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## Intro



by The Washington Post

Opinion | An illustrated guide to ...

# temper

*noun*

*the tendency to become angry very quickly:*

*She **has** a real temper.*

*He has a really bad temper.*

I usually get my book titles from what I'm going to do when I'm sleeping. I got this title a few months ago.

I remember a few years ago when President Trump was so angry that he threw his plate of food against the wall and the plate shattered.

I was quite blown away by this temper tantrum. This guy was the president of the United States and he had no clue how to deal with his emotions.

I remember when he taunted the leader of North Korea when he said my button is bigger than your button. I think what amazes me is that in mainstream society today this doesn't bother most people. We are so used to it.

Day and day out during the Trump presidency he would top it off with something that was beyond topping off.

Each day he would better himself by performing acts that were immoral and unethical.

I'm writing this book hopefully so you can take a look at our emotions and try to heal them.

Nobody can change you except for you. I find it fascinating that we never learned this in our life.

The world would be a better place if we were all kind to each other.

Unfortunately, the system that we have is not in harmony with nature and the universe.

You may say so what. I don't care. Yet the world is drowning. Almost literally. By the end of this century, most of the East Coast major cities will probably be underwater.

We're already seeing the results of climate change all around the world.

Yet we keep on texting on the freeway of life. We are born to be consumers. That is what we do. The American dream is to be a very successful consumer. That is the definition of attaining a good life.

I have my mansion and my Porsche. I can travel anywhere around the world. Yet, I'm still in a kindergartener state of mind when it comes to my emotions.

It seems even billionaires will never get completely satisfied with what they have. It's always more, more, and more.

In the next two years, we will have probably 2 trillionaires. I can guarantee you they will still not be satisfied with having all that wealth.

A Trillion dollars equals spending 100,000 a year for 34 million years.

We need a major overhaul of our systems. We need a recalibration of the body, mind, and soul.

There is so much wisdom out there. Can you imagine how incredible it would be if the mass media at large started to talk how humanity can improve for the better.

Instead of negative news, 99% of the time, maybe we should have 99% positive news. News that can help humanity to discover its true nature.

Imagine if governments around the world united to talk about how humanity can discover its true nature.

The world would change for the better. Unfortunately, that is not the case.

Today the United States spends more money on illness than any country in the world. You would think we would be in great health.

The United States is one of the sickest countries in the world. The foods that we eat are literally killing us. Processed food companies are not interested in health. They are interested in your buying their goods.

Common sense is uncommon. We are completely off the mark when it comes to harmony.

No wonder the world is in such bad shape. We are like a ship without a rudder





## WATCH: 'Extremely angry' Trump threw lunch at wall after AG said...

PBS NewsHour ✓ 158K views

Cassidy Hutchinson, an aide to the former White House chief of staff during the administration of President Donald Trump testified on...

## Like Leaves Blowing In The Wind

This book may seem like leaves blowing in the wind. It has no rational meaning or direction. It's just random thinking.

I love the following two paragraphs from Michael Singer.<sup>1</sup>

The surrender experiment is a challenge I gave myself to try to allow life to unfold around me without struggling with it. We are all intelligent enough to realize that we are not in control of 99.9 percent of what goes on around us.

Our hearts beat, our food digests and our cells divide — all without any intervention of our own. Likewise, the planets stay in orbit, and the entire rest of the universe unfolds on its own.

We are not controlling any of this, yet it has been unfolding in perfect harmony for billions of years. If the forces of creation can create and maintain the entire universe, every moment, are not the moments unfolding in front of me part of this same universal perfection?

When I was in my early twenties, I took one look at this and realized that all the moments of creation are part of the same interrelated perfection.

They have nothing to do with me; they belong to the forces that created them. All that is happening each moment is that I'm seeing the result of 13.8 billion years of forces that interacted together to create exactly what is in front of me.

That being the case, I decided to experiment with surrendering to that perfection instead of listening to what my preference-driven mind had to say about it.

Specifically, when something appears in front of me, I try to honor and respect the enormity of its origins, rather than immediately judging whether I like it or not.

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<sup>1</sup> <https://www.yogajournal.com/meditation/surrender-experiment/>

That is the surrender experiment, and my new book is about what ended up happening as I aligned myself with life instead of struggling to align life to me.

This book talks about the various unique people's ideas of the physics of spirituality. Each one is different and seems random. But there is a thread tying them all together. Hopefully, this book will help you to see it. If you do see this thread your life will change forever.

Did you know the closer one gets to the truth the more chaotic it seems? Take a look at your dreams and you will understand what I'm talking about. Pure intellectual logic will never take you back home. Christ said only the innocent child can enter the kingdom within.

## The Center Of The Hurricane

In the center of a hurricane lies such peace

Wise one dwells there.

The winds of the mind are howling.

A great storm has come upon your inner land.

Learn to live in your center.

The winds of the mind can't touch you.

Ponder this over.

## Playing With Your Chemistry Kit

We are all playing with our own 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 own 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 own 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.

## 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 a huge side effect.

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 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 totally 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.



## 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 our 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.

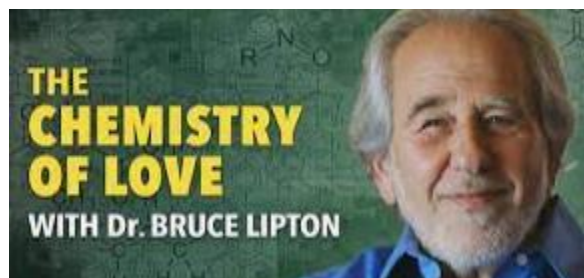
It's been there all the time.

Ponder this over.

It's been there all the time.

The greatest game is being played right between your eyes.

## Custom Designed By God



We are all custom-designed by God. Yesterday I heard an interesting interview with Bruce Lipton.

He is a scientist and has a fascinating story to tell. He wasn't interested in God, religion, or anything spiritual. His passion

was science and biology.

He was studying the structures of cells. One day he discovered that our cells have antennas embedded on the surface of the cells. We have trillions of cells and each cell had an antenna. He thought to himself.

Mind you I'm paraphrasing what he said. He asked himself what these antennas are for. For what purpose do we have for them? In the real world, he thought of a TV set.

You have an antenna that receives signals from a broadcast. You can change the channel and a different TV program will appear on the screen.

At this point, it gets extremely interesting. Somehow he has an epiphany that our awareness and consciousness are being broadcasted from God or the quantum field.

Each one of us has a unique signature. He realized that the body will die yet our essence is always the same. We can never die. Our essence is eternal.

To his amazement, he discovered that God exists inside of us. The treasures exist inside. We are hardwired to discover the universe within.

Imagine all this took place within five minutes. From that point on his goal was to discover his true essence. The clues are there in plain sight. Bruce then as a scientist begins to use the lab within to discover his true nature.

In the interview, Bruce said that some Jesuits said gave me a child for seven years and I will tell you how the child will grow up. For the first seven years, a child will pick up the good bad, and ugly.

A child's brain wave is theta in which everything external gets sucked in from 0 to 7 years old. This goes directly into our subconscious. Now imagine that we live our lives 98% of the time from our subconscious. Our subconscious drives our life.

This means that our lives are being driven from our early childhood. Without pursuing ourselves and discovering our true nature we live most of our lives driven by our subconscious. We react like leaves blowing in the wind.

Our body is so entwined with our subconscious that we react automatically without being aware.

Imagine our subconscious is like a hard drive. It has tons of data stored for the ages of 0 to 7. When an event occurs the subconscious will go instantly to the hard drive and it knows how to react.

Notice we are oblivious to what's going on. This is mankind to a tee.

We have been fighting forever. The world is on fire. People flame each other on Facebook. We have a President who tweets whatever comes to his mind.

Humanity is on the verge of a breakthrough. The signs that we were built to discover are all around us. We have all the instruments inside of us to discover our true nature.

We are about to go from me to we which is the title of this book. Imagine every single person on earth is hardwired to discover we all came from the same place. We are all family regardless of race, color, or creed.

Our true nature is kindness. Our true nature is love and compassion. We are all a spark of the divine. We are the universe. We just don't know it. These are exciting times. You hold a piece of the puzzle of life inside of you.

You can change and discover your true nature. Millions of people are waking up. Recently science and religion are really talking about the same thing. Discoveries that Bruce saw are major scientific breakthroughs for all of us.

Bruce saw in a flash of light that we are being broadcasted from the quantum field. We have our name that God knows and the universe knows. Every human life is special.

With our free choice and free will, we can moment by moment be on a conscious journey to discover our true essence. Ponder this over.

## Custom Designed By God 2



Let's continue how a human being is hardwired to find God. Many scientists think that a part of our DNA is multidimensional and quantum.

We contain the blueprint of God inside of us. From this blueprint, a human being is created. We are created in the image of God.

When I was young I loved to study the great wisdom of India. I still do. The Indians have a theory that everything we do and say is recorded into an energy frequency.

This energy frequency can be read in some part of the time in the future. Some people have fine tuned themselves to be able to read the Akashic record from another person.

Now recently many people think that in our DNA we have multidimensional DNA which contains the blueprint of God. Now imagine in this blueprint contains the entire essence of the universe and the essence of your soul journey in the universe.

You are eternal. You can never die. Your body will. Many people are discovering this concept and are learning how to mine the Akashic record for themselves.

Can you imagine how incredible that would be? It means that you could stop any disease from coming your way. You would be in tune with God and listen to the wisdom that lies within.

You could bring back all the positive attributes you have learned on your magnificent journeys in life.

A person could tap into the future and bring back wisdom such as inventions that would help our fellow man.

From that state, it would be easy to go from me to we if you could consciously tap into the oneness and blueprint of the universe.

As you can see the car is sitting in the garage gathering dust. The car is meant to be driven on the freeway of life. Moment by moment we can drive our car and gather a greater understanding of why we are alive.

We spend most of our lives in a survival mode. We spend most of our time living by our habits and subconscious. Imagine we are hardwired to discover our true essence. Yet so many humans are oblivious to this fact.

You see we have free will and free choice. The entire universe lives by this law. At times I think well maybe human beings shouldn't have free choice and we would come into this world and never forget our true nature.

Peace would always prevail on earth. Anger and war would not exist. Heaven would be on earth. Yet life is a grand adventure. We come into this world to discover our true nature and to help transform this world from darkness to light.

It is a cosmic game. This isn't the first time this game has been played. For time immemorial this game has been played through this universe and countless other universes.

The entire universe is watching us and cheering for us. They are rooting us on. We have incredible coaches that help and assist us.

Yet they can't take a single step for us. You see each of us has to play the game without any steps taken by another being.

These are exciting times. We as humanity are going from me to we. For thousands of years because of thinking it's all about me we have fought countless wars.

We are living in an era where this is changing right before our eyes. Ponder this over. You are hardwired to discover God. You contain within your DNA the blueprint of God.

## Bruce Lipton



### Bruce Lipton

American biologist



[bruce-lipton.com](http://bruce-lipton.com)

### Available on



YouTube



Spotify



YouTube Music

▼ More music services

Bruce Harold Lipton, is an American developmental biologist notable for his views on epigenetics. In his book *The Biology of Belief*, he claims that beliefs control human biology rather than DNA and inheritance. Lipton's extraordinary claims have not received attention from mainstream science. [Wikipedia](#)

**Born:** October 21, 1944 (age 76 years), Mount Kisco, NY

**Spouse:** [Margaret Horton](#)

**Movies:** [Heal](#), [The Living Matrix](#)

**Albums:** [Bruce Lipton's Music For A Shift In Consciousness](#)

**Education:** [University of Virginia](#), [LIU Post](#)



## The Wisdom of Your Cells

Thu, June 7, 2012 <sup>2</sup>

The Wisdom of Your Cells is a new biology that will profoundly change civilization and the world we live in. This new biology takes us from the belief that we are victims of our genes, that we are biochemical machines, that life is out of our control, into another reality, a reality where our thoughts, beliefs and mind control our genes, our behavior and the life we experience. This biology is based on current, modern science with some new perceptions added.

The new science takes us from victim to creator; we are very powerful in creating and unfolding the lives that we lead. This is actually knowledge of self and if we understand the old axiom, “Knowledge is power,” then what we are really beginning to understand is the knowledge of self-power. This is what I think we will get from understanding the new biology.

### Flying Into Inner Space

My first introduction to biology was in second grade. The teacher brought in a microscope to show us cells and I remember how exciting it was. At the university I graduated from conventional microscopes into electron microscopy and had a further opportunity to look into the lives of cells. The lessons I learned profoundly changed my life and gave me insights about the world we live in that I would like to share with you.

Using electron microscopy, not only did I see the cells from the outside but I was able to go through the cell’s anatomy and understand the nature of its organization, its structures and its functions. As much as people talk about flying into outer space, I was flying into inner space and seeing new vistas, starting to

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<sup>2</sup> <https://www.brucelipton.com/resource/article/the-wisdom-your-cells>

have greater appreciation of the nature of life, the nature of cells and our involvement with our own cells.

At this time I also started training in cell culturing. In about 1968 I started cloning stem cells, doing my first cloning experiments under the guidance of Dr. Irv Konigsberg, a brilliant scientist who created the first stem cell cultures. The stem cells I was working with were called myoblasts.

Myo means muscle; blast means progenitor. When I put my cells in the culture dishes with the conditions that support muscle growth, the muscle cells evolved and I would end up with giant contractile muscles.

However, if I changed the environmental situation, the fate of the cells would be altered. I would start off with my same muscle precursors but in an altered environment they would actually start to form bone cells. If I further altered the conditions, those cells became adipose or fat cells.

The results of these experiments were very exciting because while every one of the cells was genetically identical, the fate of the cells was controlled by the environment in which I placed them.

While I was doing these experiments I also started teaching students at the University of Wisconsin School of Medicine the conventional understanding that genes controlled the fate of cells.

Yet in my experiments it was clearly revealed that the fate of cells was more or less controlled by the environment. My colleagues, of course, were upset with my work. Everyone was then on the bandwagon for the human genome project and in support of the “genes-control-life” story.

When my work revealed how the environment would alter the cells, they talked about it as an exception to the rule.

You Are a Community of 50 Trillion Living Cells

Now I have a completely new understanding of life and that has led to a new way to teach people about cells. When you look at yourself you see an individual person.

But if you understand the nature of who you are, you realize that you are actually a community of about 50 trillion living cells. Each cell is a living individual, a sentient being that has its own life and functions but interacts with other cells in the nature of a community.

If I could reduce you to the size of a cell and drop you inside your own body, you would see a very busy metropolis of trillions of individuals living within one skin.

This becomes relevant when we understand that health is when there is harmony in the community and dis-ease is when there is a disharmony that tends to fracture the community relationships. So, number one, we are a community.

Fact number two: There is not one function in the human body that is not already present in every single cell. For example, you have various systems: digestive, respiratory, excretory, musculoskeletal, endocrine, reproductive, a nervous system and an immune system but every one of those functions exists in every one of your cells.

In fact we are made in the image of a cell. This is very helpful for biologists because we can do research on cells and then apply that information to understanding the nature of the human body.

I was teaching what is called the medical model, the perception that human biology represents a biological machine comprised of biochemicals and controlled by genes.

Therefore when a patient comes in to see a doctor, the belief system is that the patient has something wrong with their biochemistry or genes, which can be adjusted and can lead them to health.

At some point I realized that I had to leave the university because I found great conflict in teaching the students about what controls the cell and yet getting a completely different understanding from the cells in my cultures.

## A New Understanding of Science

When I was outside the university I had a chance to read into physics. Again I found information that did not conform to the science I had been teaching. In the world of new physics, quantum physics, the mechanisms that are described completely collide with the mechanisms we were teaching, which were based on the old Newtonian physics.

The new physics currently is still not introduced in medical schools. Before conventional science, science was the province of the church. It was called natural theology and was infused with the spiritual domain, teaching that God's hand was directly involved in the unfoldment and maintenance of the world, that God's image was expressed through the nature we live in.

Natural theology had a mission statement: to understand the nature of the environment so we could learn to live in harmony with it. Basically this meant learning how to live in harmony with God, considering that nature and God were so well connected.

However, through the abuses of the church, their insistence on absolute knowledge and their efforts of suppressing new knowledge, there was what is called the Reformation. The Reformation, precipitated by Martin Luther, was a challenge to the church's authority.

After the Reformation, when there was an opportunity to question beliefs about the universe, science became what was called modern science. Isaac Newton, the physicist whose primary studies were on the nature of gravity and the movement of the planets, provided the foundation for modern science. He invented a new mathematics called differential calculus in order to create an equation to predict the movements of the solar system. Science identified truths as things that were predictable.

Newtonian physics perceives the universe as a machine made out of matter; it says that if you can understand the nature of the matter that comprises the machine, then you will understand nature itself. Therefore the mission of science

was to control and dominate nature, which was completely different than the former mission of science under natural theology, which was to live in harmony with nature.

The issue of control in regard to biology becomes a very important point. What is it that controls the traits that we express? According to Newtonian physics life forms represent machines made out of matter and if you want to understand those machines you take them apart, a process called reductionism.

You study the individual pieces and see how they work and when you put all the pieces together again, you have an understanding of the whole. Charles Darwin said that the traits an individual expresses are connected to the parents.

The sperm and egg that come together and result in the formation of a new individual must be carrying something that controls the traits in the offspring. Studies of dividing cells began in the early 1900s and they saw string-like structures that were present in cells that were beginning to divide. These string-like structures were called chromosomes.

Interestingly enough, while chromosomes were identified around 1900, it was only in 1944 that we actually identified which of their components carried the genetic traits. The world got very excited.

They said, oh, my goodness, after all these years we finally have gotten down to identifying the genetically controlling material; it appears to be the DNA. In 1953 the work of James Watson and Francis Crick revealed that each strand of DNA contained a sequence of genes.

The genes are the blueprints for each of the over 100,000 different kinds of proteins that are the building blocks for making a human body. A headline announcing Watson and Crick's discovery appeared in a New York paper: "Secret of Life Discovered" and from that point on biology has been wrapped up in the genes.

Scientists saw that by understanding the genetic code we could change the characters of organisms and therefore there was a big, headlong rush into the human genome project to try to understand the nature of the genes.

At first they thought these genes only controlled the physical form, but the more they started to manipulate genes, they saw that there were also influences on behavior and emotion. Suddenly, the genes took on more profound meaning because all the characters and traits of a human were apparently controlled by these genes.

### Are We Victims of Heredity?

Yet there was one last question: what is it that controls the DNA? That would be going up the last rung of the ladder to find out what is ultimately in control. They did an experiment and it revealed that DNA was responsible for copying itself! DNA controls the protein and the protein represents our bodies.

Basically it says that life is controlled by DNA. That is the Central Dogma. It supports a concept called “the primacy of DNA” that says who and what we are and the fate of the lives we lead are already preprogrammed in the DNA that we received at conception.

What is the consequence of this? That the character and fate of your life reflects the heredity you were born into; you are actually a victim of heredity.

For example, scientists looked at a group of people, scored them on the basis of happiness and tried to find out whether there was a gene that was associated with happy people that was not active in unhappy people. Sure enough, they found a particular gene that seems to be more active in happy people.

Then they immediately put out a big media blip on “gene for happiness discovered.” You could say, “Well, wait a minute. If I got a sucky happy gene, then my whole life is going to be predetermined. I’m a victim of my heredity.” This is exactly what we teach in school and this is what I had also been teaching—that people are powerless over their own lives because they can’t change their genes. But when people recognize the nature of being powerless, they also start to

become irresponsible. “Well, look, Boss, you’re calling me lazy but I just want you to know my father was lazy. What can you expect from me? I mean, my genes made me lazy. I can’t do anything about it.”

Recently in Newsweek they wrote about how fat cells are waging war on our health. It’s interesting because in an epidemic of obesity science stands back and says: it’s your fat cells that are waging war in your life.

### The Human Genome Project

To come and save us, the human genome project entered our world. The idea of the project was to identify all the genes that make up a human. It would offer the future opportunity of genetic engineering to correct the ills and problems that face humans in this world.

I thought the project was a humanitarian effort but it was interesting later to find out from Paul Silverman, one of the principal architects of the human genome project, what it was actually about.

It was simply this: It was estimated that there were going to be over 100,000 genes in the human genome because there are over 100,000 different proteins in our bodies; plus there were also genes that didn’t make proteins but controlled the other genes.

