*) – the yoga of inner heat. [*For a story on Tummo, see.>>*] (Note: Tummo can also be thought of as a completion stage practice, because of its emphasis on inner body and chakra.)

Completion Stage Practices

- *milam* (Tibetan: མི་ལམ་, Wylie: *rmi lam*, S: *svapnadarśana*) – the yoga of the dream state. [*For a story on Milam dream yoga, see>>*]
- *bardo* (Tibetan: བར་དོ་, Wylie: *bar do*, S: *antarābhava*) – the yoga of the intermediate state.
- *phowa* or *powa* (Tibetan: འཕོ་བ་, Wylie: *pho ba*, S: *saṃkrānti*) – the yoga of the transference of consciousness to a Pureland. [*For a story on Phowa with video guided meditation, see>>*]

The Six Dharmas of Naropa (Six Yogas) should not be confused with the *Six Exercises of Naropa*. The Six Exercises are “warm ups” to the practices (and beneficial to both gross body and subtle body) and they include:

- *Filling like a Vase* – a breathing technique (often called Vase Breathing.)
- *Circling like a Wheel* – rolling the solar plexus
- *Hooking like a Hook* – snapping the elbow into the chest
- *Showing the Mudrā of Vajra Binding* – moving the *mudrā* from the crown downwards
- *Straightening like an Arrow* – hands and knees on the floor with the spine straight; heaving like a dog
- *Shaking the Head and Entire Body* – pulling the fingers, followed by massaging the two hands.

Lama Yeshe on the Six Yogas of Naropa:

What proof is there that subtle bodies exist?



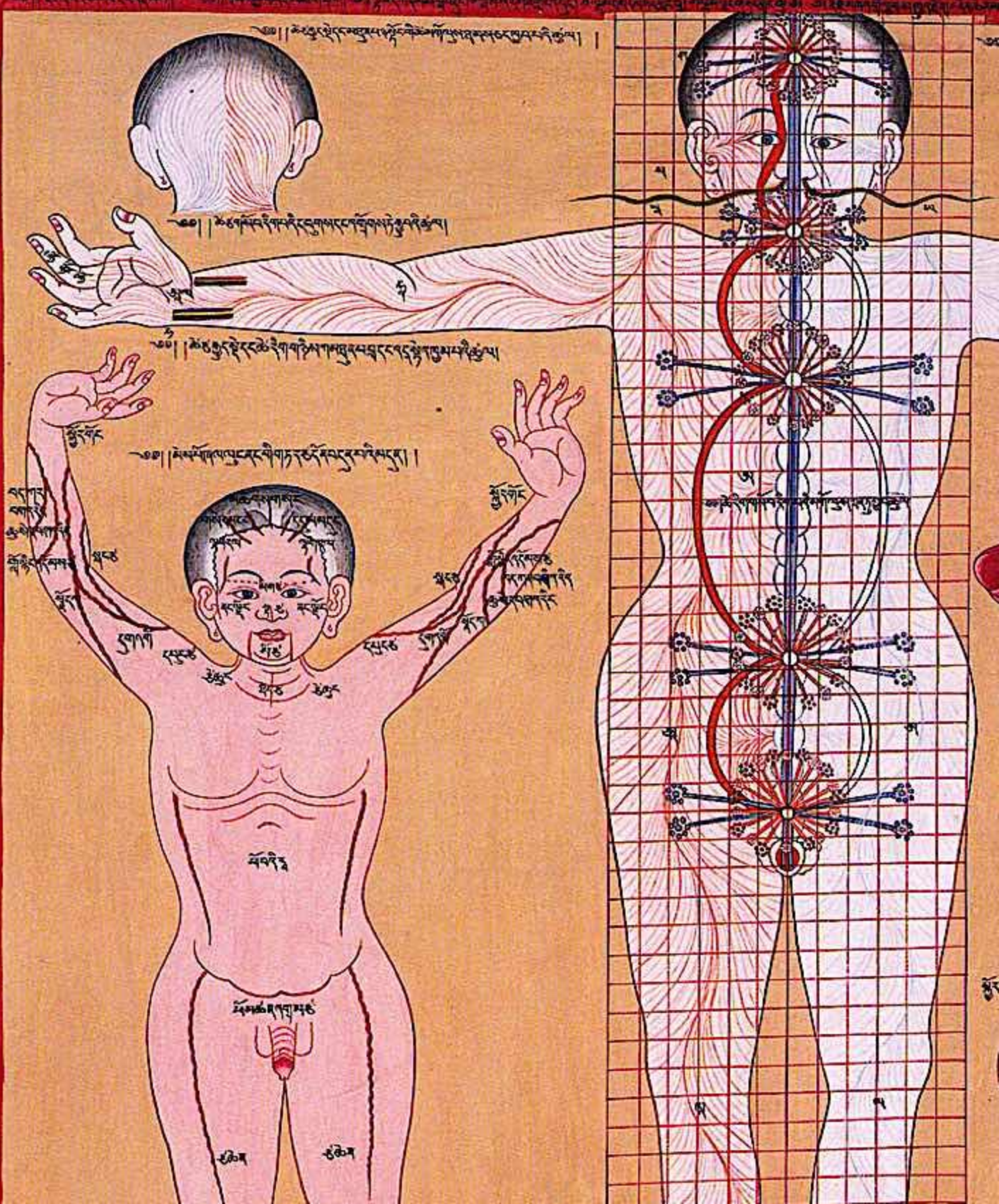
Tummo practice is often pointed to as “proof” of subtle body. Experienced practitioners can meditate naked in sub-zero weather without discomfort.

None, is the short answer, at least concerning pure science. Anecdotally, there is some substantial support for the subtle body, such as studies of Chinese Medicine. Acupuncture — which focuses on subtle body meridians and acupoints, are considered by many to be proof of chakras, meridians and their connection throughout the subtle body. Acupuncture’s ability to suppress pain during significant surgery has been well-demonstrated. Other than anecdotal support, we cannot prove or disprove the subtle body — any more than we can scientifically prove life after death or rebirth. It’s just too subtle to measure with instruments.

Ultimately, though, the proof is irrelevant. Firstly, because we're doing visualization practice, and working with "mind" — which in turn can influence body regardless of objective proof of chakras. Secondly, because of the "observer" factor in Quantum Physics. Quantum "guru" Niels Bohr said in 1920: "Observations not only disturb what has to be measured, they produce it... We compel a quantum particle to assume a definite position." In other words, as explained by physicist Pascual Jordan: "we produce the results of measurements."

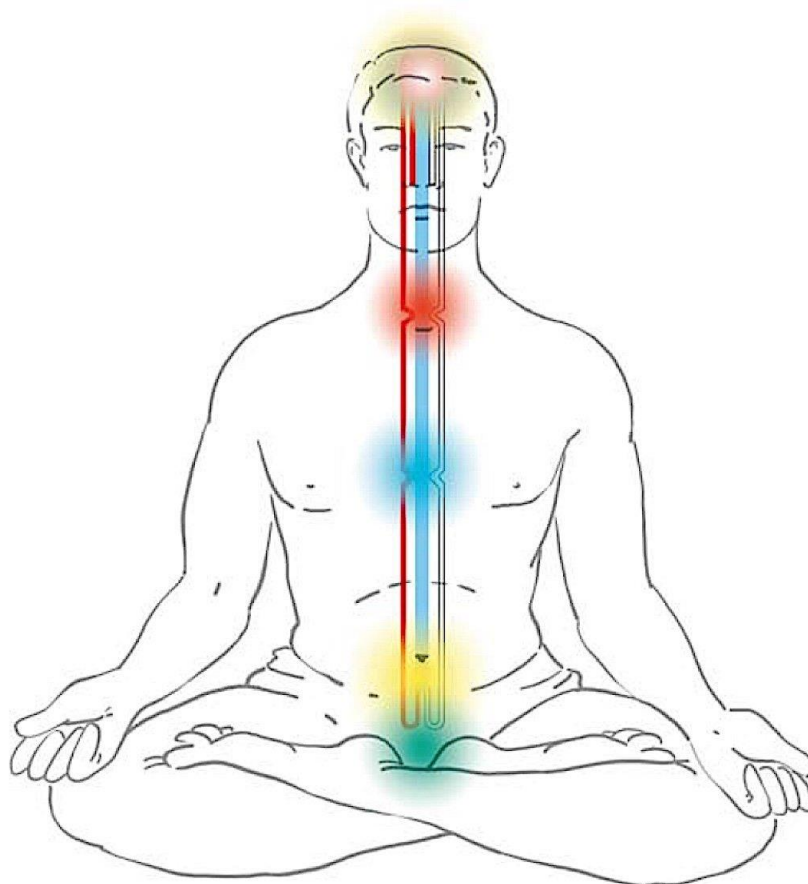
This conclusion tosses out notions of objective reality, independent of the observer — and it definitely aligns with one of the main tactical purposes of Vajrayana Buddhism: *seeing things as they are* (Sanskrit *yatha-bhutam darshanam*)[3] With this in mind, if we meditate and visualize subtle body and chakras — especially, if we reach the level of a Yogi or Yogini — our visualizations become inseparable from our "eye" observations — which "disturb what has to be measured." [For more on this notion, see ["If this exists, that exists."](#)] *[Okay, it's not that simple, but this isn't a feature on Emptiness. For a story on Emptiness, please see..]*