The project was actually designed by venture capitalists; they figured that since there were over 100,000 genes, by identifying these genes and then patenting the gene sequences, they could sell the gene patents to the drug industry and the drug industry would use the genes in creating health products. In fact, the program was not actually for advancing the human state as much as it was for making a lot of money.

Here is the fun part. Scientists knew that as you go up the evolutionary scale, simple organisms have less DNA and when you get to the level of humans, with the complexity of our physiology and our behavior, we have a lot more DNA.

They thought that primitive organisms would have maybe a few thousand genes but humans were going to have approximately 150,000 genes, which meant 150,000 new drugs.

The project began in 1987 and just showed again that when humans really put their heads together they can create miracles. In only about fourteen years we actually had the results of the human genome. It also was what I call a cosmic joke.

To begin the human genome project they first studied a primitive organism, a miniature worm that is barely visible with your eye. These worms had been an experimental animal for geneticists because they reproduce very quickly and in very large numbers and thereby express traits that you can study.

They found that this small animal had a genome of about 24,000 genes. Then they decided to do one more genetic model before doing the human and that was with the fruit fly because of the large amount of information already available on the genetics and behavior of fruit flies.

The fruit fly genome turned out to have only about 18,000 genes. The primitive worm had 24,000 genes and this flying machine had only 18,000 genes! They didn't understand what that meant but put it on the back burner and started the work on the human genome project.

The results came in 2001 and were a major shock: in the human genome there are only about 25,000 genes; they expected nearly 150,000 genes and there were only about 25,000! It was such a shock that people actually didn't talk about it.

While there was a lot of hoopla about completing the human genome project, no one talked about the 100,000 missing genes. There was complete lack of discussion in the scientific journals about it.

When they realized there were not enough genes to account for human complexity, it shook the foundation of biology



Why is it so important? If a science is based on the way life really works, that science would be good for use in medical practice. But if you base your science on wrong information, then that science could be detrimental to medical practice. It is now a recognized fact that conventional allopathic medicine, the primary medicine we use in Western civilization, is a leading cause of death in the United States.

It is also responsible for one out of five deaths in Australia. In the Journal of the American Medical Association Dr. Barbara Starfield wrote an article revealing that from conservative estimates, the practice of medicine is the third leading cause of death in the United States.

However, there is a more recent study by Gary Null (see Death by Medicine at: [www.garynull.com](http://www.garynull.com)(link is external)). He found that rather than being the third leading cause of death, it is the first leading cause with over three-quarters of a million people dying from medical treatment each year. If medicine actually knew what it was doing, it wouldn't be that lethal.

I left the university in 1980, seven years before the human genome project was started because I already was aware that genes didn't control life. I was aware that the environment was influential but my colleagues looked at me as not just being a radical but a heretic because I was conflicting with the dogma; therefore this became a religious argument.

At some point the religiosity of where I was led me to resign my position. That's when I started to advance into understanding about brain function and neuroscience. What I was really trying to find out is if it's not the DNA that controls cells, then where is the "brain" of the cell?

### The Computer Within

The new biology revealed that the brain of the cell is its skin, the mem-brane, the interface of the interior of the cell and the ever-changing world we live in. It is the functional element that controls life. This is important because understanding its function reveals that we are not victims of our genes. Through the action of the

cell membrane we can actually control our genes, our biology and our life and we have been doing it all along although we have been laboring under the belief that we are victims.

I started to realize that the cell was a chip and that the nucleus was a hard disk with programs. The genes were programs. As I was typing this on my computer one day I realized that my computer was like a cell.

It had programs built into it but what was expressed by the computer was not determined by the programs. It was determined by the information that I, as the environment, was typing onto the keyboard. Suddenly all the pieces fell into place: the cell membrane is actually an information-processing computer chip.

The cell's genes are the hard drive with all the potentials. That is why every cell in your body can form any kind of cell because every nucleus has all the genes that make up a human. But why should one cell be skin and another cell be bone or eye?

The answer is not because of the gene programs but because of the feedback of information from the environment. All of a sudden the bigger thing hit me: what makes us different from each other is the presence of a set of unique identifying protein keys (receptors) comprising the keyboard on the surface of our cells. The identity keys on the cell membrane respond to environmental information.

The biggest "Aha!" was this: that our identity is actually an environmental signal that is playing through the keyboard on the surface of our cells and engaging our genetic programs; you are not inside your cell, you are playing through your cell using the keyboard as an interface. You are an identity derived from the environment.

In my younger days, I didn't see that religion was offering me truth. I went away from spirit and ended up in science. Realizing that my identity was something from the environment playing through my cells was the greatest shock to my world because I was completely thrown from a non-spiritual reality into the requirement of a spiritual existence.

My cells were like little television sets with antennas and I was the broadcast that controlled the readout of the genes. I was actually programming my cells.

I realized that if the cell died, it did not necessarily mean the loss of the broadcast-that the broadcast is out there whether the cell is here or not. All of a sudden it hit me with such profound awe.

What I realized was that survival was not that important because of my eternal character was derived from some broadcast in the field. The fear of mortality disappeared. That was about twenty-five years ago and it was one of the most wonderful, liberating experiences I ever had.

#### Perception: The Power of the New Biology

We perceive the environment and adjust our biology, but not all of our perceptions are accurate. If we are laboring under misperceptions, then those misperceptions provide for a mis-adjustment of our biology.

When our perceptions are inaccurate we can actually destroy our biology. When we understand that genes are just respondents to the environment from the perceptions handled by the cell membrane, then we can realize that if life isn't going well, what we have to do is not change our genes but change our perceptions.

That is much easier to do than physically altering the body. In fact, this is the power of the new biology: we can control our lives by controlling our perceptions.

We are holding "truths" about science that are actually untruth, they are actually "assumptions," and false assumptions at that. Until we correct them, we are misunderstanding our relationship to the planet, to nature and the environment. As a result we are destroying that which has provided us life, the environment.

False assumption number one is that the universe is made of matter and its understanding can be attained by studying matter Our perception of a material-only biology and environment is no longer scientifically accurate. Another

assumption is that genes control life. It is actually our perceptions that control life and by changing our perceptions we can get control over our lives. I will discuss more about this later.

Assumption number three is a very dangerous assumption: that we arrived at this point in our evolution using the mechanisms of Darwinian theory, which may be summed up as “the survival of the fittest in the struggle for existence.” It turns out in the new biology that evolution is based on cooperation.

Until we understand that, we keep competing with each other, struggling and destroying the planet without recognizing that our survival is in cooperation and that our continued competition is the death knell of human civilization.

### The Future of Medicine

Everything in the universe is now understood to be made out of energy; to our perception it appears physical and solid, yet in reality it is all energy and energies interact.

When you interact in your environment you are both absorbing and sending energy at the same time. You are probably more familiar with terms such as “good vibes” and “bad vibes.” Those are the waves at which we are all vibrating.

We are all energy. The energy in your body is reflecting the energy around you because the atoms in your body are not only giving off energy, they are absorbing energy. Every living organism communicates with these vibrations. Animals communicate with plants; they communicate with other animals. Shamans talk to plants with vibrations.

If you are sensitive to the differences between “good” and “bad” vibrations, you would always be leading yourself to places that would encourage your survival, your growth, your love, et cetera, and staying away from situations and places that would take advantage of you or cancel who you are.

When we are not paying attention to our vibrational energies, we are missing the most important readouts from our environment. Understanding of the new physics says that all energies are entangled and interact with each other. Therefore, you must pay attention to these invisible forces that are involved with

what's going on in your life. While medicine does not train its doctors to recognize that energy is part of the system, they very easily adapted to using the new scan systems to determine what is going on inside the body. It is humorous that they read their scans as "maps," but do not have the fundamental understanding that their maps are direct readouts of the energy present in the body.

For example, in a mammogram revealing a cancer, one is you are visualizing a characteristic emission of energy distinctive of a cancer. Rather than cutting out the cancer, what if you applied an energy that, through interference patterns, would change the energy of those cancer cells and bring them back to a normal energy?

Presumably you would get a healing effect. This would make sense out of thousands of years of what is called "hands-on healing." The recipient is getting an energy that is interacting with their body through interference and through that interference, changing the character of the energy reflected in the physical matter because the matter is the energy. This is the future of medicine although we are not there with it right now.

Quantum physicists reveal that underneath apparent physical structure there is nothing more than energy, that we are energy beings. That means that we interact with everything in the field.

This has an important impact on health care. Quantum physics reveals that energies are always entangled with each other. In an energy universe, waves are always flowing through and interacting with all other waves.

We can never separate someone fully from the environment they live in. Quantum physics says the invisible energy is one hundred times more efficient in conveying information than are material signals (e.g., drugs). What we are beginning to recognize is that there is an invisible world that we have not dealt with in regard to understanding the nature of our health.

In other words, rather than focusing on matter, in a quantum world we focus on energy. In the mechanical world we said we can understand everything by reductionism.

But in the newer quantum understanding of the universe we have to understand holism: you cannot separate one energy vibration from another energy vibration. We have to recognize that in the world we live in we are entangled in an unfathomable number of energy vibrations and we are connected to all of them!

Here is my definition of the environment: it is everything from the core of your being to the edge of the universe. It includes everything in close proximity to you as well as the planets and the sun and what is going on in the entire solar system.

We are part of this entire field. To summarize the significance of this let me give you a quote from Albert Einstein: "The field is the sole governing agency of the particle." What he says is this: the field, the invisible energy, is the sole governing agency of the physical reality

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## Tip Of The Iceberg



This is just the tip of the iceberg. The entire human body is hardwired to find God. We need to discover how to transform ourselves.

One of the people I truly admire is Dr. Joe Dispenza. He is on the cutting edge of the fusion between medical science and the methods to discover our true nature.

In a nut shell, this is his discovery and discoveries from millions of people all around the world.

The world in general is stressed out. Billions of people aren't connected to their true nature. At the brain wave level, this stress is high beta. You have heard of the flight or fight response.

In the old days of our ancestors when we saw a tiger, we would run for dear life. All sorts of chemicals would kick in and a rush of adrenaline would occur.

Well in our present-day life so many people are so stressed out that they don't know how to turn off the facet of this adrenaline. Consequently, all sorts of damage occur. Look at the opioid epidemic today. It is affecting all over America. Thousands of people are dying each year.

Yet we are hardwired to find God and this is our present state in current affairs. This state of mind has been upon us for thousands of years. We are reactive beings. Look at the political post on Facebook and you will see what I mean. People are flaming each other.

If kindness is our true nature how do we discover it? Did you know that your life is governed by your subconscious mind? This is the driving force in your life. From age zero to seven your active brain wave state was in theta.

Theta accepts the good, bad and ugly and stores them in your subconscious. It's similar to a hard drive.

As we get older our brain waves go from theta to beta. This is the current state. A healthy individual beta state will make a person alert and ready for the day. Unfortunately, most of us are like leaves blowing in the wind.

Meditation is a process where we can discover our true nature. We learn how to go into deeper levels of brain wave states to change ourselves. The goal is to identify ourselves with our true nature.

We are the universe. We just don't know it. As humanity, we are in a state of kindergarten emotional maturity. Look at our politics today and you will see what I mean.

Joe Dispenza has discovered when the pineal gland and pituitary gland are active over 1500 incredible chemicals are released from the brain into the human body.

These chemicals wash the mind and body and over time make the human whole again. You become a kind man.

The goal is to identify yourself once again with your true nature. You can become the sun, moon, and stars and still be walking around in a human body. This is your true nature.

As humanity, we will witness a great transformation occurring in mankind. Yes, this will take time but millions of people are waking up from our slumbers.

You see it's only by your will alone can you open the inner door. The car is locked up in your car and gathering dust. Only you have the remote control to open up your inner garage door.

Then you can take your car for a divine spin. You see you have the keys yet they are sitting on your kitchen table. They have been there so long that you have no idea what the key is for.

Meditation is the key to discovering your true nature. Joe Dispenza is researching for the last 30 odd so years to build a scientific and spiritual bond with each other.

When I first started to meditate I would see a few articles about the science behind meditation. In the forties, Paramahansa Yogananda published his autobiography and it contained scientific wisdom. It was like sweet music to my ears.

Since then thousands of papers were published. What I like about Joe Dispenza is that he has around a thousand people come to a week retreat. In the past, he saw great breakthroughs occur on the fourth or fifth day. The seminar was only five days at that time. So he added a couple of extra days.



In my eyes, I love to see that there are practical scientific tools we can use to discover our true nature. As I said this is just the tip of the iceberg.

## Joe Dispenza



### Joe Dispenza

Neuroscientist



**Joe Dispenza, D.C.**, is the best-selling author of *Evolve Your Brain: The Science of Changing Your Mind* (2007) and *Breaking the Habit of Being Yourself: How to Lose Your Mind and Create a New One* (2012), both of which detail the neuroscience of change and epigenetics.

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[Dr. Joe Dispenza - NY Times Best Selling Author ... - Linke...](#)



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**Born:** March 24, 1962 (age 58 years)

**Record label:** [Encephalon, LLC](#)

**Education:** [Life University](#), [The Evergreen State College](#)

# The Pineal Gland

(Explained by science)



number of dimensions and this

# The Four Pillars of Healing

Posted by [Dr. Joe Dispenza](#) on Jun 10, 2019 4:45:00 PM <sup>3</sup>

It became clear to me, after years of interviewing people who had experienced spontaneous remissions and healings, that most of these individuals had four specific qualities in common. They had experienced the same coincidences.

Before I describe the four qualities common to these cases, I would like to note some of the factors that were not consistent among the people I studied. Not all practiced the same religion; several had no religious affiliation. Not many had a background as a priest, rabbi, minister, nun, or other spiritual profession.

These individuals were not all New Agers. Only some prayed to a specific religious being or charismatic leader. They varied by age, gender, race, creed, culture, educational status, profession, and tax bracket. Only a few exercised daily, and they did not all follow the same dietary regimen.

They were of varying body types and fitness levels. They varied in their habits pertaining to alcohol, cigarettes, television, and other media. Not all were heterosexual; not all were sexually active. My interviewees had no external situation in common that appeared to have caused the measurable changes in their health status.

## **Coincidence #1: An Innate Higher Intelligence Gives Us Life and Can Heal the Body**

The people I spoke with who experienced a spontaneous remission believed that a higher order or intelligence lived within him or her. Whether they called it their divine, spiritual, or subconscious mind, they accepted that an inner power was giving them life every moment, and that it knew more than they, as humans, could ever know. Furthermore, if they could just tap into this intelligence, they could direct it to start working for them.

I have come to realize that there is nothing mystical about this greater mind. It is the same intelligence that organizes and regulates all the functions of the body. This power keeps our heart beating without interruption more than 100,000 times per day, without our ever stopping to think about it.

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<sup>3</sup> <https://blog.drjoedispenza.com/the-four-pillars-of-healing>

That adds up to more than 40 million heartbeats per year, nearly three billion pulsations over a lifetime of 70 to 80 years. All this happens automatically, without care or cleaning, repair or replacement. An elevated consciousness is evidencing a will that is much greater than our will.

Likewise, we give no thought to what our heart is pumping: two gallons of blood per minute, well over 100 gallons per hour, through a system of vascular channels about 60,000 miles in length, or twice the circumference of the earth.

Yet the circulatory system makes up only about 3 percent of our body mass. (1) Every 20 to 60 seconds, each blood cell makes a complete circuit through the body, and every red blood cell makes anywhere between 75,000 and 250,000 round trips in its lifetime. (By the way, if all of the red blood cells in your bloodstream were lined up end to end, they would reach 31,000 miles into the heavens.)

In the second it takes you to inhale, you lose three million red blood cells, and in the next second, the same number will be replaced. How long would we live if we had to focus on making all this happen? Some greater (more expanded) mind must be orchestrating all of this for us.

Please stop reading for one second. Just now, some 100,000 chemical reactions took place in every single one of your cells. Now multiply 100,000 chemical reactions by the 70 to 100 trillion cells that make up your body. The answer has more zeros than most calculators can display, yet every second, that mind-boggling number of chemical reactions takes place inside of you. Do you have to think to perform even one of those reactions?

Many of us can't even balance our checkbooks or remember more than seven items from our shopping lists, so it's fortunate for us that some intelligence smarter than our conscious mind is running the show.

In that same second, 10 million of your cells died, and in the next instant, almost 10 million new cells took their place. (2) The pancreas itself regenerates almost all its cells in one day. Yet we give not a moment's thought to the disposal of those dead cells, or to all of the necessary functions that go into mitosis, the process that gives rise to the production of new cells for tissue repair and growth.

Recent calculations estimate that the communication between cells actually travels faster than the speed of light. At the moment, you are probably giving some thought to your body. Yet something other than your conscious mind is causing the secretion of enzymes in exact amounts to digest the food you consumed into its component nutrients. Some mechanism of a higher order is filtering liters of blood through your kidneys every hour to make urine and eliminate wastes. (In one hour, the most advanced kidney dialysis machines can only filter 15 to 20 percent of the

body's wastes from the blood.) This superior mind precisely maintains the 66 functions of the liver, although most people would never guess that this organ performs so many tasks.

And lastly, if you committed to not arising to face the day until you actually felt like that new ideal, you would also be conditioning the body to finally work together with your new mind. Actually, your thoughts condition your mind and your feelings condition your body. And when you have mind and body working together, you have the power of the universe behind you.

When you walk through your life that day, maintaining this modified state, something should be different in your world as a result of your effort. No one is excluded from this phenomenon.

The same intelligence can direct tiny proteins to read the sophisticated sequence of the DNA helix better than any current technology. That's some feat, considering that if we could unravel the DNA from all the cells of our body and stretch it out end to end, it would reach to the sun and back 150 times! (3) Somehow, our greater mind orchestrates tiny protein enzymes that constantly zip through the 3.2 billion nucleic acid sequences that are the genes in every cell, checking for mutations.

Our own inner version of Homeland Security knows how to fight off thousands of bacteria and viruses without our ever needing to realize that we are under attack. It even memorizes those invaders so that if they enter us again, the immune system is better prepared.

Most marvelous of all, this life force knows how to start from just two cells, a sperm and an egg, and create our almost 100 trillion specialized cells. Having given us life, it then continually regenerates that life and regulates an incredible number of processes. We may not notice our higher mind at work, but the moment we die, the body starts to break down because this inner power has left.

Like the people I interviewed, I have had to acknowledge that some intelligence is at work in us that far exceeds our conscious abilities. It animates our body every single moment, and it's incredibly complex workings take place virtually behind our back.

We're conscious beings, but typically, we pay attention only to events that we think are important to us. Those 100,000 chemical reactions every second in our 100 trillion cells are a miraculous expression of the life force. Yet the only time they become significant to the conscious mind is when something goes wrong.

This aspect of the self is objective and unconditional. If we are alive, this life force is expressing itself through us. We all share this innate order, independent of gender, age, and genetics. This intelligence transcends race, culture, social standing, economic status, and religious beliefs. It

gives life to everyone, whether we think about it or not, whether we are awake or asleep, whether we are happy or sad. A deeper mind permits us to believe whatever we want, to have likes and dislikes, to be allowing or judgmental. This giver of life lends power to whatever we are being; it bestows on us the power to express life in whatever way we choose.

This intelligence knows how to maintain order among all of the cells, tissues, organs, and systems of the body because it created the body from two individual cells. Again, the power that made the body is the power that maintains and heals the body.

My subjects' illnesses signified that, to some extent, they had gotten out of touch or distanced themselves from part of their connection with this higher order. Maybe their own thinking had somehow directed this intelligence toward illness and away from health.

But they came to understand that if they tapped into this intelligence and used their thoughts to direct it, it would know how to heal their bodies for them. Their greater mind already knew how to take care of business, if they could only make contact with it.

The abilities of this innate intelligence, subconscious mind, or spiritual nature are far greater than any pill, therapy, or treatment, and it is only waiting for our permission to willfully act. We are riding on the back of a giant, and we're getting a free ride.

## **Coincidence #2: Thoughts Are Real; Thoughts Directly Affect the Body**

The way we think affects our body as well as our life. You may have heard this concept expressed before in various ways—for example, in that phrase “mind over matter.” The people I interviewed not only shared this belief but also used it as a basis for making conscious changes in their own mind, body, and personal life.

To understand how they accomplished this, I began to study the growing body of research on the relationship between thought and the physical body.

There is an emerging field of science called psychoneuroimmunology that has demonstrated the connection between the mind and the body. I can describe what I learned in these simplistic terms:

Your every thought produces a biochemical reaction in the brain. The brain then releases chemical signals that are transmitted to the body, where they act as the messengers of the thought. The thoughts that produce the chemicals in the brain allow your body to feel exactly the way you were just thinking. So every thought produces a chemical that is matched by a feeling in your body.



Essentially, when you think happy, inspiring, or positive thoughts, your brain manufactures chemicals that make you feel joyful, inspired, or uplifted. For example, when you anticipate an experience that is pleasurable, the brain immediately makes a chemical neurotransmitter called dopamine, which turns the brain and body on in anticipation of that experience and causes you to begin to feel excited.

If you have hateful, angry, or self-deprecating thoughts, the brain also produces chemicals called neuropeptides that the body responds to in a comparable way. You feel hateful, angry, or unworthy. You see, your thoughts immediately do become matter.

When the body responds to a thought by having a feeling, this initiates a response in the brain. The brain, which constantly monitors and evaluates the status of the body, notices that the body is feeling a certain way.

In response to that bodily feeling, the brain generates thoughts that produce corresponding chemical messengers; you begin to think the way you are feeling. Thinking creates feeling, and then feeling creates thinking, in a continuous cycle.

This loop eventually creates a particular state in the body that determines the general nature of how we feel and behave. We will call this a state of being. For example, suppose a person lives much of her life in a repeating cycle of thoughts and feelings related to insecurity. The moment she has a thought about not being good enough or smart enough or enough of anything, her brain releases chemicals that produce a feeling of insecurity.

Now she is feeling the way she was just thinking. Once she is feeling insecure, she then will begin to think the way she was just feeling. In other words, her body is now causing her to think.

This thought leads to more feelings of insecurity, and so the cycle perpetuates itself. If this person's thoughts and feelings continue, year after year, to generate the same biological feedback loop between her brain and her body, she will exist in a state of being that is called "insecure."

The more we think the same thoughts, which then produce the same chemicals, which cause the body to have the same feelings, the more we physically become modified by our thoughts. In this way, depending on what we are thinking and feeling, we create our state of being.

What we think about and the energy or intensity of these thoughts directly influences our health, the choices we make, and, ultimately, our quality of life.

Applying this reasoning to their own lives, many interviewees understood that many of their thoughts not only did not serve their health, but also might be the reason their unhappy or unhealthy conditions developed in the first place. Many of them had spent nearly every day for



decades in internal states of anxiety, worry, sadness, jealousy, anger, or some other form of emotional pain. Thinking and feeling, feeling and thinking like that for so long, they said, is what had manifested their conditions.

Here's an example: Developing one digestive ailment after another and living with constant pain in his spine finally prompted Tom to examine his life. Upon self-reflection, he realized that he had been suppressing feelings of desperation caused by the stress of staying in a job that made him miserable.

He had spent two decades being angry and frustrated with his employer, coworkers, and family. Other people often experienced Tom's short temper, but for all that time, his secret thoughts had revolved around self-pity and victimization. Repeatedly experiencing these rigid patterns of thinking, believing, feeling, and living amounted to toxic attitudes that Tom's body just "couldn't stomach."

His healing began, Tom told me, when he recognized that his unconscious attitudes were the basis for his state of being-for the person he had become. Most of those whose case histories I studied reached conclusions similar to Tom's.

To begin changing their attitudes, these individuals began to pay constant attention to their thoughts. In particular, they made a conscious effort to observe their automatic thought processes, especially the harmful ones.

To their surprise, they found that most of their persistent, negative inner statements were not true. In other words, just because we have a thought does not necessarily mean that we have to believe it is true. As a matter of fact, most thoughts are ideas that we make up and then come to believe.

Believing merely becomes a habit. For example, Sheila, with all her digestive disorders, noticed how often she thought of herself as a victim without the capacity to change her life. She saw that these thoughts had triggered feelings of helplessness. Questioning this belief enabled her to admit that her hardworking mother had done nothing to prevent or dissuade Sheila from going after her dreams.

Some of my subjects likened their repetitive thoughts to computer programs running all day, every day, in the background of their lives. Since these people were the ones operating these programs, they could elect to change or even delete them.

This was a crucial insight. At some point, all those I interviewed had to fight against the notion that one's thoughts are uncontrollable. Instead, they had to choose to be free and to take control

of their thinking. Everyone had resolved to interrupt habitual negative thought processes before they could produce painful chemical reactions in their body. These individuals were determined to manage their thoughts and eliminate ways of thinking that did not serve them.

Conscious thoughts, repeated often enough, become unconscious thinking. In a common example of this, we must consciously think about our every action while we are learning to drive.

After much practice, we can drive 100 miles from point A to point B and not remember any part of the trip, because our subconscious mind is typically at the wheel. We've all experienced being in an unaware state during a routine drive, only to feel our conscious mind reengaging in response to an unusual engine sound or the rhythmic thump of a flat tire.

So if we continually entertain the same thoughts, they'll start off as conscious ones, but they'll ultimately become unconscious, automatic thought programs. There is a sound explanation in neuroscience for how this happens. You'll understand how this happens from a scientific standpoint by the time you finish reading this book.

These unconscious ways of thinking become our unconscious ways of being. And they directly affect our lives just as conscious thoughts do. Just as all thoughts set off biochemical reactions that lead to behavior, our repetitive, unconscious thoughts produce automatic, acquired patterns of behavior that are almost involuntary. These behavioral patterns are habits and most surely, they become neurologically hardwired in the brain.

It takes awareness and effort to break the cycle of a thinking process that has become unconscious. First, we need to step out of our routines so we can look at our lives. Through contemplation and self-reflection, we can become aware of our unconscious scripts. Then, we must observe these thoughts without responding to them, so that they no longer initiate the automatic chemical responses that produce habitual behavior.

Within all of us, we possess a level of self-awareness that can observe our thinking. We must learn how to be separate from these programs and when we do, we can willfully have dominion over them. Ultimately, we can exercise control over our thoughts. In doing so, we are neurologically breaking apart thoughts that have become hardwired in our brain.

Since we know from neuroscience that thoughts produce chemical reactions in the brain, it would make sense, then, that our thoughts would have some effect on our physical body by changing our internal state.

Not only do our thoughts matter in how we live out our life, but our thoughts become matter right within our own body. Thoughts . . . matter.

Out of their belief that thoughts are real, and that the way people think directly impacts their health and their lives, these individuals saw that their own thinking processes were what had gotten them into trouble.

They began to examine their life analytically. When they became inspired and diligent about changing their thinking, they were able to revitalize their health. A new attitude can become a new habit.

### **Coincidence #3: We Can Reinvent Ourselves**

Motivated as they were by serious illnesses both physical and mental, the people I interviewed realized that in thinking new thoughts, they had to go all the way. To become a changed person, they would have to rethink themselves into a new life. All of those who restored their health to normal did so after making a conscious decision to reinvent themselves.

Breaking away often from daily routines, they spent time alone, thinking and contemplating, examining and speculating about what kind of people they wanted to become. They asked questions that challenged their most deeply held assumptions about who they were. “What if” questions were vital to this process:

What if I stop being an unhappy, self-centered, suffering person, and how can I change? What if I no longer worry or feel guilty or hold grudges?

What if I begin to tell the truth to myself and to others? Those “what ifs” led them to other questions: Which people do I know who are usually happy, and how do they behave? Which historical figures do I admire as noble and unique?

How could I be like them? What would I have to say, do, think, and act like in order to present myself differently to the world? What do I want to change about myself?

Gathering information was another important step on the path to reinvention. Those I interviewed had to take what they knew about themselves, and then reformat their thinking to develop new ideas of who they wanted to become.

Everyone started with ideas from their own life experiences. They also delved into books and movies about people they respected. Piecing together some of the merits and viewpoints of these figures, along with other qualities they were contemplating, they used all this as raw material to start building a new representation of how they wanted to express themselves.

As these individuals explored possibilities for a better way of being, they also learned new modes of thinking. They interrupted the flow of repetitive thoughts that had occupied most of their waking moments.

Letting go of these familiar, comfortable habits of thought, they assembled a more evolved concept of whom they could become, replacing an old idea of themselves with a new, greater ideal. They took time daily to mentally rehearse what this new person would be like. As discussed in chapter 1, mental rehearsal stimulates the brain to grow new neural circuits and changes the way the brain and mind work.

In 1995, in the *Journal of Neurophysiology*, an article was published demonstrating the effects that mental rehearsal alone had on developing neural networks in the brain.<sup>6</sup> Neural networks are individual clusters of neurons (or nerve cells) that work together and independently in a functioning brain. Neural nets, as we will affectionately call them, are the latest model in neuroscience to explain how we learn and how we remember.

They can also be used to explain how the brain changes with each new experience, how different types of memories are formed, how skills develop, how conscious and unconscious actions and behaviors are demonstrated, and even how all forms of sensory information are processed.

Neural networks are the current understanding in neuroscience that explains how we change on a cellular level. In this particular research, four groups of individuals were asked to participate in a five-day study that involved practicing the piano, in order to measure the changes that might take place in the brain.

The first group of volunteers learned and memorized a specific one-handed, five-finger sequence that they physically practiced every day for two hours during that five-day period.

The second group of individuals was asked to play the piano without any instruction or knowledge of any specific sequence. They played randomly for two hours every day for five days without learning any sequence of notes.

The third group of people never even touched the piano, but were given the opportunity to observe what was taught to the first group until they knew it by memory in their minds. Then they mentally rehearsed their exercises by imagining themselves in the experience for the same length of time per day as the participants in the first group.

The fourth group was the control group; they did nothing at all. They never learned or practiced anything in this particular experiment. They never even showed up.

At the end of the five-day study, the experimenters used a technique called transcranial magnetic stimulation along with a few other sophisticated gadgets, in order to measure any changes that took place in the brain.

To their surprise, the group that only rehearsed mentally showed almost the same changes, involving expansion and development of neural networks in the same specific area of their brain, as the participants who physically practiced the sequences on the piano.

The second group, which learned no piano sequences at all, showed very little change in their brain, since they did not play the same series of exercises over and over each day. The randomness of their activity never stimulated the same neural circuits on a repetitive basis, and thus did not strengthen any additional nerve cell connections. The control group, the ones who never showed up, evidenced no change at all.

How did the third group produce the same brain changes as the first group without ever touching the keyboard? Through mental focusing, the third group of participants repeatedly fired specific neural networks in particular areas of their brain.

As a result, they wired those nerve cells together in greater measure. This concept in neuroscience is called Hebbian learning. (7) The idea is simple: Nerve cells that fire together, wire together. Therefore, when gangs of neurons are repeatedly stimulated, they will build stronger, more enriched connections between each other.

According to the functional brain scans in this particular experiment, the subjects that were mentally rehearsing were activating their brain in the same way as if they were actually performing the endeavor.

The repetitive firing of the neurons shaped and developed a cluster of neurons in a specific part of the brain, which now supported the pattern of conscious intent. At will, their thoughts became mapped and plotted in the brain.

Interestingly, the circuits strengthened and developed in the absolute same area of the brain as the group that physically practiced. They grew and changed their brain just by thinking. With the proper mental effort, the brain does not know the difference between mental or physical effort.

Sheila's experience of curing her digestive illness illustrates this process of reinvention. Sheila had resolved that she would no longer revisit memories of her past and the associated attitudes that had defined her as a victim.

Having identified the habitual thought processes she wanted to release, she cultivated a level of awareness where she had enough control to interrupt her unconscious thoughts. She therefore no

longer fired the same associated neural networks on a daily basis. Once Shelia gained dominion over those old thought patterns and no longer fired those neurological habits of thinking, her brain began pruning away those unused circuits.

This is another, related aspect of Hebbian learning that we can sum up as follows: Nerve cells that no longer fire together, no longer wire together. This is the universal law of “use it or lose it” in action, and it can work wonders in changing old paradigms of thought about ourselves. Over time, Sheila shed the burden of old, limited thoughts that had been coloring her life.

Now it became easier for Sheila to imagine the person she wanted to be. She explored possibilities that she had never considered before. For weeks on end, she focused on how she would think and act as this new, unknown person.

She constantly reviewed these new ideas about herself so that she could remember who she was going to be that day. Eventually, she turned herself into a person who was healthy, happy, and enthusiastic about her future.

She grew new brain circuits, just like the piano players have done. It is interesting to note here that most people I interviewed never felt like they had to discipline themselves to do this. Instead, they loved mentally practicing who they wanted to become.

Like Sheila, all the people who shared their case histories with me succeeded in reinventing themselves. They persisted in attending to their new ideal until it became their familiar way of being. They became someone else, and that new person had new habits. They broke the habit of being themselves. How they accomplished this brings us to the fourth credo shared by those who experienced physical healings.

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#### **Coincidence #4: We Are Capable of Paying Attention So Well That We Can Lose Track of Relative Space and Time**

The people I interviewed knew that others before them had cured their own diseases, so they believed that healing was possible for them too. But they did not leave their healing up to chance. Hoping and wishing would not do the trick. Merely knowing what they had to do was not enough. Healing required these rare individuals to change their mind permanently and

intentionally create the outcomes they desired. Each person had to reach a state of absolute decision, utter will, inner passion, and complete focus. As Dean put it, “You just have to make up your mind!”

This approach requires great effort. The first step for all of them was the decision to make this process the most important thing in their life. That meant breaking away from their customary schedules, social activities, television viewing habits, and so on.

Had they continued to follow their habitual routines, they would have continued being the same person who had manifested illness. To change, to cease being the person they had been, they could no longer do the things they had typically done.

Instead, these mavericks sat down every day and began to reinvent themselves. They made this more important than doing anything else, devoting every moment of their spare time to this effort. Everyone practiced becoming an objective observer of his or her old familiar thoughts.

They refused to allow anything but their intentions to occupy their mind. You may be thinking, “That’s pretty easy to do when faced with a serious health crisis. After all, my own life is in my hands. “Well, aren’t most of us suffering from some affliction-physical, emotional, or spiritual-that affects the quality of our life? Don’t those ailments deserve the same kind of focused attention?

Certainly, these folks had to wrestle with limiting beliefs, self-doubt, and fears. They had to deny both their familiar internal voices and the external voices of other people, especially when these voices urged them to worry and to focus on the predicted clinical outcome of their condition.

Nearly everyone commented that this level of mind is not easy to attain. They had never realized how much chatter occupies the untrained mind. At first they wondered what would happen if they began to fall into habitual thought patterns. Would they have the strength to stop themselves from going back to their old ways?

Could they maintain awareness of their thoughts throughout their day? But with experience, they found that whenever they reverted to being their former self, they could detect this and interrupt that program. The more they practiced paying attention to their thoughts, the easier this process became, and the better they felt about their future. Feeling peaceful and calm, soothed by a sense of clarity, a new self-emerged.

Interestingly, all the subjects reported experiencing a phenomenon that became part of their new life. During extended periods of introspection on reinventing themselves, they became so involved in focusing on the present moment and on their intent that something remarkable

happened. They completely lost track of their body, time, and space. Nothing was real to them except their thoughts.

Let me put this in perspective. Our everyday, conscious awareness is typically involved with three things:

*First*, we are aware of being in a body. Our brain receives feedback on what is happening within the body and what stimuli it is receiving from our environment, and we describe what the body feels in terms of physical sensations

*Second*, we are aware of our environment. The space around us is our connection to external reality; we pay attention to the things, objects, people, and places in our surroundings.

*Third*, we have a sense of time passing; we structure our life within the concept of time.

However, when people inwardly focus through serious self-reflective contemplation, when they are mentally rehearsing new possibilities of who they could become, they are capable of becoming so immersed in what they are thinking about that, at times, their attention is completely detached from their body and their environment; these seem to fade away or disappear.

Even the concept of time vanishes. Not that they are thinking about time, but after such periods, when they open their eyes, they expect to find that just a minute or two has elapsed, only to discover that hours have gone by.

At these moments, we don't worry about problems, nor do we feel pain. We disassociate from the sensations of our body and the associations to everything in our environment. We can get so involved in the creative process that we forget about ourselves.

When this phenomenon occurs, these individuals are aware of nothing but their thoughts. In other words, the only thing that is real to them is the awareness of what they are thinking. Nearly all have expressed this in similar words. "I would go to this other place in my mind," one subject said, "where there were no distractions, there was no time,

I had no body, there was no thing-nothing" except my thoughts." In effect, they became a no-body, a no-thing, in no-time. They left their present association with being a somebody, the "you," or "self," and they became a nobody.

In this state, as I was to learn, these individuals could begin to become exactly what they were imagining. The human brain, through the frontal lobe, has the ability to lower the volume to, or even shut out, the stimuli from the body and the environment, as well as the awareness of time.



The latest research in functional brain scan technology has proven that when people are truly focused and concentrating, the brain circuits associated with time, space and the feelings/movements/sensory perceptions of the body literally quiet down.<sup>8</sup> As human beings, we have the privilege to make our thoughts more real than anything else, and when we do, the brain records those impressions in the deep folds of its tissues. Mastering this skill is what allows us to begin to rewire our brains and change our lives.

## Mind and Body

What came first the chicken or the egg? The body and the mind are so tangled with each other. It's like a huge bundle of string. Imagine for each thought you have a series of chemical reactions get released into your bloodstream.

The Buddhist has the following saying. Holding onto anger is like drinking poison and expecting the other person to die. You see each time we get angry a series of harmful chemicals gets released into the body. Some people are so out of sync that the facet never gets turned off.

Even if they want to it takes time, patience, and effort. Our subconscious is driving the show. If someone says something to you that you don't like you will automatically get angry.

The anger is wired directly into your body. By the time we reach the age of 35 our body is hardwired directly from the subconscious. It is driving the show. We are on auto-pilot. Habits good and bad are hardwired directly into our bodies. We are like leaves blowing in the wind.

Each morning we get up. We do the same thing over and over. It's like in the old days listening to a record and the album is scratched. It will play the same thing over and over and over.

This is our life. Even if we want to change we have to start to rewire our circuits consciously.

In order for that to happen, one must be able to break away from a beta state to change. You see a beta state of mind can't reach the subconscious. So if you say an affirmation to change it can't reach the subconscious to rewire the circuits.

This is where meditation comes in. A person who meditates learns over time how to connect to the quantum field. The stronger the connection you have to this field the more capability you will have to rewire the human body. The scenarios are endless. It's up to your imagination. You have free will.

The quantum field doesn't judge us. Yet changing and rewiring your circuits require you to be in sync with love, kindness, patience, tolerance, and compassion. This is why it's so important to meditate. This is why it's so important to be conscious and aware of every moment.

The wise ones in the past would monitor their thoughts and actions. If they were in a situation where the person would say something to make them angry they would simply smile.

Why put gasoline on the fire. They understood that by getting angry they are drinking their own poison. Yet this is difficult to do. That's why it takes constant training.

We have people in office who will Twitter whatever comes to their minds. They don't know how to stop, look, and listen.

To be honest this was never taught in schools. Look at our nation today. Both sides are pissed off and can't work with one another. This is an emotionally immature society.

For the world to change for the better one must take responsibility and learn new ideas to discover their true nature.

We must all ponder over the state of mind we are in. As a society, we must discover ways to become mature adults. We must help those in need. We can do this. Millions of people are waking up from their slumber.

## Emotions



Emotions can be scattered all over the place. Most of us are reactive beings. As you probably know by the time you are thirty-five your personality is usually set in stone.

Your subconscious is running the show. The body and mind are so ingrained. Our habits are driven by our subconscious. It's like we react without being aware. Our subconscious has taken over.

Yes, that is a good thing and yet at the same time, it causes many problems in our life.

When we go through a traumatic experience in life it creates an emotional scare in our subconscious. All of us have traumas that have occurred in our lives. Many people may ask why this guy is so angry all the time.

Most of the time it was some event that happened years ago and never got resolved. The circuits are still hardwired to that event.

Humanity has been trying for years to learn how to go beyond our emotional issues.

Quantum field theory (QFT) extends quantum mechanics from single localized particles to fields that exist everywhere. These fields represent forces that permeate all of space and time.

In the quantum field, there is no trauma. In the quantum field, there is no anger, hatred, and negative emotions.

We are trying to solve our emotional issues using matter over matter. By using the quantum field to heal we are using kindness, love, and compassion to heal and transform ourselves.