Most teachers, such as H.E. Zasep Rinpoche, also point to the long history of accomplishments of Tibetan Yogis and Yoginis. In speaking on healing and health in a Medicine Buddha retreat, he talked about both the effectiveness of Acupuncture and the long history of Gurus and teachers who have used subtle energy practices to attain realizations, and even "longevity." It is difficult to brush aside centuries of lineage experience.



Old Tibetan medicine drawings illustrating the subtle body, including the chakras and channels.

Four, five, seven or ten chakras



In Tibetan Tantric Buddhism, five chakras are visualized as the connecting points of the three channels: central, left and right.

Although in Tibetan Buddhist (Tantra) practice there can be four, five, seven or ten chakras, we mainly speak of five critical chakras of the “subtle body.” These are the focus of Tantric Buddhist meditational practice. Three of these are consistent in all methods (whether you use four, five, seven or ten chakras) — while the remaining chakras tend to appear in higher yogic practices, such as Tummo and Completion Stage practices. In other Indian Tantric meditation there are usually seven chakras — such as seen in Kundalini practice (Note: Kundalini is not a Buddhist Tantric practice; in Tantric Buddhism, the methods are different (as are the chakras); techniques such as Tummo are better known.)

H.E. Zasep Rinpoche, in discussing the importance of the subtle body in healing, explains the five chakras and three channels:

“We have crown chakra, we have throat chakra, heart chakra, navel chakra and secret chakra. Five main chakras. Chakra is a Sanskrit word that means ‘energy wheel’... These chakras all have different names. Crown chakra is called the ‘chakra of divine bliss.’ Throat chakra is the ‘chakra of enjoyment.’ Heart chakra is the ‘chakra of Dharma’ — or understanding. Navel chakra is the ‘chakra of manifestation’ or emanation. The secret chakra is the ‘chakra of holding bliss.’”

Due to confusion with “new age” chakras — which are typically seven, and based on Indian yoga — most Vajrayana teachers don’t touch on Chakras until students are advanced.

Teacher Reginald Ray explains:

“I don’t talk about chakras specifically until people become Vajrayana students — because of the New Age connotations — but things come up in their experience that correspond to what we think of as the chakras.”

The most important are notably the three universal chakras of crown, throat and heart. When we prostrate to the Buddha, we touch each of these chakras as we bow; some people touch all five chakras when they prostrate. The navel chakra is also common to all chakra systems in Tibetan Tantric Buddhism: four, five, seven or ten, but may not be emphasized in devotional practices. The secret chakra tends to be limited to Higher Yogic practices, and the remaining two or five (depending on system) are highly specialized practices.