We are using our free will to tap into the quantum field and rewire our nervous systems and our body.

Mystics have done this for thousands of years. Modern-day scientists are using the tools of mystics and combining them with scientific instruments and protocols.

These are exciting times for humanity. We are on the verge where it will be a common everyday practice to rewire our brain towards quantum awareness. We are only moments away. Yes, it will take time but the sun is rising.

Man will soon realize the harmful effects of negative thinking and negative emotions. They will see the practical evidence of how it has put a man in a downward spiral in life. We have been fighting for thousands of years. Need I say more?

Humanity is stuck on the merry-go-round of life. The mystics have declared there is a way around this mess that we created.

This is a divine video game. Once a person understands the rules and why the game was even created in the first place this person will simply smile.

We have free will. The message in this book is you are the universe. You just don't know it. Think outside of your box. The quantum field exists everywhere and that includes inside of you.

## New Thought



Did you know that in every thought you have there is a chemical reaction to your thoughts? Your thoughts create who you are. They create your habits your personality and state of mind.

Your subconscious is driving your car in life. Most of us have put the car in the remote control. We aren't aware of the power that is keeping us alive.

We don't realize that we have a genie within. Every thought we have enforces our views on life. We are a collection of all our thoughts since we were born.

We contain the blueprints of all our thoughts. Our thoughts are where we stand today. It's kind of amazing that most of mankind has forgotten the power of thoughts.

We never ponder over what we think we become. We haven't put two and two together. I think without meditation mankind can't truly see the forest from the trees.

We are so much focused externally that we don't even know about the internal world within.

I don't have to say what happens when the world at large does this. We have been fighting for thousands of years. Many people think that man's nature. Well, it is if we as a world only focus externally. Need I say more?

Did you know that meditation over time will help slow down the mind? Many people have a hard time falling asleep. It is a major problem all around the world.

When the facet of adrenaline can't be turned off and you're in a high beta state of mind it's difficult to fall asleep.

The chemical melatonin can't be released. This chemical is responsible for telling the body to fall asleep. Many people take drugs to put them to sleep.

Unfortunately, the drugs will put them to sleep yet they are extremely harmful and over time causes tremendous damage to the body. Yet the drug industry is interested in making a profit.

Meditation brings one to the awareness of the quantum field. When one meditates one begins to tune in to a field of kindness, love, and compassion.

When one becomes kind this person will have over time kind thoughts. Life is like a tuning fork.

Whatever you think you vibrate at that frequency. If your thoughts are anger I can guarantee you will be in a state of anger.

You will enforce your anger into your subconscious. Over time this becomes your habit and this becomes your personality.

Many years ago I heard the Dalai Lama would go over his entire day when he was going to sleep. He would pay attention and think about how he could improve his thoughts and actions.

He would ponder over and consciously progress to be a better human being.

At that time I truly didn't understand it and see why it was so important. Years later I see it as a foundation for humans to transform. If we as a society become kind in all areas of life the world at large would change for the better.

So yes mediation is the key to helping transform our thoughts. When one begins to be aware and conscious of the quantum field the mind slowly begins to transform.

This is the ultimate brainwashing. You are learning how to clean the clothes of your mind. This is how true healing takes place. Because we are unconscious we live our life that is not in harmony. Consequently, our world at large is in chaos.

I remember I worked for a short time for a company that has a software program for heart surgeons. This program would guide them in certain heart procedures.

I remember asking the owner of the company why the health care industry didn't promote preventive medicine. His answer was the American public does not want this.

They expect doctors to heal them and not to take responsibility for their health issues.

This is how far off we are. A society that doesn't understand and know the quantum field is an immature society. Look at our political system. We want to

build a huge wall. The quantum field builds bridges. The quantum field does not judge. The quantum field is never angry. The quantum field does not know about war.

Because we are totally out of touch with our true nature this is where we stand today.

New thoughts will arise when humanity becomes to embrace the quantum field. All the wisdom to solve any problem lies in that field of intelligence.

You can only think based on your emotional maturity. The universe will only show and help based upon your awareness in life.

The more humanity taps into its true essence the more our world will transform. In the future, we will see that presently humanity is in a kindergarten state of awareness. We think we are at a high level.

We have these cell phones and think we are so advanced. But we use them for texting while we are driving our cars. We think we are so advanced. Our society thinks the indigenous people aren't civilized.

Yet they have been in harmony with Mother Earth for thousands of years. We are sawing the branch we are sitting on and are so smug in thinking we are superior.

Our egos have to lead us astray. Ponder this over. You are a piece of the puzzle.





I'm sorry to say but many people are locked into their boxes. Many people can only think inside their box. Take a look at American politics today. They are in shambles.

One side can't talk to the other side. Both sides say the other side is to blame. We are locked by our subconscious minds and we do the same thing over and over again. Our concepts of who we truly are are limited. They are archaic.

We are so focused externally that we have forgotten our true nature.

It's like we can't see the forest from the trees. We must be open to new concepts and ideas for society to progress to the next level in the video game of life.

Many people get stuck at a certain level in the video game and call that life. They have no idea that you can be aware and conscious of the quantum field.

The sun is about ready to come up for humanity. It has been a roller coaster of a ride for thousands of years. War has been going on, it seems like an eternity.

Yet millions of people are waking up from their slumber. A new dawn is occurring for mankind. Man is slowly evolving into a kind man.

When humanity understands that we are the universe incredible transformations will occur on this planet.

You see with greater transformations comes new concepts and ideas that will be developed and implemented on this planet. Take for example kindness. Many people think that kindness is weak yet the entire foundation of the universe is kind.

Slowly over time kindness will manifest in all areas of life. Take a look at politics today. The way politicians campaign today is to slander their opponents. We have politicians today who mock anyone who has a different point of view. Both sides of the party only vote on issues that support their party.

When true kindness comes into the picture people no longer will support anyone who is not kind to their opponent. They may have different points of view yet kindness allows a person to see through the other person's eyes.

Kindness leads to love and compassion. Kindness allows a person to think outside of the box. Kindness can solve any problem on earth. Every problem has a solution. If you are stuck in your belief system you will not be open to a practical solution even if it's staring you in the face.

For example, the quantum field is all around. You are the universe you just don't know it. Humanity must learn how to think outside of the box. We must learn how to be tolerant of all.

Light is winning the battle against darkness. Darkness is the absence of light. Currently, we are seeing chaos all around the world. Darkness has nowhere to hide.

New concepts and ideas are being presented all around the world. Millions of people are looking at life's problems and thinking about how to solve the problems on earth.

Each one of us holds an individual piece of the puzzle. What good would a puzzle be if the entire puzzle was put together yet your piece was missing?

Ponder this over. Learn to think outside of the box. Go beyond your comfort zone in life.

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Mankind is on an incredible journey. We are going from darkness to light. We are on a journey to discover our true nature. As I said we are hardwired to find God.

We have everything set in place. The car is there sitting in our garage. God is sitting patiently in the passenger seat. All it takes for you to use your remote control and open the garage door within.

You see it's only by your will alone can you open the garage door. Nobody will open the door for you including the one in your passenger seat. You see the law for human beings is free will. You must make the practical decision to use your will to open the door within.

Well, what does this have to do with new wiring? Our subconscious is running the show. Almost every action we take is automatic. 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.

Our daily routines in life are hardwired. We party on the weekends to release stress and wake up in the morning with a hangover.

Day by day, year by year we continue this routine. Our subconscious picks this up and reinforces it in our everyday life.

Our wiring is complete. This is our being and personality. You are a combination of all the thoughts you have ever had. Mankind is locked inside of his box.

So what is this new wiring you are talking about? Imagine you are the universe. You just don't know it. What if I told you that slowly you could rewire your circuits to understand and experience your true nature?

What if your true nature is part of the quantum field? It is part of the universe and God. What if I told you, you are magnificent?

Meditation is a way to directly rewire your circuits within. It is a way to slowly reprogram your subconscious. You are a computer programmer for your subconscious. You can transform and change into a butterfly.

I have said before the mind is like a tuning fork. Whatever it focuses on it will vibrate at that level.

Meditation allows one to tap into the quantum field which is infinite love, kindness, compassion, and tolerance. These are just a few traits.

The more one meditates these traits are rewired into our circuits and create new wiring within. One learns to stop, look, and listen to live. Every moment a person makes a conscious decision to act and be aware.

These lead to proactive human beings instead of reactive beings whose leaves are blowing in the wind.

One learns over time to be in the center of the hurricane instead of the 150 miles per hour of the winds of the mind.

Our world at large is stressed out. Yet the person who meditates slowly learns to be in the center of the hurricane. Yes, this takes time and effort.

But with the same time and effort it takes to be angry and pissed off in the world is the same time and effort it takes to be a kinder person.

Everything takes time and effort. Mystics have talked about this for thousands of years, ways to go outside of your box. They have talked about the human body is designed to experience God within you.

Many people try to use affirmations to program directly to our subconscious. Only when a person learns how to dive deeper into meditation will this work. Imagine from 0 to 7 years old everything that came before you the good, bad, and ugly was directly stored in your subconscious. Your brain waves were in a theta state.

From seven on the waking state is in beta. Your subconscious is online. Over 90% of your actions are dictated by your subconscious. For so many people on this planet, they are living lives that are stressed out.

Their brain waves are in high beta. No matter what affirmations they say they can't rewire and reprogram their subconscious.

Only by learning how to meditate and learn how to go into more coherent brain waves states can one learn to reprogram the subconscious.

These are exciting times. There is a marriage between science and spirituality. Science is giving direct evidence to help mankind discover his true nature and to discover the quantum field within.

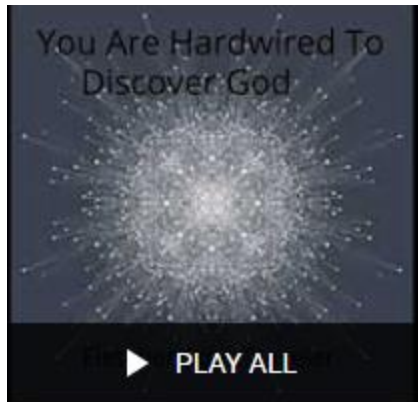
I don't know about you but I'm blown away by the possibility for humanity to change. We are on the journey of going from darkness to light. New tools are coming our way. Just wait and see.

The more a human being embraces his true nature one's imagination becomes larger. The universe starts to give you a different point of view on this journey of life. Ponder this over. Are we living in the matrix and don't realize that we have been asleep?

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Your personality is driven by your subconscious. Over time one cements into his subconscious all the thoughts, feelings, and emotions. Our daily habits contribute to mostly our subconscious. To change and reprogram ourselves we must be conscious and aware.

We are like the snake shedding a new skin. To change we must develop a new personality. This requires great courage. We are learning how to drop the old and embrace the new. Why do humans resist change? Even if they know it will be beneficial to them

we resist it. We love our comfort zone even if it is making us miserable. Strange isn't it? Many people would rather wallow in their misery than overcome their problems and have a better life.

What kind of personality can I become? At the simplest level how about one who is kind in all circumstances? Amid adversity, one would simply smile. If another person would get angry at you, you would simply smile. It takes two to tango. Kindness will not participate in putting gasoline on the fire.

How about learning to see through the other person's eyes? You could see his point of view. You would listen to what the other person is saying. Most people don't. Most people are thinking about what to say next without actually listening to the other person.

How about loving life? You wake up in the morning and are so excited to be alive. What a glorious day it is. You get up and meditate. You get in tune with the quantum field.

Your mind, body, and soul get filled up with love, kindness, and compassion. You are in sync with the universe. Your will is focused on love. Your mind is your friend. You have sweet thoughts throughout your day. You become a kind human.

Incredible synchronicity occurs daily. Your love humanity. Every moment you are living in harmony.



One loves to be in nature. Gaia (Mother Earth) is by your side. She knows your name and you know that. You are living once again in perfect harmony with her.

Each person discovers his/her gifts to help solve the world's problems. With each problem a solution lies.

One begins to acquire incredible wisdom. This is a part of your true nature. You are in harmony with the universe. Exciting times are ahead of us.

We are becoming a new humans. Humans learn over time to directly reprogram ourselves. We discover we are our genie. In the past, our genie would work behind the scenes and we would be oblivious to it.

Mankind slowly learns that through his will he can learn how to reprogram his life. Someday in the future, this will be taught in schools throughout the world.

Science and religions are merging. Many new fields will open up. The higher our society advances the more harmony will be discovered.

Mankind will discover that war is obsolete. The bickering and fighting will stop when we can directly experience the thread that ties us all together.

We are going from me to we. This is how the world changes when we see the unity of all.

These are incredible times. The news mostly shows chaos. Yet millions of good deeds are happening all around the world.

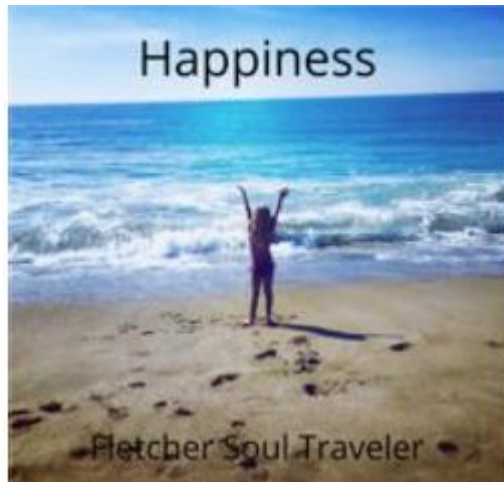
Yet it takes effort and conviction. But every time you get out of bed it takes effort. Why not just reprogram yourself and discover your true nature? Imagine a hidden gold mine exists inside and we search throughout the four corners of the earth to find it.

One can spend lifetimes trying to discover it. It's a joke when one realizes that it has been there all the time inside of you.

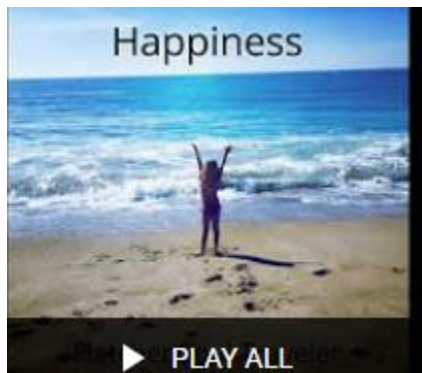
Mystics have been saying that for thousands of years. You are learning to become a mystic. You don't have to give up your life. You must embrace life.

Ponder this over. Exciting times are ahead of us.

PDF



YouTube





When one starts to implement new higher emotion, new thoughts, new concepts, new wiring, and new personality then one becomes a new human.

Christ was a perfect example of that. For thousands of years, man has been fighting and involved in wars. It seems quite

barbaric.

The world still fights wars all around the world. Many people say this is man's nature. In reality, it's not. We are going on a journey from darkness to light.

For thousands of years, we have been governed by different shades of darkness and light. Anger and hatred have ruled the land. Man doesn't know how to be civil so we go to war. War is obsolete.

Yet for war to become truly obsolete one must transcend our emotional state of mind. Anger and hatred towards one another must stop. Mankind is presently becoming a butterfly.

We were a worm and now millions of people all around the world are turning into a cocoon. In a matter of time, we will become butterflies. Yes, this will take time but a new human is emerging from the ashes. The greatest transformation is slowly occurring on this planet.

Science and spiritualism are merging. You see each individual is a piece of the grand puzzle.

A new human is born when we embrace God moment by moment in our daily life. It's not just the words but a state of being. The new human will learn how to be conscious of the quantum field 24 hours a day.

This new mindset will radically change the world. It will affect every single aspect of life. We will see through different eyes.

Mankind will become a kind man. We will begin to see the thread of love that ties us all together. We will become one unified mind. Yes, you will still be an individual yet your awareness will be in a state of oneness in life.

You will see that humanity is an extension of yourself. Presently we only see me. We are going on a journey from me to we.

I hope this excites you. This is not a fairy tale. It may take millions of years. You see the sun is rising. There is no doubt about that. Mankind is waking up from his slumber.

I believe that mankind can change for the better. Every day people are waking up. In the past, the mystic path was out of reach for the common person.

Presently people are seeing easy and practical ways to morph and change into a brand new way of seeing life. All the mumbo jumbo is taken out.

This does not change the experience of the quantum field. Nothing is taken away yet people now can practice simple techniques to directly connect to God.

I feel all the help in the universe is there. By our will alone we can ask for help in our daily life. We are not alone. Yet to experience this we must open the door within.

Humanity must learn how to rewire ourselves. Humanity must change and be open to greater adventures in life.

We have seen where man's present state of mind is and the consequences that occur. Just look at politics today. We are divided. Yet the new human will transform and leave all darkness behind.

You see when one embraces the quantum field darkness can't exist. Darkness is the absence of light.

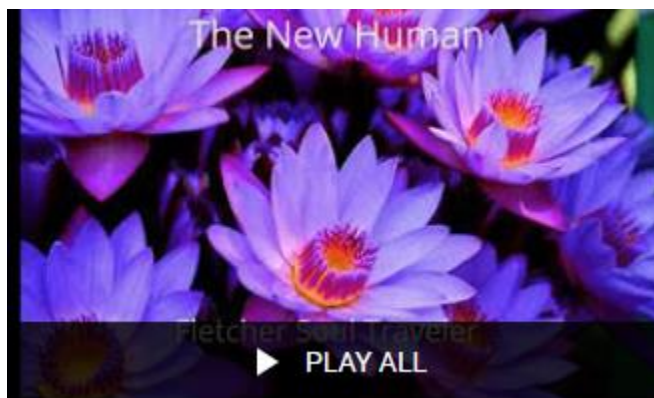
Someday in the future, we will look back at the present and we will say what an incredible roller coaster ride that was. What an incredible journey. This is the greatest story ever told.

We were on the verge of blowing ourselves up through nuclear. The consciousness of man knew deep down inside that we could overcome our petty difference and become united.

Not every civilization ends this way. Some have destroyed themselves. A new dawning is occurring for mankind. Just wait and see.



YouTube



## You Are Closer Than You Think



Close your eyes. Focus on gratitude and love. When you feel a small sparkle of love inside you are connected to the quantum field.

Now with your eyes closed focus on kindness. When you feel yourself

experiencing kindness you are connected to the quantum field.

How about peace? Concentrate on peace. When you feel peace inside you are connected to the quantum field.

How about compassion? Concentrate on compassion. When you feel compassion inside of you are connected to the quantum field.

You see you are closer than you think. This is not an abstract object. This is the real you. Yet this is just the tip of the iceberg.

The more you pay attention to something the more aware you become. The more attention you pay to your true nature the more aware you become of it. This is just a simple fact.

We think that love, kindness, and compassion get triggered by external events. These emotions are our true nature. We have just forgotten. At any time we can connect to our true selves.

Meditation is the way to discover our true nature. Imagine in the beginning when you closed your eyes it was like taking a sponge bath.

Imagine in time that by practicing meditation you can jump into the infinite ocean of love, kindness, and compassion. How would that change your outlook on life? All problems that you have would seem so insignificant.

Presently most of us are stressed out. We can hardly wait for the weekend.

Yet imagine that meditation leads one from being stressed out to a place where one loves life. One wakes up every morning and is happy to be alive.

When one truly begins to moment by moment be aware of the quantum field, one's life is transformed. Truly it's impossible to explain it but we keep on trying.

For me, signposts are all around us and inside of us. We live such a busy life that we are oblivious to it. We have all these incredible emotions that are our true nature yet we don't realize how incredible they are. It's like we experience these emotions randomly in our life.

It's like falling in love with someone. We fall in love and think that the other person is responsible for it. As easily we fall in love we fall out of love. Thousands of people get divorced.

Meditation reveals that the infinite ocean of love exists inside of you.

This path reveals your true nature. This path shows you how to be a proactive being. We are not leaves blowing into the wind.

We can be in the center of the hurricane. What does this mean practically? It means that one knows how to live beyond a high beta state of mind. What does that mean?

It means you won't be stressed out. It means that you can laugh at life. It means your adrenaline is not out of control and can't be turned off. It means that you start to live in harmony and your health will increase.

One learns to talk to the body and the body starts talking to you. There is an incredible harmony between the mind, body, and soul. Your mind becomes your friend. In our society millions of people have addictions and the mind causes such pain in people's life.

I believe that the world's problems can be solved when the world at large embraces the quantum field. All practical solutions exist inside of the field. The more humanity will embrace this field (which by the way is our true nature) the faster the world will be a better place.

Isn't it amazing that man has fought for thousands of years? Many people say this is our true nature.

If we are divine beings do you think this is our true nature? It doesn't make sense. Yes, this is a journey of going from darkness to light.

I completely agree with that. I feel that the scientific and religious world is being merged. For the first time, the common man is being shown practical tools to discover the jewel that exists inside. It doesn't matter if you believe in God or not the essence is the same.

So the next time you get stressed out simply close your eyes. Watch your breath. Imagine the peace of mind. Hold onto that. This is your true nature. This is the first step of being conscious and aware of your true nature.

In this manner by experiencing even little peace thousands of incredible chemicals are being released into your body.

Remember each thought you have either positive or destructive chemicals are being released into your body. You are your master chemist. You are in total charge of where you are going in life.

We were never taught this in school. It's so obvious and science has proven that thoughts create chemicals that create emotions. You can't separate the mind from the body.

I don't know about you but I'm completely fascinated by this. I have been meditating for around forty-eight years and I'm still a youngster learning about the mysteries of life. I am completely blown away.



## Mindfulness



mind·ful·ness

/ˈmɪn(d)f(ə)lnəs/

*noun*

1. 1.  
the quality or state of being conscious or aware of something.  
"their mindfulness of the wider cinematic tradition"
2. 2.  
a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique.

I remember in the early 2000's I went to Phoenix Arizona for a business trip. Back then I was working for Charles Schwab. There were probably around a couple of thousands of employees attending the conference.

One day of the conference they had some classes that you could choose to attend. One of them was mindfulness. To be honest, at that time I heard of this Buddhist term yet I never understood its meaning. It was a great lecture. I was amazed that Charles Schwab even would present this topic.

Since then mindfulness has hit the mainstream. It's kind of a buzzword right now. You even see it on commercials on TV for selling products. But what is mindfulness?

According to this dictionary definition

a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique.

Let's break this down a little.

A mental state is achieved by focusing one's awareness on the present moment.

How do you focus your awareness on the present moment? What is the present moment?

Does mankind ever truly connect to the present moment? Just think in the quantum field it is beyond time and space. Past, present, and future are one. The Buddhists have been studying mindfulness for thousands of years.

They have been known to tap into the quantum field for thousands of years. Mind you they didn't call it the quantum field. They might have called it enlightenment or a state of nirvana.

I remember about 15 years ago I read this incredible Buddhist book called Crystal Clear. This book talked about the various stage of enlightenment. Now, this could be a rumor. I can't prove it but the Buddhists have some doubts about releasing this book to the public.

This was utmost sacred wisdom. They decided to release it because the techniques were so simple. They involved concentrating on your breath. Mind you this is an ancient technique used in mediating practices all around the world.

But have we ever pondered "what is the power behind the breath that is keeping you and the universe alive"? The universe is conscious. I'm sure you think I'm a broken record when I say you are the universe you just don't know it. But that is the truth.

When a person begins to learn how to meditate on his breath transformation start to occur in the mind, body, and soul connection. One is tapping into the quantum field.

Mindfulness is a state of bringing that inner awareness into the present state of mind. It's very subtle in the beginning. Mind you your circuits are slowly being rewired. I often say that in the beginning, you meditate on God. At some point in time, God begins to meditate on you.

You see the more attention you put on something the more attention is focused back on you.

Mindfulness is a state of being in the quantum field moment by moment. There are probably an infinite amount of stages of mindfulness.

Let's dive deeper into this definition.

a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique

Meditation is a stepping stone to calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations.

This is where we can truly rewire the body and mind. When one is directly connected to the quantum field one's emotions are bliss, love, kindness, compassion, and gratitude. There are probably an infinite amount of positive emotions that we aren't even aware of.

Just think in this state thousands of positive chemicals are being released into your body. Moment by moment in meditation one has the opportunity to rewire our mind-body connections to be in harmony with the quantum field. Every person on earth is hardwired for this.

For this to happen we must be aware. This is what the whole book is about. Our subconscious is 95% running the show. No wonder we have so many problems in the world today.

Mindfulness is a way out of this situation. You could say a being like Christ or Buddha learned how to be in perfect harmony with the quantum field. Yes, they didn't call it that back then. They used different terminology. The essence is the same. This is just the tip of the iceberg in this discussion. Ponder this over.

## 12 Radical Acceptance Worksheets For Your DBT Sessions

20 Oct 2020 by [Dr. Katherine Compitus, DSW, LCSW](#)

Scientifically reviewed by [William Smith, Ph.D.](#)



*“Wasn’t me!”* she said with a guilty smile.

<sup>4</sup>Denial is a powerful defense mechanism.

Some people rely more heavily on denial in a crisis situation than others.

When a person utilizes denial or another defense mechanism, they often end up feeling worse and in even more distress. This is because they are not accepting the reality of the situation (Chapman, Gratz, & Tull, 2011).

When a client can’t accept the current situation as is, then they may become emotional and react in a way that causes more problems (Linehan, 2014).

Radical acceptance is a tool used in Dialectical Behavior Therapy (DBT) to help clients see the present moment for what is and look at it more objectively, rather than purely emotionally (Linehan, 2014).

The following tools and worksheets will help clients practice radical acceptance coping skills.

Before you continue reading, we thought you might like to [download our three Grief Exercises \[PDF\] for free](#). These science-based tools will help you move yourself or others through grief in a compassionate way.

### This Article Contains:

- What Is Radical Acceptance in DBT?
- 12 Best Radical Acceptance Worksheets
- 9 Ways to Practice Radical Acceptance in Daily Life
- A Look at Mindfulness and Radical Acceptance

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<sup>4</sup> <https://positivepsychology.com/radical-acceptance-worksheets/>

- PositivePsychology.com Emotional Intelligence Resources
- A Take-Home Message
- References

### What Is Radical Acceptance in DBT?

Dialectical is a crucial word in the term Dialectical Behavior Therapy. Clients who benefit from DBT often have extreme mood swings and see the world as black or white, all bad or all good.

“Dialectical” means duality, suggesting a balance between contradicting forces. In this case, the dialectical nature of emotion-focused therapy is to balance the overly emotional mind and the overly logical mind (devoid of emotions). The resulting balance is called the “wise mind.”

Radical acceptance helps a client practice using the DBT “wise mind” between pure emotionality and pure logic (Linehan, 2014). The approach encourages thoughtful actions instead of mindless reactions.

When a client can accept the situation as is, they can then make more logical decisions.

Acceptance is simply acknowledging the moment as it is; there is no judgment involved in acceptance. In order to accept reality, a client must make a conscious choice to turn toward reality and away from cognitive distortions. They must commit to this acceptance. It is not always easy, and they may have to repeat a skill or mantra several times in order to get to a calmer emotional place.

When they have calmed and grounded themselves, it is sometimes easier to accept the situation as is, objectively, without judgment. And without emotionality, there is no suffering or pain. It is as though the client is looking at the situation through a glass wall. They can see what is happening, but they cannot interact with it.

The client becomes an observer, rather than a participant. This removes the feeling of needing to react to the moment. When the conscious choice has been made to commit to accepting reality as is, pain and suffering will lessen.

## 12 Best Radical Acceptance Worksheets



The following worksheets and tools can be used to help clients practice radical acceptance coping skills.

### 1. The “What If” Bias

The What If Bias worksheet helps clients determine if their bias is positive or negative and look at both kinds of potential outcomes to a situation – positive and negative – rather than focusing only on negative ones.

It helps alter polarized thinking into a middle ground.

### 2. Fact-Checking Thoughts

The Fact-Checking Thoughts Worksheet helps clients determine if their thoughts about a situation are realistic or if they are actually cognitive distortions. Once cognitive distortions are identified, they can be changed.

### 3. Radical acceptance of a distressing situation

When a client is in crisis, it may be difficult to look at a distressing situation objectively.

This Radical Acceptance worksheet helps clients partialize the event in order to critically analyze the situation as is. It helps turn distorted, negative cognitions into an accounting of realistic facts.

### 4. Focus on the Present Moment for Radical Acceptance

When a client is in a distressing situation, it is common for them to focus on the “would-haves,” “should-haves,” and “could-haves.” This focus on the past serves no purpose other than to mentally self-harm.

When the client radically accepts a situation, such as is featured in the Focus on the Present Moment exercise, it frees them from their feelings of guilt and helps them take logical next steps.

### 5. Countdown to calmness

When clients focus on the past or future, they may experience feelings of depression or anxiety.

This positive emotion exercise combines the use of the five senses and a counting coping technique to help ground the client in the present moment. When they are focused on the present, they can more easily make logical steps to move toward change.

#### 6. Problem solving

Often in a crisis situation, a client may get overwhelmed with their distressing emotions. Radical acceptance helps a client move away from a purely emotional viewpoint to more middle-road thinking (gray area instead of black/white).

This Problem Solving Worksheet for Adults helps clients radically accept a situation by critically looking at the problem and objectively considering possible solutions.

#### 7. Radical Acceptance Coping Mantras

The Radical Acceptance Coping Mantras worksheet is a list of phrases that can be repeated over and over again (or read out loud) to help remind the client of the reality of the situation.

The repetitive aspect of mantras can help aid in self-soothing as well. This not only reinforces radical acceptance, but helps calm the client in order to return to a more balanced state of mind.

#### 8. Setting Radical Acceptance Goals

The Radical Acceptance Goals worksheet helps clients practice the coping technique of radical acceptance in non-distressing situations so they are more able to use the skill in a crisis situation. It is more difficult to try a new skill when we are focused on our emotions.

It is important for the client to practice radical acceptance in everyday life so that it becomes a habit and easier to implement in a crisis situation. This is akin to learning to play a music instrument or working out in a gym. The more we practice, the easier it becomes.

#### 9. Meditation for Radical Acceptance

The Meditation for Radical Acceptance worksheet combines a traditional meditation with radical acceptance skills so that the client can practice accepting a stressful situation wherever they are and calm themselves.

Mindful meditation helps a client ground themselves in the present moment.

## 10. The Ups and Downs

Radical acceptance is an important part of objective decision making. Although designed for children, the Ups and Downs worksheet can help clients of any age think through their decisions logically. It helps clients break a situation down into the pros and cons in order to make more objective decisions, rather than emotionally reacting to a distressing situation, which can cause more distress.

Objectively and logically deciding on a path will allow a client to feel more in control of their own actions during a distressing time.

## 11. Practicing Radical Acceptance

The Practicing Radical Acceptance Worksheet helps a client accept a situation as is and develop a coping strategy to help tolerate associated distressing feelings.

Radical acceptance involves letting go of the need to control a situation. This worksheet helps a client view the situation as an outsider and act, rather than react, to a situation. Being proactive rather than reactive allows a client to feel more confident making decisions.

## 12. Challenging Catastrophic Thinking

The Challenging Catastrophic Thinking Worksheet helps clients practice radical acceptance by partializing a crisis scenario.

The worksheet helps the client analyze the distressing situation in order to look at potential outcomes more logically. It moves them away from polarized thinking into a state of “wise mind.”

## 9 Ways to Practice Radical Acceptance in Daily Life

Radical acceptance does not happen overnight. To apply it daily, and get better at it, consider practicing the following.

### 1. Acknowledging reality

The first step in radical acceptance is for the client to acknowledge that they are not accepting reality as it is.

Ask the client to let go of the “should-haves,” “would-haves,” and “could haves.” These are not realistic; they are hypothetical.

### 2. The past is in the past

Ask the client to acknowledge that they cannot change the past or predict the future. All we have is the current moment. We can not know what will happen in the future, and we must let go of past events; they are beyond our control.



### 3. Mantras for coping

Suggest a mantra such as “it is what it is” or “so it goes.” The client can repeat this mantra when feeling distressed to release the burden of control.

Repeating a mantra has several functions including grounding, radical acceptance, mindful meditation, and self-soothing.

### 4. We are only human, after all

Ask the client to recognize that they are not all-powerful. They cannot control all events, all situations, and all people. Some things are simply out of our control, and we must accept them as they are.

No human is perfect; we all make mistakes. Recognition of our humanity does not mean guilt or shame, but the goal is to alleviate the burden of the need to feel perfect and have a perfect life.

There is no such thing as a perfect life, and when a client accepts that they cannot control the actions of others, they can focus on their own.

### 5. Let go of judgments

Suggest that the client practice looking at events from a nonjudgmental viewpoint. When we practice non-judgment, we look at things objectively, rather than subjectively. We remove emotionality from the equation.

Clients who practice nonjudgmental thinking will learn to see the world as less polarized and people as human – rather than all good or all bad. When a client practices letting go of judgments, they stop judging others as well as themselves.

### 6. Forgive yourself

Self-compassion is a powerful way to practice non-judgment. We are only human, after all, and we will never be perfect. It is normal and expected that we will make mistakes.

We must forgive ourselves when we make mistakes and use them as learning experiences, rather than beating ourselves up.

### 7. Accept responsibility

Teach the client how to accept responsibility for their part in the situation. It is not black or white; it is not the fault of one person or the other.

Accepting responsibility should be done without judgment and with self-compassion. The client should look at their behavior objectively, to see the consequences in order to make real behavioral changes.

#### 8. Learn and move on

Ask the client to reflect on their response to the situation, whether their response made them feel worse or better, and what they could do differently in the future.

They cannot change the past or predict the future. They can only learn from their mistakes and try not to repeat them.

#### 9. See the gray areas

Have the client practice seeing the “gray areas” in life. People and situations are rarely all good or all bad. Ask them to practice seeing how a situation or person can have aspects that they both like and dislike at the same time.

Seeing the gray areas is a part of radically accepting people and situations as they are, not as we wish they were.

### A Look at Mindfulness and Radical Acceptance



Mindfulness is a core aspect of distress tolerance and an important tool when learning how to radically accept a situation (Koons, 2016).

Some clinicians may confuse mindfulness with radical acceptance, since the two skills are so intertwined. However, mindfulness is a simple skill that can be practiced any time, anywhere, and will help the client build their emotional strength to master the more difficult radical acceptance skill (Koons, 2016).

Mindfulness is the ability to focus on the present moment with your entire being, using all five senses (McKay, Wood, & Brantley, 2019). Buddhists often practice mindfulness meditation to maintain a calm, zen-like state of mind.

Mindfulness can be practiced multiple times throughout the day. When a person focuses on their senses, body sensations, and environment, they simply provide the mind with a fulfilling task and leave no room for worrying.

Mindfulness in daily life means focusing on the task at hand; when you are eating, you should focus on eating (Van Dijk, 2013). When you are driving, you should focus on driving. Too often we do things mindlessly, without thinking, and we lose touch with the present moment.

Mindful living is something that clinicians can teach their clients to keep them grounded in the present. But mindfulness may also be used by clinicians for their own self-care and to help them regulate their work/life stress.

Radical acceptance builds on the skill of mindfulness. All clients and clinicians may benefit from practicing mindfulness, but not all will need to learn radical acceptance for distress tolerance. It may be helpful, therefore, for clients to learn about mindfulness first before practicing radical acceptance.

Radical acceptance is observing a situation objectively, without judgment (Van Dijk, 2013). Mindfulness helps us live in the moment, as a participant but without emotionality. The five senses have no emotions; they simply are.

What a client hears may sound nice, but nice is the emotion that they are attaching to the act of hearing. Mindfulness suggests that we should take a moment and just hear, just see, just feel, just taste, just smell – without assigning emotionality to the sensation.

When a client is in distress, it may be hard for them to return to a “wise mind” state of balanced calmness (Linehan, 2014). If they are having difficulty radically accepting a situation, without judgment, it may help them to practice experiencing the moment without emotionality.

If they focus on their mindfulness skills in the moment, objectively experiencing the world, they should be able to ground themselves more quickly and then feel ready to accept the situation simply as it is. Mindfulness is the path, and radical acceptance is the destination.

#### PositivePsychology.com Emotional Intelligence Resources

There are a number of tools in the [Positive Psychology Toolkit©](#) that can help your clients grow their emotional intelligence skills.

Here are a few suggestions to start:

1. The [Emotional Wellness Quiz](#) provides a client with insight into how well they recognize, accept, and manage their feelings every day, as well as through change and challenging times.

2. [Emotion Regulation Worksheet For Adults](#) worksheet is an exercise that helps clients analyze emotions based on events in life.
3. The [Thought Record Worksheet](#) gives clients a structured way to monitor their thoughts and emotions.
4. [Understanding Emotion Versus Reason](#) worksheet can help a client separate the emotional side of your thinking and responding from the rational one.
5. If you're looking for more science-based ways to help others develop self-compassion, this collection contains [17 validated self-compassion tools for practitioners](#). Use them to help others create a kinder and more nurturing relationship with the self.

### A Take-Home Message

When someone finds themselves in a perceived or actual crisis situation, it can be difficult to think straight. They may turn to [defense mechanisms](#) to cope or may make spontaneous and emotionally based choices, which don't always turn out well. These may include self-harm or suicidal behaviors in order to escape the distressing emotions.

Feeling out of control may be the most distressing part of any crisis situation. Radical acceptance helps clients learn how to be in control by giving up the need to control. It is a very simple concept, but has profound effects.

This one skill can be absolutely life saving to someone who is feeling emotional overload. Clinicians may want to start by having their clients practice it daily in non-crisis situations so that they can quickly implement this strategy in a true emergency.

Simple to learn, easy to practice, and life changing!

We hope you enjoyed reading this article. Don't forget to [download our three Grief Exercises \[PDF\] for free](#).

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#### Radical Acceptance Revisited - Tara Brach

Tara Brach • 248K views

Radical Acceptance Revisited - Tara Brach (08/12/2015) One of the truths we most regularly forget is that if we are at war with ourselves...

# The Dalai Lama reveals what makes him angry: 'It's when my staff do something carelessly'

The exiled spiritual leader also spoke of his affection for his mother

[Loulla-Mae Eleftheriou-Smith](#)

Sunday 18 October 2015 12:57

[Comments](#)





<sup>5</sup>'It's when my staff do something carelessly, then my voice goes high. But after a few minutes, it passes'  
(EPA)

The Dalai Lama, the spiritual leader known for his promotion of tolerance, patience, and forgiveness, has revealed what makes him angry: careless staff.

In an interview with The Times Magazine, the Dalai Lama admitted that “small things” still get to him, but he doesn’t hold on to his anger.

“You never stop getting angry about small things. In my case, it’s when my staff do something carelessly, then my voice goes high. But after a few minutes, it passes.”

Dalai Lama's best words of wisdom

**Show all 6**



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<sup>5</sup> <https://www.independent.co.uk/news/people/the-dalai-lama-reveals-what-makes-him-angry-it-s-when-my-staff-do-something-carelessly-a6698646.html>





During the interview the spiritual leader – who celebrated his 80th birthday this year - also spoke of his affection for his mother.

•

"The first seed of compassion is not taught nor explained but shown through action. My mother was a very compassionate person.

“She was a peasant farmer and was illiterate. There was nothing to play with, so she always carried me on her back as she worked.

“I received the maximum affection from her. Sometimes in modern life, it’s not possible to spend sufficient time with your children in this way. But what makes a good parent? I’m a monk – I have no experience!”

Earlier this year the Dalai Lama gave advice to people with a broken heart, suggesting they “practice celibacy.”

The exiled leader also turned 80 this year, and had ‘Happy Birthday’ sung to him by tens of thousands of people at Glastonbury festival when he joined Patti Smith on the Pyramid stage.



## Dalai Lama: "Anger, hatred, fear, is very bad for our health"

CBS Mornings ✓ 264K views

The Dalai Lama is the spiritual leader of Tibetan Buddhists. While visiting New York, he spoke with "CBS This Morning" co-host Norah...



## Dalai Lama - 80th birthday speech at Glastonbury 2015

29K views • 7 years ago



Real Tibetan Public Talk

Dalai Lama - 80th birthday speech at Glastonbury 2015.

## The Dalai Lama On Compassionate Anger

### Spiritual Wisdom

<sup>6</sup>Can anger be a healthy response to unjust situations or should it be avoided at all costs? Let's look at the Dalai Lama's view on compassionate anger.

In the West, we see emotions as either pleasurable or painful and relate to them accordingly. But from a Buddhist perspective, mental states that involve an emotional dimension are seen, instead, as either beneficial or harmful.