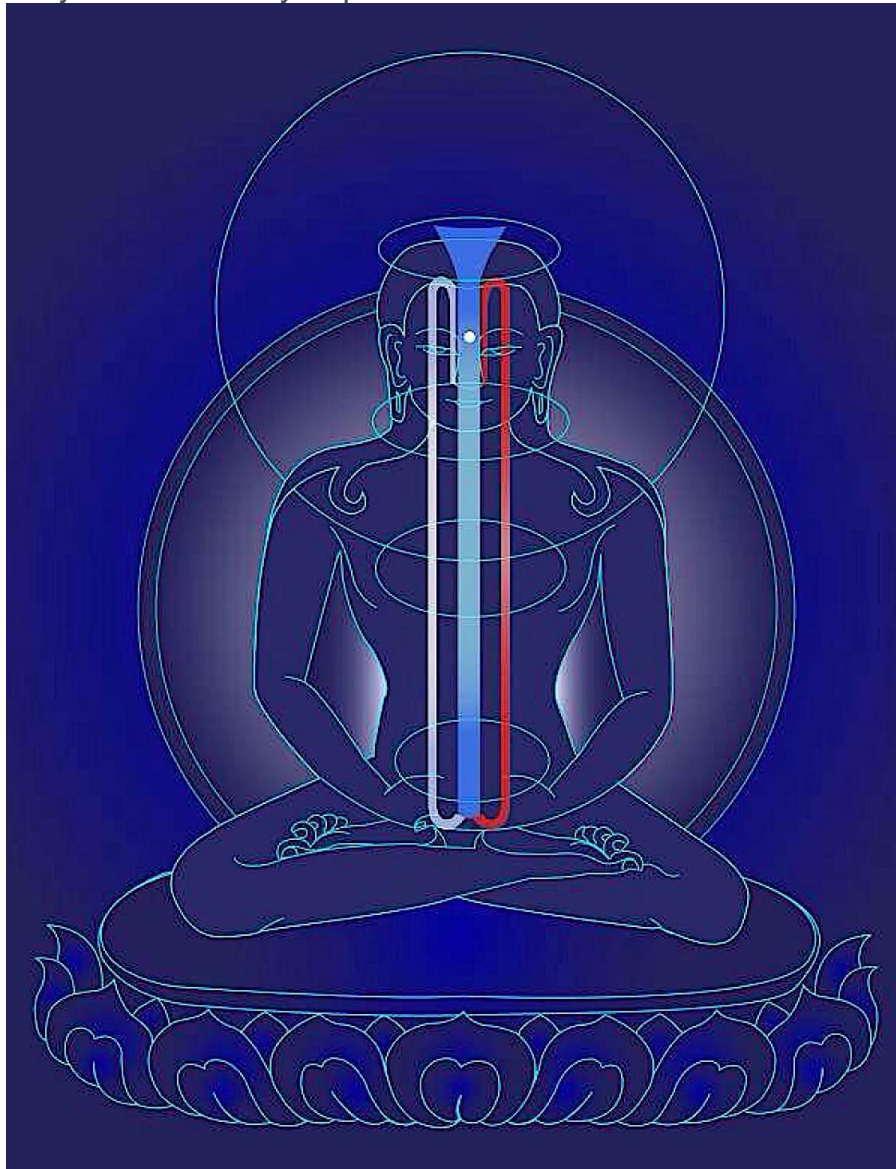
They are the junction points for the three main channels (central, left and right), ultimately connecting the 72,000 nadis (channels) which carry vital La (“life force” in English, Prana in Sanskrit, Chi, in Chinese) to every cell of the body.

[For an in-depth story on Body Mandalas and “riding the winds of the inner body” see>>]



You visualize your own body as hollow, the nature of divine light, and in the centre of your chest you visualize seed syllable of your meditational deity. In this case, the syllable is HRI, the Dharmakaya (see below) seed of Amitabha, Chenrezig, Hayagriva and Padma family deities. Visualizing seed syllable at ONE chakra — the heart — is the one practice common to most deity practices in Tantric Buddhism. Amitabha, or any member of the Padma family, symbolize Compassion. Meditating on Hri at the heart brings compassion to the heart chakra.

Why is subtle body important?



Three channels of the subtle body, central, left and right.

Reginald Ray said:

“According to tantra, Enlightenment is fundamentally and originally present in the body. By putting one’s awareness in the body you find that the further down you go the more primordial, unconditioned and unmanifest is the energy you encounter. The chakras begin at the perineum, which is the most primordial level of awareness, and as you go upwards they are more connected with expression. At the navel there is a sense of the earth, stability and equanimity; at the heart is a feeling of warmth and compassion; the throat is about communication, expression and connection; and the head is less a conceptual centre than a

place where the energy reaches a crescendo. So the different chakras have very different feels.”

At a more pragmatic and fundamental level, subtle body is essential for healing, such as Medicine Buddha meditation or La Gug. For higher practices, subtle body is tied to completion practices and a key to Enlightenment or realizations. Also, the chakras and even the number of spokes or petals in each chakra are critical to visualizing the “body mandala” — a higher-tantra practice. Famously, it is the key to Tummo practice — generating the inner furnace.

Some practices focus on only one chakra — for example, visualizing the seed syllable of Buddha at one’s heart — and others emphasize three, notably crown, throat and heart (for example, when prostrating). Most, but not all Tantric Buddhist Practice emphasize the five chakras of head, throat, heart, navel, and secret; or, at least the four of crown, throat, heart, navel.

The first three are important, as they symbolize the activities of the Buddhas, and ourselves: body, speech and mind:

- Crown: Body — also, “waking” activity
- Speech: Speech — also, “dreaming” activity;
- Heart: Mind — also “sleeping” activity. Note: in Tantra, “mind,” not to be confused with ‘brain,’ is always associated with the heart, not the head.

Empowerment and training

Working with the energies of the subtle body should be guided by a teacher. Teacher Reginald Ray explains:

“You can talk about them in general, but Tibetan tradition maintains it is better not to expose untrained people to the actual techniques, because they can mess you up when attempted without the proper training. They are ways of contacting the energy domains the chakras represent in a much more naked way than humans normally experience. As human beings we never really understand directly the energy of love or expression, or whatever. Our experience of them is filtered through a highly developed process of ego: desires, aims and so on. Sexuality is the one energy that can break through, which is why people are so obsessed with it. It is the one aspect of their life where they have to let go.”

In working with the chakras we remove the coverings of our energy system and meet our energy much more directly. When ego templates are stripped away we are left, for example, with the spontaneous outpouring of love for other people. The reason we work with chakras in Tibetan Buddhism is to actualise the Bodhisattva Vow of saving all beings. We have to realise the great compassion of the Buddha, where there is no impediment between the natural compassion of the energetic body and other people.

The “bodies” of the Buddhas



Without getting into specifics of a practice — which requires a teacher and empowerment — other vital differences with Indian Tantra include the associations of three of the chakras with the “bodies” of the Buddhas:

- **Throat:** Sambhogakaya, Body of Enjoyment (sometimes “Bliss Body” — which is why it is called the “Enjoyment Chakra.” This is the manifestation of an Enlightened Being as the “object of devotion” or the Body of a Buddha as it appears in the Pure Lands.
- **Heart:** Dharmakaya, Body of Essence (sometimes ‘Truth Body’ or ‘Unmanifested Body’) — “Dharma Chakra”: this is why, for example, the unmanifested ‘seed syllable’ of the deity is visualized at the Heart Chakra. (Dharmakaya also is associated with our own Buddha Nature, and also with Emptiness.)
- **Navel:** Nirmanakaya, Body of Transformation (sometimes ‘Body of Manifestation’) — “Manifestation Chakra” (For example Shakyamuni Buddha as a human emanation, or ourselves as physical beings.)