The Dalai Lama explains that all emotions have an evolutionary purpose and a biological dimension - in other words, they're natural responses to circumstances that appear in our lives. For example, he says "...anger helps us repel forces that are detrimental to our survival and well-being."

It's natural for feelings, including anger, to arise. Emotions aren't harmful in and of themselves. All emotions have destructive and non-destructive sides.

*"So the important point to bear in mind is that these feelings are not destructive in themselves; they become destructive only when their intensity is out of proportion to the situation, or when they arise in situations that do not call for them."*

He further clarifies::

*"Generally, we can define destructive emotions as those states which undermine our well-being by creating inner turmoil, thereby undermining self-control and depriving us of mental freedom. Within this, it is also possible to distinguish between two sub-categories: those emotional states that are destructive in themselves, such as greed, hatred, or malice; and those states, such as attachment, anger, or fear, which only become destructive when their intensity is disproportionate to the situation in which they arise."*

Does that seem obvious?

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<sup>6</sup> <https://www.alwayswellwithin.com/blog/dalai-lama-quotes-compassionate-anger>

It might be for some individuals. But you may have been raised to believe that anger is always bad and you should never feel it. If you do, you're bad too.

Or you may have spent years in a spiritual or religious organization where you were taught that anger—even a single moment of anger—should always be avoided or you'll go directly to hell. There are hell realms in Buddhism too.

Or you may have come to believe that compassion means patience, tolerance, and forgiveness and doesn't include anger at all. You should be meek and submissive.

**But is this true?** The Dalai Lama suggests there's far more subtlety involved when it comes to emotions, including anger. He says:

*“So when we are dealing with matters as subtle as human mental processes, it is important not to be too dogmatic. It is difficult or impossible to determine whether or not a given mental state is destructive without knowing the context. Often we can make this determination only by taking into account the underlying motivation, the specific object of the emotion, the consequences of the emotion, and so on. In the area of the human mind, therefore, we should always maintain an attitude of open-mindedness, pragmatism, and flexibility.”*

If you find yourself becoming judgmental and righteous in response to anger that arises in yourself or others, you might want to take a step back and be sure you understand the context. Maybe you'll discover more compassion for yourself or someone else because, according to the Dalai Lama, anger can be the appropriate response in some circumstances.

## Dalai Lama Quotes on Compassionate Anger

In fact, the Dalai Lama says anger can be constructive at times.

*“Similarly, even anger is not always destructive. For example, in some situations strong compassion may give rise to an equally strong sense of outrage—that is anger about an injustice. Again, feeling angry can, in the short term, make our minds more focused and give us an extra burst of energy and determination. In these ways, anger can, in certain situations, make us more effective in getting things done and in obtaining what we*

*rightly seek. However, when anger extends beyond this practical function, most of the energy it brings us is not helpful at all. Since all of us have probably at one time or another, been on the receiving end of other people's anger, we all have experience of its unpleasant consequences."*

In the following quotes, the Dalai Lama sheds light on "compassionate anger." You might be surprised to hear he encourages it by saying it is a good anger that is worth having.

*"When faced with economic or any other kind of injustice, it is totally wrong for a religious person to remain indifferent. Religious people must struggle to solve these problems."*

"Suffering should make us angry. This type of anger moves us toward a wrathful compassion to take action to end suffering."

*"Here the issue is how to deal with anger. There are two types of anger. One type arises out of compassion; that kind of anger is useful. Anger that is motivated by compassion or a desire to correct social injustice, and does not seek to harm the other person, is a good anger that is worth having."*

"Anger brings more energy, more determination, more forceful action to correct injustice."

*"The deep motivation is compassion, but it takes anger as the means to accomplish its end."*

"To use anger as a motivating force, should we transform it into another state, into something positive? Or should we maintain it as it is?"

The answer to this question is a person's state of mind—that is, the motivation that causes the action. When we act, that act arises out of a cause that already exists in us.

"If we act when our inner motivation is hatred toward another person, then that hatred expressed as anger will lead to destructive action. This is negative action. But if we act out of consideration for the other person, if we are

motivated by affection and sympathy, then we can act out of anger because we are concerned for that person's well-being."

*"Hatred expressed as anger will lead to destructive action, compassion expressed as anger leads to positive change."*

"Anger toward social injustice will remain until the goal is achieved. It has to remain.

In this case, one should truly continue to harbor a feeling of anger. That anger is directed toward the social injustice itself, along with the struggle to correct it, so the anger should be maintained until the goal is achieved. It is necessary in order to stop social injustice and wrong destructive actions.

For example, a negative or harsh attitude toward Chinese wrongdoing, such as human rights violations and torture, will remain so long as those actions continue. One will be angry as long as injustice remains."

*"In theory, it is true that anger is never good, and we must get rid of all attachment. But when we actually confront social injustice and think about how to correct it, not all anger is bad, and we shouldn't try to overcome all attachment. Anger is bad in theory, and we must get rid of attachment, but in practice, we cannot completely negate them all. We must discern between theory and practice."*

"To be angry is a very subjective thing. To be angry in a positive way means we open our eyes to the suffering in the world, to social injustice."

*"It is not enough to remain quietly meditating in the monastery—we must confront the violence in the outside world."*

"To be angry *on behalf* of those who are treated unjustly means that we have compassionate anger. This type of anger leads to right action, and leads to social change.

To be angry *toward* the people in power does not create change. It creates more anger, more resentment, more fighting."

## Can Anger and Compassion Coexist?

But doesn't compassion mean you should be meek, submissive, and always forgive?

Quite to the contrary, the Dalai Lama says that compassion sometimes requires a strong countermeasure. In fact, if you do not respond appropriately and intercede when mistreatment occurs, you could be partially responsible for future harm that takes place.

Let's look at what the Dalai Lama says about the true meaning of compassion.

*“Nothing in the principle of compassion—the wish to see others relieved of suffering—involves surrender to the misdeeds of others. Nor does compassion demand that we meekly accept injustice. Far from promoting weakness or passivity, compassion requires great fortitude and strength of character.”*

*“...compassion by no means implies surrender in the face of wrongdoing or injustice. When an unjust situation demands a strong response, as in the case of apartheid, compassion demands, not that we accept injustice, but that we take a stand against it. It does imply that such a stand should be non-violent.”*

*“Imagine yourself with difficult neighbors who repeatedly behave aggressively toward you. What is the appropriate compassionate response? In my understanding, there is no reason why compassion, including of course compassion toward the aggressors, should prevent you from making a forceful response. Depending on the context, a failure to respond with strong measures, thereby allowing the aggressors to continue their destructive behavior, could even make you partially responsible for the harm they continue to inflict. In addition, doing nothing to oppose such behavior in effect encourages those unfortunate persons, with the likely consequence that they will move on to even more destructive behavior, bringing still greater harm to others and, in the long run, to themselves. The only way to change a person's mind is with concern, not with anger or hatred. Physical or violent measures can only restrain other's physical behavior, never their mind.”*

## What About Hatred?

“The important point about the principle of compassion, as a basis for the exercise of justice, is that it is directed not toward *actions*, but toward the *actor*. Compassion demands that we condemn wrong actions and oppose them with all means necessary, while at the same time forgiving and maintaining an attitude of kindness toward the perpetrators of those actions.”

*“As I have already mentioned, it is vital to keep in mind the distinction between the doer and the deed. Sometimes this can be hard. When we ourselves or those very close to us have been victims of terrible crimes, it can be difficult not to feel hatred toward the perpetrators of those crimes.”*

The Dalai Lama says anger should be directed toward the action or the injustice not toward the individual or it can have detrimental consequences for both you and the other person or persons.

But, understandably, when the actions are heinous, as in the case of abuse and violence, this can be hard. What do you do? The Dalai Lama shares a precise methodology for working with afflictive emotions like anger in the chapter, *Dealing with Afflictive Emotions in Beyond Religion, Ethics for a Whole World*.

**This is my feeling about it.** If hatred arises within you against the perpetrator(s), don't be harsh or judgmental towards yourself because religious doctrine says hatred is wrong. In fact, you may go through a stage when you feel hatred. It could last for some time. If that's the case, try to be compassionate towards yourself. You've endured too much, and you're only human. But try not to act out hatred in harmful ways.

Don't suppress your emotions, which might aggravate and intensify them until they finally boil over and result in harmful words or actions. But also try not to feed destructive emotions like hatred, or it will grow stronger and keep you in a constant state of distress. Work with your own mind and heart to heal and reduce feelings of hatred over time. When you feel ready, use your anger for constructive purposes as the Dalai Lama suggests.



## Anger Is Not Automatically Good or Bad

According to the Dalai Lama, anger is not automatically good or bad. It can be constructive or destructive. It depends on the state of your mind and your motivation. And chances are, being human, your motivation may be mixed at times. Be aware of that and do the best you can, whatever the situation. Never hesitate to express your anger constructively in the face of injustice and wrongdoing.

But don't accept what the Dalai Lama has said about compassionate anger on faith or admiration alone. As he always says, investigate it for yourself. Think about it and determine whether it's true and valid yourself.

## Your Thoughts?

I would love to hear your thoughts on compassionate anger. When is anger appropriate and when isn't it appropriate? What do you think? Let us know in the comments below.

## Sources and Resources

- *Be Angry*, The Dalai Lama - an interview conducted by Noriyuki Oda, a well known Japanese author, lecturer, and cultural anthropologist.
  - *Beyond Religion, Ethics for the Whole World*, The Dalai Lama
  - Don't Let Hatred Destroy Your Practice, Spring 2019 Edition of Buddhadharma Magazine
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# ‘Anger, hatred, fear are destructive emotions that destroy inner peace’: Dalai Lama

<sup>7</sup>His Holiness the Dalai Lama speaks on finding antidotes to emotions like anger, hatred and fear to achieve inner peace.

By: **Lifestyle Desk**

New Delhi | Updated: April 23, 2019 12:11 IST



Tibetan spiritual leader the Dalai Lama speaks on how to control the mind. (Source: Pixabay)

One of the toughest battles one fights is with oneself. The numerous emotions that help us express ourselves, most of the times also destroy us, eat away our inner peace or make us question our own existence.

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<sup>7</sup> <https://indianexpress.com/article/lifestyle/life-positive/his-holiness-the-dalai-lama-speaks-on-how-to-train-our-minds-5686108/>

Such is the peculiar case with the human mind that if we think about one particular negative emotion, more negative ones tend to follow, completely dis-balancing our thought process. It also creates numerous health issues including physical and mental, immediately or at a later stage and the repercussions can be detrimental to even those associated with us.

In order to not let “destructive emotions” like hate, anger and fear take the better of us, His Holiness the 14th Dalai Lama, the spiritual leader of the Tibetan people, says it is important to train the human mind. “Anger, hatred, fear are destructive emotions that destroy inner peace”.

“Constructive emotions such as compassion and patience” can help successfully overcome negative emotions. It is up to individuals to find their own key or antidote that can work like magic.

He says that much like good health cannot be achieved through prayers, “the at the mental level also, we should identify what kind of emotion is destructive and what kind of emotion is the antidote to this destructive emotion”. “That’s the way of training our minds,” he adds.



# Anger Management : A Jain Perspective

Published: 25.11.2015

Updated: 26.11.2015

(The following article is based on Acharya<sup>[1]</sup> Mahapragya<sup>[16][3]</sup>'s book "kyun ata hai krodh")

<sup>8</sup>Anger<sup>[4]</sup> is created in the head and is controlled by the head. According to karmashastra there are two *bhaavs* within us - *audayik bhaav*<sup>[6]</sup>, which motivates greed<sup>[10]</sup>, anger<sup>[4]</sup> and egoism; and *kshayopashmik*<sup>[15]</sup> *bhaav*<sup>[6]</sup>, which controls these and leads us to the path of non-violence<sup>[20]</sup>.

Because of the *kshayopashmik bhaav*<sup>[6]</sup>, a person cannot be expressing anger<sup>[4]</sup> for the whole day. This *bhaav*<sup>[6]</sup> lets us know if we are exceeding in our anger<sup>[4]</sup> or we're eating excessively. If this did not exist mankind would not survive. The more aware a person is, the more active will be this *bhaav*<sup>[6]</sup>.

Awareness comes from within and can blossom with the help of meditation<sup>[18]</sup>. Meditation<sup>[18]</sup> can silence *vruttis* such as anger<sup>[4]</sup>, greed<sup>[10]</sup>, fear<sup>[9]</sup>, jealousy and hatred. It is the biggest tranquilliser. While achieving full awareness of our thoughts and actions is a gradual process, it is important to know the apparent causes of anger<sup>[4]</sup>. This can help us understand ourselves and others around us better.

## Apparent Causes of Anger<sup>[4]</sup>

### Food:

Food has an effect on the mind. Tamasik and rajasik food can cause anger<sup>[4]</sup>. A Rajasik meal includes a lot of spicy and pungent tastes which can make a person easily vulnerable to *vruttis* such as anger<sup>[4]</sup>. A tamasik meal makes the intellect dull and forays him into inertia. A dull intellect can induce anger<sup>[4]</sup> unreasonably.

### Body<sup>[8]</sup>:

An illness in the body<sup>[8]</sup> can cause grumpy behaviour.

### Mind:

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<sup>8</sup> <https://www.herenow4u.net/index.php?id=110694>

An unhealthy mind can be a cause. In this state, beneficial or good words can also sound ill intended and cause a furious reaction.(story of monkey and bird)

### **Desire:**

An unfulfilled desire can keep peace at bay. In this situation whoever seems to be a hindrance to the fulfillment of desire can make one angry. An undesirable life situation or non-occurrence of desirable event can also create anger<sup>[4]</sup>.

### **Causeless:**

Sometimes anger<sup>[4]</sup> comes on its own without an apparent cause.This kind of anger<sup>[4]</sup> is a result of past karmas<sup>[12]</sup>.

### **Results of Anger<sup>[4]</sup>**

- Loss of Judgement
- Loss of Energy/Efficiency
- Loss of Happiness and Health
- Relationships Ruined
- Self harm

Reduce Your Duration and Intensity of Anger<sup>[4]</sup>: Improve Your Self

उत्तमस्य क्षणं कोपः,मध्यमे प्रहरद्वयम् |  
अन्धस्य अहोरत्रम्,प्राणान्तधमाधमे ||

According to the above verse, the best kind of anger<sup>[4]</sup> lasts for a moment.Anger<sup>[4]</sup> of an average kind lasts for two *prahars* (four *prahars* are morning, afternoon, evening, night).Anger<sup>[4]</sup> lasting for one night and day indicates bad character while anger<sup>[4]</sup> lasting for a lifetime indicates the worst kind.

Let us strive to reduce our duration of anger<sup>[4]</sup> and become gifts to society.

### **Ways to Control Anger<sup>[4]</sup>**

## Checking One's Food:

Excessive pitta aggravating food causes imbalance in our body<sup>[8]</sup> and creates anger<sup>[4]</sup>. So maintaining a sattvik diet is essential for a calm and balanced mind. A sattvik meal is one which does not create *vruttis*.

## Focus On The Forehead:

Acharya<sup>[1]</sup> Hemchandra<sup>[2]</sup> wrote- to silence anger<sup>[4]</sup> and heal headache one should focus on the forehead. Forehead is where our passions (ie *kahsayae*) are created. Focusing and visualizing white colour on it silences anger<sup>[4]</sup>.

## Practicing One-Pointedness:

The vata or wind element in the body<sup>[8]</sup> takes pitta and kapha element wherever it goes. Therefore excessive vata causes loss of focus. The more unfocused a person is, the more he will be susceptible to emotional disturbances such as anger<sup>[4]</sup>. To make our minds more focused one can practice *khechri* mudra<sup>[19]</sup> which involves keeping the tongue either in between the teeth or keeping the lower portion fixed inside the rear of our teeth.

## Develop Opposite Emotion:

Patanjali<sup>[21]</sup> writes प्रतिपक्षभावनतः - that is, opposing emotions can change *vruttis*. Therefore, develop feelings of *upshaman* or alleviation to reduce anger<sup>[4]</sup>. Developing forbearance is one of its forms. Abhaydevsuri has given an ideal teaching- the forms of *mohaniye* or deluding karma<sup>[11]</sup> can be changed by developing an opposite feeling:- Anger<sup>[4]</sup> can be silenced by alleviation; Egoism can be curtailed by softness; Greed<sup>[10]</sup> can be silenced by contentment.

Regular practice of developing appropriate feelings can gradually destroy the feelings which eventually give sorrow.

## Not Letting Anger<sup>[4]</sup> Succeed:

*Kashay*<sup>[13]</sup> or Passions have two states- success or failure. Anger<sup>[4]</sup> attacks your mind- you get enslaved by it and speak rubbish, hit someone/something or pick a fight. When anger<sup>[4]</sup> makes you do these unworthy acts, it becomes successful. If you want to reduce anger<sup>[4]</sup>, fail it- Don't express it through any of your precious sense

and body<sup>[8]</sup> organs. Limit the anger<sup>[4]</sup> to yourself. Ignore it. Ignoring a *vrutti* reduces it while encouraging it increases it. Your repeated ignoring will eventually reduce anger<sup>[4]</sup> and its enslaving ability to great proportions.

### **Silence :**

If an anger<sup>[4]</sup> inducing event or a person comes up, be in silence for the next ten minutes or so. In the moment of anger<sup>[4]</sup>, take refuge in silence. Mahavir<sup>[17]</sup> gave a solution for self protection- *एंगतमवक्कमेज्जा* -Go in silence-Become silent or get up and go to a silent place.

### **Intention and *Kayotsarg*<sup>[14]</sup> :**

If an apparently causeless anger<sup>[4]</sup> strikes you-you become angry without a reason, an intention to silence the anger<sup>[4]</sup> followed by *kayotsarg*<sup>[14]</sup> can help. The intention will start working on its own and produce the desired effect. This is the procedure for an intention to work-Take an intention, after a few minutes leave it and go into thoughtlessness.

### **Right Thought Process:**

A person in any situation should ask him/her self-what is his/her responsibility in this situation and place? What should he/she be doing? A person with this thought process will not get angry easily.

### **Humility:**

The most intense anger<sup>[4]</sup> can be silenced with humility. It works like water on fire. A person who cultivates humility can silence others anger<sup>[4]</sup> and will remain a peaceful person him/her self.

Total disappearance of anger<sup>[4]</sup> is possible only in the state of enlightenment. But by practice if we gradually reduce its duration, intensity and occurrence in our lives, we will be able to achieve one phase towards our goal.

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Vanditaa Kothari<sup>[23]</sup>



## Breathing techniques for controlling your anger Priya Jain

436 views • 6 years ago



Dmitry Malyshev



3-02-2017 Anger = gasoline on fire



Anger = gasoline on fire

Kindness = Putting out the fire

## Anger And Brain Waves



Did you know that you are your own chemist? Depending on your thoughts and emotion over 1600 different chemicals will be released into the body. This has been known for thousands of years.

For example, the Buddha said this many moons ago. When you are angry you are drinking your own poison.

It's so easy to get angry. Just turn on the news. So many people are living in high beta states that cortisol levels are constantly being released. This means the human body is in a fight-or-flight response.

Usually, this only happens when danger is all around. Yet in our society today we have so much stress that this is our common state of mind.

I can imagine that each football play contains a high beta state of mind. What do we do? So we carry that anger from the football field to our everyday life. Is this a normal state of mind?

Did you know in the fight or flight response the body can't heal itself? It shuts down the immune system and all energies focus on saving your life. Yet for most people, the danger isn't real.

With the power of your mind and emotions, you create your own high beta state of mind. Just think we play the same tapes over and over again. Our subconscious is in control of around 95% of our actions while only 5% is conscious.

Most of humanity is driven by the past. We are reactive beings. Look we were never taught this in school.

In the past twenty years or so scientists are studying how to reprogram the subconscious. They are learning how to change the hardware and internal software. People are learning how to rewire the neural networks in their brains.

When a man begins to do this he advances to the next level in the video game called life. Most of humanity stays at the same level. They never advance. We act and respond to every event in life. It's automatic. It's part of our habits and personality.

A proactive being lives in the center of the hurricane. The hurricane-force winds of the mind are present while one is perfectly calm.

Look at Jerry Lopez. He took off on the most dangerous waves at that time at the Bonsai Pipeline. He was cool, calm, and collected. He surfed in a Zen state of mind. Scientists have been using instruments that measure the various brain wave states for around thirty-plus years.