What do the bodies mean? In the doctrine of Trikaya, Buddhas can manifest in different “modes of being” depending on the understanding of the student. For example, Shakyamuni Buddha manifested as Nirmanakaya, the Body of Manifestation.

The two drops — advanced Tantra

H.E. Zasep Rinpoche explains the importance of “drops” in his teaching on Medicine Buddha:

“Then we have in Tantra, what we call ‘drops.’ Like a drop of water. In Chinese Medicine, they have Yin and Yang, female and male, which must be in balance. Here [in Tantra] we have the drops, we call “essence.” It’s like the “sperm” and the “egg” — the white and red. The white is the “sperm,” and the red is the “egg” — male and female. So, we all have this essence... We call it white bodhicitta and red bodhicitta. Essence.”

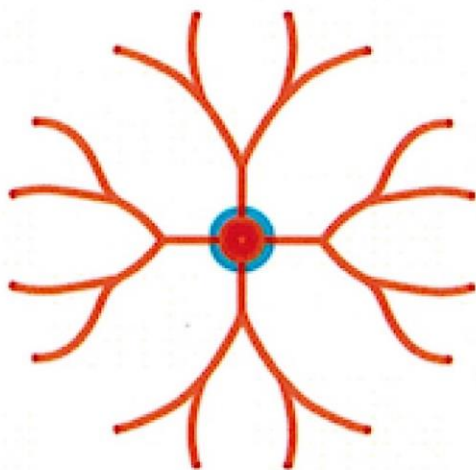
Again, without getting into practice details, which require empowerment and instruction from a qualified teacher of lineage, two of the chakras are also associated with the all-important red and white drops. These drops are crucial and fundamental to working with Tantric Buddhism’s understanding of the subtle body as a method for transformation, realizations and, ultimately, Enlightenment. Without going into secret detail, the red drop is visualized in the navel and the white subtle drop in the crown (head) chakra. It is through working with these drops, and the various winds (La) and channels that one can attain realizations of bliss and emptiness — also thought of as compassion (male) and wisdom (female.)

One of the beginning practices for “inner” tantra is the famous “nine breathing exercises of Naropa. Drupon Sangye Nine Breathing Exercises of Naropa:

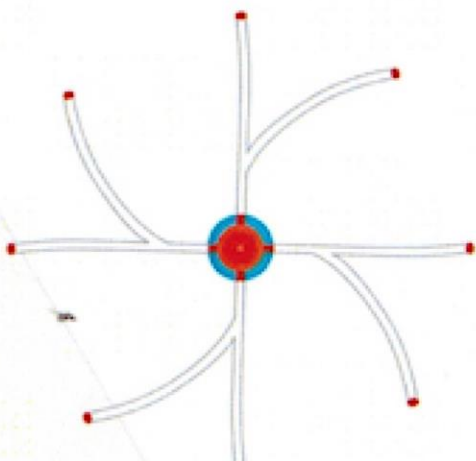
Visualizing the chakras



Crown Chakra (32 Triangular Petals)



Throat Chakra (16 Petals)



Taking instruction from a qualified teacher is essential. The attributes of the chakras can vary, depending on the tantra practiced. Also, it's easy to be confused with either Indian Tantra, or with very pervasive "new age" chakra symbolism and imagery. Forget most of the images you see online for chakras and inner bodies, as these are 99% based on Indian yogas or new age practices.

In Buddhist Tantra, for example, the spokes of the wheel (or, alternately, petals of the flower) are entirely different — and these are important, as each spoke or petal represents a flow of energy into channels throughout the subtle body:

- 32 spokes or petals at the crown chakra (head)
- 16 spokes or petals at the throat chakra
- Eight spokes or petals at the heart chakra
- 64 spokes or petals at the navel chakra.