They are getting quite sophisticated. Take, for example, Joe Dispenza. He travels all around the world and has a group of scientists that travel with him. He teaches people to enter the Zen state of mind or known as the quantum field.

Each participant is wearing a device that records the different brain waves. He is training his students with training wheels so they can learn how to do this in their everyday life.

I see the world of Mystics and scientists are merging. Both are talking about the same thing. Exciting times are ahead of us.

## Intro to Dog training for the mind book



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 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.

## 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

What if I told you that the wise men from the past talked about transforming themselves?

This is the goal of human life.

The great tools of transformation have always been there.

Like any tool, if you don't use it, it will not benefit you in any shape, way, or form.

Using a tool helps one to transform.

We are all on the treadmill of life.

The mystics decided a long time ago to get off the treadmill.

By doing so one discovers the jewel within.

This path is the most practical path.

One must have his feet on the ground and his head in heaven.

Being conscious and aware is the key.

The more conscious you are the more practical you can be.

In this video game of life, the purpose is to transform.

Life gets bored playing at the same boring level.

Currently, humanity is playing at the same level for a long time now.

Wars have never solved anything.

They have just caused extreme suffering on the land.

Millions of innocent people have been killed due to man's wars.  
War is one word I would love to delete from the human dictionary.  
It should be struck out.  
Yet it's so easy to start a war.  
It doesn't take much.  
Just a person who has a pet peeve can start one.  
We are pulling out of Afghanistan after twenty years yet utter chaos still exists.  
We leave the country worse off than it was twenty years ago.  
Each one of us can transform if we want.  
The only thing that is stopping us is our apathy.

## The video game of life



One of my favorite expressions is “You are the universe. You just don’t know it”. What a powerful expression. Does that excite you at all? We are so much grander than we think.

Most people would probably say I don’t believe it. I have been meditating for many

moons. In fact, since day one I have loved to meditate. My intuition tells me this is true. Wherever I go this experience goes with me.

In the beginning, I would meditate on God. After some point in time, God meditates on me.

The same energy that is made up of the universe lies inside of me and I’m aware of that. The energy is pure kindness. This energy is pure love and compassion.

This energy is our true nature. You see we don’t die. We are eternal. Our bodies will die yet we will live forever.

Meditation is the link between man and the universe. Imagine having a URL to God. If you don’t have that URL you can’t go to that website. But if you enter that proper URL in your browser and hit enter, presto you are at that site.

Meditation is the URL that you enter into the browser of life. Mind you this web page is always changing. It is not a static site. All the knowledge of the universe lies there.

But to tell you the truth the main key is to transform yourself and become a better person.

It’s like taking a shower. This is not just an ordinary shower. This is a shower of kindness. This is a shower of love and compassion. This is a shower of patience.

Slowly, I mean slowly one transforms. One begins to pull the negative weeds within. Weeds such as anger, greed, war, and on and on and on.

Nobody gets a free ride in life. Everyone is responsible for their actions. We must be conscious and aware of every moment of our life.



Life is like a video game. At each level, you play the game becomes more interesting and exciting.

Imagine life throws you a curveball. Someone says something to you that you don't agree with. We see this all the time. Just look at people flaming each other on Facebook.

Now think that in this video game of life the pitcher throws a curveball your way to see how you would react.

If you react and flame someone you get a strike. If you don't react and simply smile with kindness you hit the ball out of the park. You then go to the next level in the game of life. This person loves to play video games and is aware of the steps he takes day in and day out.

We have never been trained in this game. We have never been taught that this video game of life exists inside of ourselves. We just constantly react to situations. We are like a ship without a rudder.

The goal of this video game is to become like the universe. The universe is kind. The universe is love and compassion. The universe doesn't judge us.

The universe doesn't say look at how many strikes are against us. The universe says you have free will so why judge? Yet this video game of life provides all the necessary levels where you know this is a divine game.

Bugs Bunny once said, "Don't take life so seriously because you will never get out of it alive". I like that. Don't take life so seriously. Be like the sun in the sky. Just shine. Don't react to every situation.

Yet when dear old Bugs said you will never get out alive the great video masters of old have a different story. They said you could be aware of your true nature while you are alive. Big difference.

When I was young I was scared to death of dying. I was told when you die that you simply vanish and never become aware again. I didn't like that story. So I have spent many moons pursuing this answer.

To be frank I still don't want to die. I love this place. Yet in my experience, I'm bringing heaven down to earth. Heaven lies inside of us. It's not a place we go to. Heaven is a state of mind.

Depending on how we are proactive and aware or simply reacting in this video game of life will correspond to our state of mind. People ask me why I love Eastern thought. Well for one the Buddhists have been talking about a crystal clear mind for over three thousand years.

In the West, it was only in the mid-eighties did universities gave a class on subjects like happiness. Buddhist have been talking about this since day one.

I'm not saying you have to be a Buddhist. I'm not. I adore all religions. There is a thread that ties all religions together. It is the thread of love.

I'm just saying that in the west we need to become more aware of this video game of life, The world needs us to step up and consciously be aware and play this game with a sense of knowingness.

For example, it's a little dangerous in this video game of life when our President tweets at three o'clock in the morning. He ridiculed little rocket man. My button is bigger than your button.

These kinds of words can lead to nuclear war. Our words and actions can either bring heaven to earth or a modern-day hell. Just take a look around the world today. We need to be aware and as my friend, Bill Cunningham told me we need more respect in this world.

We are all in the same boat together. We either sink or swim. We need to be more tolerant, kind, and respectful of each other. Mankind needs to be a kind man. That's the most difficult thing in life. Look at all the conflicts and wars around the world. It's so easy to flare up with anger. It's so easy to put gasoline on the fire. Yet to act with kindness in the face of adversity is the most difficult thing to do.

You are a piece of the puzzle in life.

## Dog training for the mind



Well, we just transformed the title. During my morning meditation session, I got a message to change the book title to dog training for the mind. I'm going to try to make this book as simple as possible.

I'm trying to drop out all Tibetan names and just use simple English. I remember as a kid

reading books like this I needed a dictionary to decipher the meanings.

Unfortunately, there were many terms in foreign languages.

We all understand training a dog. You buy a puppy and learn quickly the dog needs to be trained. Nobody loves a constant barking dog. The dog needs to be trained to do many things.

So we train our dogs. Yet for thousands of years, mankind has not trained its minds. Look at the world today. I wouldn't call this an example of a disciplined mind. Look at our politics today. Truth is fiction and fiction is truth.

This book talks about the fifty-one mental factors of the mind. We were never taught this in schools. The Buddhists have been studying this for well over 2,500 years. It is part of their culture.

Yet it's only since the mid-eighties did western scientists study happiness. Most of the mental health was talking about all the negative aspects of the mind. The more we understand the mind the easier it is to train it.

We see the results of an undisciplined mind. Our previous administration demonstrated quite well. Note we are not talking about politics here. We are talking about the necessity to have a disciplined mind. Most wars have started this way. Our current world situation being in chaos stems from an undisciplined mind.

I say over and over that the spiritual path is the most practical path. One learns to discipline the mind in all areas. Mankind lives like leaves blowing in the wind. One who has a disciplined mind lives in the center of the hurricane.

Come and let's learn about dog training for the mind.

## 2. Anger

Anger is a mental factor that focuses on an object that we consider to be a source of harm. This source of harm is usually one of the following: the being or object who harms us (e.g. a thief or a disease), the harm itself, the suffering that occurs through our being harmed, and the reasons for being harmed.

In the case of being angry with another person, anger focuses on that person and exaggerates their negative qualities or superimposes negative qualities they do not possess.

While apprehending those qualities anger cannot bear the person and wants to harm them.

Regarding the generation of anger, its root is ignorance apprehending the inherently existent "I," the inherently existent person who is the object of anger, or the inherently existent negative qualities of that person.

Those misperceptions induce the mind that exaggerates the person's negative qualities or superimposes negative qualities the person does not possess. The latter awareness is not anger, for the wish to get rid of them or to harm them has not arisen yet.

Rather, anger is the mental factor that wants to get rid of the person or wants to harm them, while exaggerating the person's negative qualities or superimposing negative qualities the person does not possess.

Anger is an affliction that includes or induces a wide range of different emotions such as resentment, ill-will, fury, irritation, rage, hatred, aggression, rancor, spite, etc.

It is considered a particularly harmful affliction because it unsettles the mind more than other afflictions and has the power to destroy a lot of root virtue or positive karma we have accumulated over many lifetimes.

## Anger

How does a man deal with anger?

Is anger a two-headed sword?

If we lash out at someone in anger, we have just caused a verbal assault on that person.

If we hold the anger inside, it festers within.

How can man channel anger so it can't be inflicted on others, while a man doesn't stuff it inside?

Can we put anger in a box and light it on fire?

The energy could be used for helpful purposes.

Anger will eventually lead man back to grace.

We are all angry.

Some people show it, while others don't

Man can dissolve the monster.

## Kindness Is More Powerful Than Anger

Greetings. Welcome to another brand new day. Today is another day of our journey in life. What a golden opportunity we have. We are alive. We are walking around this wonderful earth. The universe is watching over us. We are not alone. We may think we are but that is never the case.

These are exciting times on this planet. So many people are waking up from their slumber. The faster people wake up the faster this world will change. To change this world, we must change ourselves.

There is no other way. I can't change you and you can't change me. That's the truth. Ultimately we are on this planet for our evolution. As a raindrop returns to the ocean we return to our true nature. Yes, this takes time.

Fortunately today we have so many different factors on our side. We have reached a turning point where the light is shining so bright. Darkness is going away but not without a fight. It knows it's a losing battle.

Did you know that kindness is more powerful than anger? It's so easy to get angry. Look at Facebook today. Everyone is angry about the political situation.

Both sides are yelling at each other. Does this ever solve the problem? Nope. It will never be solved through anger. Yet if a person uses kindness it might defuse the situation.

At least the anger won't be redirected to you because you are mature enough not to accept the gift of anger from someone else.

Anger can only be received if you accept the anger from someone else. You don't have to buy into their anger. You can listen with compassion.

The other person is hurt inside and only knows to express anger. You have the power to defuse the situation. This is how the world will change.

When you act like a mature human being and let go of your negative emotions you can truly help this world just by your being.

You have nothing to prove. You aren't trying to convince anybody. You are what you are. The sun in the sky just keeps on shining. That's its true nature. The sun is always there. There may be clouds covering the sky but the sun is always shining.

This is a day-by-day, moment-by-moment journey. Every day we can change ourselves for the good. It's like a musician practicing his craft. He loves to get better.

He loves to practice. We can all practice our craft of becoming better human beings in each moment. We might not have a concert hall to play in yet we have the universe smiling upon us. We are doing our part to make the universe grow.

We have no idea of how our actions affect the universe. Our actions ripple like waves all across the universe. All of us have a divine part to play in the universe.

If we truly knew who we are. We are the universe. Unfortunately, we don't realize it. We are all family. We are not separated. There is a thread of love tying us all together.

This is the journey we are on. No judgments are made if you don't want to hear about this. All of us are welcome back to the creator when we die. God does not judge.

You judge yourself but God does not judge. There is a spiritual evolution going on. Ultimately we go back to the source.





Kudos



Recently I have been interested in the various mechanics of the mind. I knew that the Buddhists were experts at this. I found this document on the internet.<sup>9</sup>

My baseline information came from this document. I was very impressed by it. I took this document and added some of my own commentary to it. This is from their web page.

Tushita Meditation Centre

Tushita is a center for the study and practice of Buddhism from the Tibetan Mahayana tradition. We're located in Northern India, in the forested hills above the town of McLeod Ganj, Dharamsala – the seat in exile of His Holiness the 14th Dalai Lama. I'm not sure who wrote this document. The Tibetans have been using this document for centuries.

Dear Tushita Meditation Centre

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[Mind and Mental Factors-2013.pdf \(tushita.info\)](#)

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<sup>9</sup> [Mind and Mental Factors-2013.pdf \(tushita.info\)](#)

<sup>10</sup> [Tushita is a Tibetan Buddhist Meditation Centre in Dharamsala, India, open to all.](#)

Could you please tell me who wrote this wonderful document? I would love to give the author credit. Any background info would be appreciated. I'm including the PDF and audio for this book. It's a book in progress. I publish my work for free. I would love to do a zoom session someday if you are open to it.

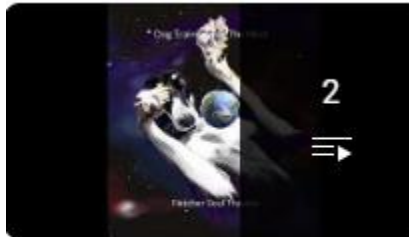
Links

Audio

[Dog training for the mind \(johnfranklinfletcher.com\)](http://johnfranklinfletcher.com)

PDF

[Transformation.pdf \(evolutionrevolutionoflove.com\)](http://evolutionrevolutionoflove.com)



Books 2021-Dog training for  
the mind



**Fletcher Soul Traveler**

14 subscribers

Richard Fletcher

## Love Over Anger

The most difficult thing in life is the following.

Love over anger.

It's so easy to be angry.

It's so easy to blow up.

Yet to be in the eye of a hurricane is most difficult.

To have loved over anger is probably one of the most difficult things to do.

Yet all the great masters have taught this.

At this moment America is consumed by the fire of anger.

We need to calm down and dissolve the fire within.

We can do it.

This message needs to get out there.

We need a wake-up call.

Our nation needs to be more mature towards each other.

Remember we are human beings.

## Riptides

The ocean is a powerful thing.

A surfer loves the rip tides.

The common person might drown in one.

It's a matter of perspective.

For a surfer, the riptide means he can use the ocean current to paddle out to the lineup.

A person who is oblivious to the power of the ocean gets caught in the riptide.

Hopefully, a lifeguard can save him.

For the surfer, he gets the ride of his life.

The other person gets into a scary situation and is fighting for his life.

A wise man is a surfer who understands the inner wave within.

He knows the connection between the mind, body, and soul.

Meditation shows him where to paddle out.

He uses the riptides of the mind to paddle out to the lineup.

Once there he waits in silence to catch the wave of life.

True harmony exists.

The surfer and the ocean are the same.

Some of humanity is caught in the riptides of anger.

They will go to extremes.

They can't see the forest from the trees.

Even after storming the capitol building, they believe it was the right thing to do.

There is a huge difference between being caught in the riptide of anger and the ocean itself.

Only through silence can one understand.

## How To Survive A Wipeout

How to survive a wipeout.

If you want to survive a wipeout on a huge day you should do the following.

Take one last breath and hold it.

Consciously relax your whole body.

The more you struggle the more oxygen you will use.

Remember the ocean will let you know when you can swim to the surface.

Don't panic.

At times that is hard to do.

Especially if you are held under for two waves.

As a nation, we just experienced a huge wipeout at the capital building.

The last time this happened was during the war of 1812.

As a nation, we must unify.

Time is of the utmost.

Due to anger, our whole congress could have been killed including the vice president.

We must listen to and respect each other.

Our daily news must do this.

We almost jumped off the cliff into the ocean.

Our democracy is at state.

We must return to kindness.

Our nation has been putting gasoline on fire.

The same principles of surviving a wipeout are for our nation to survive.

We must take a deep breath.

Relax.

Don't fight.

Appreciate that we are Americans.

Forgive all.

Change your mindset.

There are no enemies.

We just create them.

We all want the same things.

We just have a different way of seeing it.

Both ways are correct.

Imagine the good if both parties and Americans did this.

We could see then a better picture.

Otherwise, we get stuck in our ways and nothing ever gets done.

There is a golden opportunity at hand.

I have faith in my fellow Americans.

## Life Is So Beautiful

Life is so beautiful.  
Look at the sun, moon, and stars.  
Beauty is everywhere in nature.  
Man has been looking at the stars for eternity.  
Nature is blooming all around us.  
A flower blooms whether we see it or not.  
Its nature is to bloom and the petals eventually go back to the ground.  
Look at the diversity of life.  
Life on earth holds a myriad of incredible creations.  
Each one is different and unique.  
All were created by a creative force.  
We need to see the miracle of life on this planet.  
At times we get so caught up in our 9 to 5 existence.  
We wear tinted glasses so we don't truly see the beauty in front of us.  
I love watching geese fly in the sky.  
Where I live so many people consider geese a hassle.  
They don't marvel at the many different formations they have in the sky.  
I love the sounds they make honking in the sky.  
Their sounds are so sweet compared to the honking in a traffic jam.  
No sounds of anger or frustration.  
They honk with pure delight.  
When I was young I was a surfer.  
I love the early mornings watching the sunrise while I was catching a wave.



The colors were out of this world.  
I would always stop for a moment and witness the beauty of life.\

God was painting colors into the sky.  
Beauty is all around us.

Even in the midst of a poor neighborhood flowers grow in the cracks of a broken lot.

This world would totally change if we had gratitude toward life.  
Imagine in each and every moment we experienced the source of life.

Our entire system of placing values would change.  
The money wouldn't be the total object we spend so much time acquiring.

We would walk around in a state of gratitude.  
We would see the beauty in life.

You could truly see that your enemies are in fact your friends.  
Now that would change this world.

When you truly see the beauty in the life you become more kind.  
You become more loving and compassionate.

You become more patient and tolerant.  
This is your true nature.

As I said before there is dust on your inner mirror.  
Just wipe off the dust and over time you will see your true nature.

Life is so beautiful  
Know why you are alive.

## State Of Anger

Many people live in a constant state of anger.

Buddha once said when you get angry you are drinking your own poison.

You are your own master chemist.

You can contribute to your overall health.

Or

You can contribute to your self-destruction.

During these divided times we can use wisdom and discrimination in dialogue  
with each other.

One can speak with kindness without putting someone or a group down.

Note this is a fine art that has been forgotten.

Many people I know love to taunt the other side.

They get great pleasure from this.

Yet it displays a totally immature state of awareness.

There is a thread tying us all together.

Bullying, taunting, and making fun of others have been going on for thousands of  
years.

It's so easy to do.

Yet being kind in the midst of chaos is another story altogether.

If we want this world to be a better place we must be kind.

This means in each and every moment.

We choose our state of mind.

Nobody can change it for you.

Do you enjoy the current state of worldly affairs?

Do you love the division and chaos it brings?  
Only you can change and make the world a better place.

## Throw Away The Anger

Throw away the anger.

Your anger is like throwing kerosene on a fire.

Your anger is only hurting you.

Facebook lately is full of anger.

It's full of frustrations.

How do we go beyond our anger and yet talk about the problems that face us in  
the world today?

How do we talk like mature adults?

How can we talk like we are all united?

Yes, we have different points of view.

How can we talk without putting someone down?

If all of us would stop being so angry maybe we could calm down and see  
different solutions.

Peaceful solutions.

We can all do this.

Anger is not the solution.

## The Mosquito Itch

Have you ever been bitten by a mosquito's mind?

The mind itches and you are bothered by something.

Yet you don't know what it is and you feel off-centered.

You can't pinpoint what's going on?

Did you know that meditation and paying attention to the itch will soothe it away?

Meditation will help focus on where the itch is.

Once you can see it you can focus on it and embrace it.

Once you embrace it, it will disappear.

The Buddhists were the original psychologists.

They have been studying the mind ever since Buddha was around.

They are experts in positive mental health.

Did you know it was only 30 years ago did western psychologists studied positive mental health?

We need as a society to have a positive mind.

How the world would change for the better?

## True Nature Of The Mind

What is the true nature of the mind?

Before a person begins to meditate or contemplate mostly likely the question is never asked.

Most people would say I've never asked that question.

Yet that is probably one of the best questions you can ask yourself.

What is the true nature of the mind?

Have we discovered it?

All the great masters have taught about it.

Why do we have many mental problems?

Is there a correlation between the mind and the body?

Have we forgotten our true nature?

I'm missing something inside.

I don't know what it is.

Why do I feel happy about obtaining something 6 months later I could care less about the object I obtained.

Why do I feel like a small mosquito is inside my mind?

There is a small constant irritation buzzing in my mind.

Why do I act so irrationally?

Why do I fly off the handle so easily?

Have I learned that getting angry at someone only harms me?

These are practical questions to ask yourself.

Only you can solve them.



## You Are A Genie

You are a genie.

Whatever you think you become.

If you get angry easily you will be an angry person.

If you gossip about people they will gossip about you.

Whatever you think the genie responds.

The more you think and take action the genie responds in an instant.

You can control the genie.