Correspondences of the Five Chakras

The five chakras are, in English: crown (top of the head, or just above the crown), throat, heart, navel and secret (the sex organ). There are numerous important correspondences for each — which require a teacher's explanation — but the always-present chakras include Body (crown), Speech (throat) and Mind (heart); these relate to the Body, Speech and Mind of the Buddha. To summarize some of the correspondences:

- Crown chakra: Mahasukha chakra • 32 spokes or petals • white drop • activity of body • waking • wrathful deities
- Throat chakra: Sambhoga chakra • 16 spokes or petals • Sambhogakaya enjoyment body • activity of speech • dreaming • wisdom deities • fire element
- Heart chakra: Dharma chakra • eight spokes or petals • Dharmakaya • activity of mind • sleeping • peaceful deities • space element
- Navel chakra: Nirmana chakra • 64 spokes or petals • red drop • Nirmanakaya or manifested body • activity of manifestation • physical manifestations (such as Shakyamuni Buddha) • earth element

All tantric practices, even the basic ones, include visualization of at least these three chakras. The remaining two, navel and secret, are always there, but may not be visualized actively in more basic practice. They are critical, however, to higher tantra, tummo, the Six Yogas of Naropa, and Completion Practices — all of which are higher practices requiring initiation and teachers.

The colours and correspondences assigned to the chakras varies by individual Tantra. When practicing a Higher Tantra, the student should focus on the correspondences of that tantra instruction.

Sometimes — but not universally — the five Dhyani Buddhas are associated with the five chakras (and this varies somewhat on the tantra practiced and also the school):

- Crown (white): Body, Dhyani Buddha Vairochana or Vajrasattva
- Throat (red): Speech, Dhyani Buddha Amitabha, and Padma Family (includes Chenrezig, Hayagriva and so on)
- Heart (blue): Mind, Dhyani Buddha Akshobya, but also including Medicine Buddha, etc.
- Navel (yellow): Tummo Fire, Dhyani Buddha Ratnasambhava and Jewel Family — i.e. associating Ratnasambhava with manifestation and earth.
- Secret (green): Wind Action, Dhyani Buddha Amoghisiddi and the Double Vajra Family including Green Tara.

[For an in-depth story on Body Mandalas and “riding the winds of the inner body” see>>]

Correspondences change based on practice



The Five Wisdom Buddhas mandala: centre Vairochana, top Amitabha, right Amoghasiddhi, bottom Akshobya, left Ratnasambhava. The positions can vary from school to school or based on specific tantras or teachings.

These assignments are over-arching, but they change, just as do mandalas in meditation, depending on the Enlightened Deity practice. Usually, for instance, in a mandala, the meditational deity is always in the centre. So, for example, if Amitabha is normally in the “west” of the Mandala of the Five Dhyani Buddhas, he is visualized in the centre during his meditational practice. Likewise, a practice on Amitabha may

visualize Amitabha's seed syllable at the Heart Chakra. Mandalas and correspondences change with practices. Always be guided by your teacher and your practice.

As you can see, understanding subtle body is not as simple as memorizing five chakras. The inner body has a main central channel, two side channels (all of which meet at the five chakras) — but these are, in turn, connected to numerous meridians and 72,000 nadis throughout the body.

Completion practice, especially, uses all five chakras very actively, as a method to attain Enlightenment, but requires a teacher and initiation.

NOTES

[1] [Dharmalife](#)

[2] Reginald Ray teaches at Naropa University and the Dharma Ocean Foundation. (dharmaocean.org). He is the author of *The Secret of the Vajra World: the tantric Buddhism of Tibet* and *In the Presence of Masters*

[3] "[The strange link between the human mind and quantum physics](#)" BBC

[4] Quotes from [H.E. Zasep Rinpoche from the Medicine Buddha Weekend Retreat video series>>](#)



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“If you want to find the secrets of the universe, think in terms of energy, frequency and vibration.”

— Nikola Tesla

tags: energy, frequency, vibration

Closing



These are exciting times for the world. We are at a junction point where we must decide where our future will go.

Will we destroy ourselves or will we ultimately discover our true nature? It's up to us to decide.

The concepts of the quantum are now being utilized in quantum computing. This is a step in the right direction.

This is one step closer for us to discovering our true nature.

If humanity at large discovers the inner jewel with them, we will change this world quite dramatically for the better.

These are exciting times for us. You are a piece of this precious puzzle.