You can control your mind.

You can control your actions.

Stop look and listen.

Your genie can be your friend.

It's your choice.

Do you want to be a reactive being or one who is a Co-Creator of God?

Ponder these words.

The world will be a better place.



## Ego

Here's some definition of ego.

A person's sense of self-esteem or self-importance.

"A boost to my ego"

For a PSYCHOANALYSIS

The part of the mind that mediates between the conscious and the unconscious and is responsible for reality testing and a sense of personal identity.

For metaphysics

A conscious thinking subject.

Our ego can be man's best friend or his worst enemy.

We have seen that for thousands of years.

In the Buddhist tradition, they have studied the mind and ego for thousands of years.

They have learned practical tools to cultivate the ego and mind.

Imagine a farmer planting the seeds and going through the process of the final picking of the crop.

Mystics have taught the same inward farming.

You can cultivate the mind and ego to be a truly reflective nature of ourselves.

This is the greatest thing we can do for ourselves and the world at large.

You can't take anything with you when you die.

But you can take the fruits that you have cultivated with you.

Imagine you are a conscious thinking subject inside of a human body.

You are the universe.

You just don't know it.

## 4/28/2018 Chicken



Last week I heard on NPR radio this fascinating story. A group of scientists was studying animal behavior. They studied a group of chickens for three years.

These scientists took the so-called brightest and smartest chickens and placed them into a group.

The so-called normal chickens were placed into another group. After three years they saw the results of the test. Out of 30 chickens, only three survived. They fought and killed one another. It was the strongest survive. No sense of cooperation. No harmony whatsoever.

These chickens were living in hell with no sense of purpose. War is what they knew how to do.

Well, the normal chickens lived as chickens do. They laid eggs and were content. No fighting occurred among them. They had nothing to prove. Everyone thrived in this environment.

Well, this discussion changed course and then they started to take a look at the top 10 Ivy League schools. They are super hard to get in. The average student would thrive at another college. Yet they found out that this created conditions just like the chicken study.

These students were placed in a situation where they always had to be the best. You learned to cheat, steal, and lie to the top. Mind you I'm not saying all students are like that. But the intense pressure is there to perform.

Know these top colleges place students into the top fortune 500 companies today. Their psychology is embedded directly into the work environment. It's

subtle yet there. As a worker, you are only valued for your performance. Period. This places a lot of stress on the worker.

As a worker, you fight your way to the top. There are only so many promotions to go around. You live in fear of layoffs. Your CEO makes probably 1000 times that you do.

They then took a look at present-day politics. Need I say more? Constant bickering and fighting. No cooperation. Name-calling is the name of the game. There is no sign of discrimination.

We have media that is on one side or the other. Both sides can hardly speak to one another.

Our President has told so many lies that nobody knows what truth is. Just one of his major blunders would have brought a past President to resign. How many affairs has the President had and does the Christian majority still support him?

Well, the rest of the chickens are living their lives. They are going to school. They have friends and family. They go to work. They go on vacation. They are good people. They love their fellow man.

I'm not saying there are no problems. There are tons of them. I remember people always talking about Darwin's theory. The survival of the fittest. Did you know that Darwin considered this to be the lowest in his view of evolution?

His view was cooperation. Nature cooperates. The entire world of nature is in cooperation with each other.

If nature did not cooperate this planet would have been gone a long time ago. This is the main theme that the scientist discovered. Without cooperation, we are doomed. We must reclaim this.

We are all Americans. We aren't just Republicans or Democrats. We are united. It is about time for us to wake up. I see a new wave of hope occurring in us today. People are starting to wake up and demand change.

Maybe, just maybe a meditator can see and feel the quantumness of the universe. Maybe the laboratory of life exists inside of us. Maybe we were created to find and discover this inside of ourselves.

I think we are in the beginning stages of development. Why we still are babies in emotional development? We still fight and war with each other. We use our precious discoveries of the universe to make atomic bombs.

We have a President who tweets his button is bigger than your button. A thin thread is holding a knife over our heads and we are oblivious to it.

I have great hope for the future. I feel that science and the world inside will lead the way for humanity. Just think when a scientist truly begins to open the door inside. They will begin to operate at a deeper level.

They can embark on the scientific discoveries of the inner and the outer. Both of them will lead to the same place.

Life is a mystery. Both the scientist and the mystic are embarking on an incredible journey. The light particles that a mystic sees are the same light particles that a scientist uses in Cern Switzerland.

Both of them are in different laboratories. One is outer and the other is inner. I think the mystic has an advantage. The human body is wired for this experiment.

The human body has five senses and there are five eternal senses within. Human beings can learn how to be aware of the consciousness of the universe. A human being is hardwired for this experience.

Yet most of the time the car is sitting in the garage. The garage door needs to be open and you must back out the car and take it for a spin.

Humanity is just beginning to understand to open up the garage door within. When they do science will go to another completely different level. There the universe can show humanity gifts we can never imagine. You see without kindness the universe will only show you so much.

It would be like handing a small child an atomic bomb. They wouldn't know the damage that it could do. We are in that state. Without humanity becoming a kind man we will never progress to our true potential.

You see the universe is kind and aware. The universe is love and compassion. Become like the mystic and discover your true nature.

You are the universe. You just don't know it.

## Why Were We Never Told?

Why we were never told that our wars only bring more wars?

Why were we told if someone or a country is different we condemn them?

Why were we never told that God lives inside?

Why were we never told that true happiness is a state of mind?

Why were we never told you can rule the world and you can be miserable?

Ask Alexander the great.

Why were we never told that true riches exist inside of our hearts?

Why were we never told that politicians don't have our interests at heart?

I know it doesn't look that way.

Why were we never told to drop all of our anger?

It will never solve your problems.

You just get more baggage.

It seems at times man has been in a rut.

We are running in circles and not learning from the past.

You can change.

The entire universe is watching us.

You can solve this riddle.

## I Don't Know Why People Pass This Up.

I don't know why people pass this up.

We all are searching for happiness externally.

We get glimpses of happiness yet it disappears like a thief in the night.

There is no conversion or convincing.

The facts are laid out.

The kingdom of heaven is within.

It doesn't matter if you follow a religion or not.

The facts are laid out.

The kingdom of heaven lies within.

It doesn't matter your background.

Nobody cares about your race.

We are one after all.

All we are saying is your car is sitting in your garage getting dusty.

You have the opportunity to take your car for a spin.

Become the race car driver.

Your car was meant to be driven.

## There Are signs Post Of God Everywhere

There is a signpost of God everywhere.

No matter where you go, God, is there.

He even knows what you are thinking.

Oh, how can God know me?

He has so many important things to maintain.

The power of love knows you more than you know yourself.

It's knowing your true essence.

At times when you are driving put your cell phone down.

Just enjoy the ride.

Take time to relax on this journey.

The more you pay attention inside, the more signpost of God will appear in your life.

You will see the universe is alive.

There is a signpost of God everywhere.

You can solve this puzzle.



## The Breath

The breath is keeping us alive.

How incredible that is.

What is the power that is keeping you alive?

Behind your breath lie the answer.

We take it for granted.

We breathe each and every moment.

For thousands of years, the masters have taught us to pay attention to our  
breath.

The secret of the universe lies behind your breath.

The entire universe is alive.

It seems so simple.

It is.

Yet you are too complicated to understand.

Slow down.

Focus on your breath.

Sit still and listen.

You can solve this riddle.

## Prison

A man may be in prison and yet be free.

A man may be free yet may live in the prison of his mind.

What makes us truly free?

The master has said to discover your true nature.

The truth shall set you free.

When I first learned how to meditate it was difficult.

I learned real quickly that I lived in a prison.

I was confined.

I didn't know how to control my mind.

To go out of your prison takes effort.

The hardest thing in the universe is to conquer the mind.

Yes, the journey is hard but the results are awesome.

Ponder this riddle.

Find out who you truly are.

## Brainwash

Many people think that by reading these poems I'm brainwashing them.

Well, that is certainly the case.

We are washing the mind.

We are asking questions you have probably never asked yourself.

The mind needs to be crystal clear.

Our minds are muddy.

When we were born they were crystal clear.

Over time we forgot our true nature.

Meditation and prayer are a means to clean the mind.

It's like taking a shower every day.

We get dirty and a shower feels so good.

The shower of love is medicine to the soul.

This is why the great master said to discover your true nature.

Ponder this over.

You can solve this mystery.

## Peace Education Program

Study on Prem Rawat Foundation's Peace Education Program Shows Exceptional Benefits for Incarcerated People

October 28, 2022·3 min read

A robust new study found that The Prem Rawat Foundation's (TPRF) Peace Education Program has exceptional benefits for incarcerated individuals.

ORLANDO, Fla., Oct. 28, 2022 /PRNewswire-PRWeb/ -- The [Peace Education Program](#) has a wide range of remarkable benefits for incarcerated people, including reducing anxiety, increasing self-understanding and self-improvement, and enhancing hope and appreciation for life, according to an [extensive new study](#).

Conducted by Ace Insights, an independent market research company, the [study](#) analyzed the impact of the program on 5,276 incarcerated individuals in Brazilian correctional facilities. Noting that "the quantitative findings are extremely robust," 99.7% of participants reported benefits, and the study concludes "that the Peace Education Program is making a very positive impact on almost all incarcerated peoples' lives."

On October 25, the [study results](#) were presented at the International Corrections and Prison Association Annual Conference in Orlando, Florida. The conference is one of the premiere gatherings of corrections professionals and experts in the world. More and more of them are embracing the [Peace Education Program](#) as an empowering resource for positive change, both for themselves as well as the incarcerated people they serve.

- ADVERTISEMENT -

Demonstrating its cross-cultural relevance, 300,000 people in 80 countries and in 40 languages have participated in the [Peace Education Program](#) to date, including 100,000 people in 775 correctional facilities.

The innovative workshop series gives people an opportunity to reflect on their own humanity, increasing self-awareness in support of resilience, empathy and wellbeing. TPRF Founder [Prem Rawat's](#) video presentations are at the heart of the workshops, encouraging participants to explore the [ten themes](#) of Peace, Appreciation, Inner Strength, Self-Awareness, Dignity, Choice, Hope, Clarity, Understanding and Contentment.

The most recent [study](#) on participants in prisons in the State of São Paulo, Brazil adds to a growing body of evidence of the program's successful results. Other [studies](#) have shown similar positive impacts for people in correctional facilities across 4 continents, as well as for participating high school and university students in the U.S., U.K., New Zealand, and Colombia.

"It's wonderful to see that the new study on the impact in Brazil confirms what we've found elsewhere across the globe: this program can help transform lives no matter how challenging the circumstances," says Peace Education Program Director Willow Baker. "It was an honor to present the study and more information about the Peace Education Program this week at the ICPA conference and to meet so many dedicated people who want to make a positive difference in the field of corrections."

The [Peace Education Program](#) workshops can be offered in person, virtually, or on inmate tablets by ViaPath and Edovo (tablet versions currently available in the U.S. only). [The Prem Rawat Foundation](#) makes the workshop materials available free of charge.

To implement the program at correctional facilities in Brazil, The Prem Rawat Foundation partners with the Prison Education Foundation (FUNAP), a state foundation under the Secretariat of Penitentiary Administration in charge of helping inmates to rehabilitate and reintegrate into society through educational, labor, cultural and legal assistance initiatives.

The [Peace Education Program](#) is just one of the ways that TPRF advances dignity, peace and prosperity by addressing fundamental human needs.

TPRF's [Food for People](#) program has served over 4.7 million nutritious meals to disadvantaged children and elderly people in India, Nepal and Ghana.

Since [Prem Rawat](#) founded TPRF in 2001, it has given over [160 grants](#) totaling over \$5.7 million to a variety of partner NGOs in 40 countries to help victims of natural disasters, COVID-19 and other traumas.

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## <sup>11</sup>Man Is At His Best When In Peace – Prem Rawat

June 30, 2021 7:46 pm



In April 2021, The Prem Rawat Foundation (TPRF) signed a partnership MoU with the South Africa Department of Correctional Services to expand the [Peace Education Program](#) at correctional facilities throughout the country. Prem Rawat is seen signing the MoU, while looking on is Rev. Dr. Menzi Mkhathini from the Department of Correctional Services. Photo courtesy of TPRF.

By Chandra Segaran

KUALA LUMPUR, June 30 – Exactly 50 years ago in June 1971, global Peace Ambassador, Prem Rawat landed at Heathrow Airport in London, armed with a simple desire. To bring the message of Peace and the gift of Self-Knowledge to the people of the West. It has never been done before. His lineage of teachers of self-Knowledge before him never went beyond the shores of India to spread the Knowledge that Prem Rawat speaks about today.

He was 13-years old and his arrival in England was apparently news worthy, if not a sensational event, as not only those who had invited him to bring his teachings to the west had turned up at the airport to welcome him, but there were newsmen as well in the crowd, wishing to interview the young man, who was promising world peace. Their curiosity was piqued.

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<sup>11</sup> <https://www.weekly-echo.com/man-is-at-his-best-when-in-peace-prem-rawat/>

Unfazed and cool, but basking both in the warm greetings from the long-haired men and woman who came to welcome him at the airport, and the newsmen with a steady stream of questions, Prem Rawat went on to answer with candour and simplicity the questions posed to him from the media.

Many titles were given to him in his early days of stay in the UK. Whether they were sceptical or adorative, it depended on who were giving them. The media described him as “a guru from India”, with a reasonable amount of scepticism while those who had invited him – whether they were looking for the truth, or simply peace in their lives or were just some anti-war youngsters of the 70s – to spread the message of peace in the west- called him a genuine teacher who had an important message to impart.

Fast forward 50 years, Prem Rawat who spoke at an event at the International Conference Centre in Birmingham on June 17<sup>th</sup> this year, was the same cool and collected orator that he was in his first public talk at the Conway Hall, in London in the summer of 1971.

His message that Peace is possible has withstood the test of time and today his Peace Education Programme, an innovative series of video-based workshops that help people discover their own inner strength and personal peace, is a huge success and runs in 70 countries. Available in 30 languages including Spanish, Mandarin, Hindi, Arab, Tamil, Bahasa Indonesia, the programme has been adopted as part of education in learning institutions, colleges, and social service in community centres.

It has been made available in over 650 prison programmes worldwide where it has had tremendous success with many prisons reporting improved wellbeing and reduced violence. In the state of Telangana, India, an academic study showed a huge reduction in re-offending and five prisons reportedly closed down due to the success of the programme there.

His LOCKDOWN live stream series that began as the world slowed down with the onslaught of the COVID-19 virus were caught by many people from different parts of the world.



From regular advice on wearing the masks, following other standard operating procedures (SOPs) and keeping safe during the pandemic to looking within for strength and hope, and recognising the nature of the self and its wisdom, Prem Rawat kept many of the live stream tuners engaged, motivated and inspired to get on with their lives despite the fears and uncertainties that the virus had created.







Over United in Hope: Prem Rawat Foundation

**\$300,000**

in humanitarian aid



**MORE VIDEOS**





The Prem Rawat Foundation (TPRF) during the pandemic has been also working with partners to provide over \$400,000 in crucial medical care, supplies, food, and other humanitarian aid to those suffering during the COVID-19 pandemic.

While the event in Birmingham to mark his 50<sup>th</sup> anniversary was limited to the local crowd, with all COVID-19 SOP in tow, audience from all over the world also tuned in to the live stream of the event.

He was in his element as he recalled his early days in the UK and the young “hippies”, many of them who were also guests at the latest event, minus their hippie hairstyles and live style, who had turned up to hear his talks and wanting to know about life, God and how a group of them had earlier travelled to India to invite him to UK.

“It has been an incredible journey.”

Of course there was a lot of sensationalism, as a 13-year old boy was promising peace “but this 13-year old was not shooting blank words”, he said.

“People had to feel peace. People had to feel the magic of being alive.”

“What was being said? That what you are looking for is inside of you. You will find it there. (Yet), so much of the focus was on so many other things (about him), are you a Prophet, are you a this or that and...I have said many times, ‘No, I am not a prophet’.”

The names were always there, from the time he was a child and they never really mattered, but what was important was the deed itself, Prem Rawat said, adding that he took satisfaction in knowing that his words had brought comfort to many people.

Prem Rawat spoke of the distinction of being a human being. “No human being is ordinary. Every human being is extraordinary.”

A question had been posed to him, implying that human beings were nothing.

“When do people see human being as nothing then?”

“If a human being is not doing what the human being is made for, the human being then appears useless to you.”

Many of the things human beings do today in the world are not any good at all, he said, pointing out the poor records not only in the space race that has left garbage in the space from abandoned satellites to other debris, but the wipe out of many animal species from the planet and the poor sharing of resources that have left a huge divide between the rich and the poor.

“Human beings are only good when they experience peace, when they experience joy, when they work towards peace, when they work towards joy. When they work towards personal fulfilment. That is when human beings shine.”

Prem Rawat also spoke about the possibility that laid for a human being in his or her lifetime – to know with certainty who they really are and their potential for true fulfilment, despite the difficulties or what is happening externally.

Further information on the Peace Education Program and PEAK (Peace Education and Knowledge) is available at the Prem Rawat Foundation website: <https://tprf.org/>

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### Freedom Within: Prem Rawat Speaks to Inmates at Twin Towers

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 The Prem Rawat Foundation TPRF

Join Prem Rawat as he speaks to inmates participating in the Peace Education Program at the Twin Towers Correctional Facility ...

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A remarkable short profile of The Prem Rawat Foundation's Peace Education Program at the mammoth Zonderwater Prison

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### Inside Peace - The Potential for Prison Peace Education

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On Wednesday, June 15, TPRF and Tutu Foundation UK co-sponsored, an invitation-only event focused on TPRF's Peace Education Program.



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13 momer



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## More Americans Killed by Guns Since 1968 Than in All U.S. Wars — Combined

By comparison, roughly 1.2 million service members have been killed in every war in U.S. history.



Members of the U.S. Army Old Guard place flags at gravesites at Arlington National Cemetery on May 27, 2010 in Arlington, Virginia. Mark Wilson / Getty Images file

By Chelsea Bailey

<sup>12</sup>More Americans have died from gunshots in the last 50 years than in all of the wars in American history.

Since 1968, more than 1.5 million Americans have died in gun-related incidents, according to [data](#) from the [U.S. Centers for Disease Control and Prevention](#). By comparison, approximately 1.2 million service members have been killed in every war in U.S. history, according to estimates from the [Department of Veterans Affairs](#) and [iCasualties.org](#), a website that maintains an ongoing database of casualties from the wars in Iraq and Afghanistan.

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<sup>12</sup> <https://www.google.com/url?q=https://www.nbcnews.com/storyline/las-vegas-shooting/more-americans-killed-guns-1968-all-u-s-wars-combined-n807156&source=gmail&ust=1669591716977000&usg=AOvVaw3iiOcTtduvgiHdb5Vsuzce>

## Americans Killed

**Firearm related deaths 1968 to 2015: 1.53 million**

**America's Wars 1775 - 2017: 1.20 million**

Revolutionary War	1775-1783	4,435
War of 1812	1812-1815	2,260
Indian Wars	Approx. 1817-1898	1,000
Mexican War	1846-1848	13,283
Civil War	1861-1865	498,332
Spanish-American War	1898-1902	2,446
World War I	1917-1918	116,516
World War II	1941-1945	405,399
Korean War	1950-1953	54,246
Vietnam War	1964-1975	90,220

Firearm related deaths vs U.S. war casualties.NBC News

Sunday's massacre in Las Vegas — which left 59 dead and 530 others injured — is the deadliest mass shooting in modern American history. And such attacks are becoming more common.

**Related: [Trump: Las Vegas Shooter 'Sick' and 'Demented Man'](#)**

"What we've seen in Las Vegas is an uniquely American scene," former FBI agent Ali Soufan said on MSNBC. "The aftermath of such traumatic events have become an all too familiar scene in our society and in our politics, unfortunately."

**[Tom Brokaw: Gun debate must 'go to the top of the agenda' in US](#)**

## Tom Brokaw: Gun debate must 'go to the top of the agenda' in US

OCT. 3, 2017 / 03:36





The June 2016 shooting at Pulse Nightclub in Orlando, Florida, which killed 49 people, is now the second deadliest attack, followed by the 2012 massacre at Sandy Hook Elementary in Newtown, Connecticut, which killed 26 people, most of them children.

After the Sandy Hook shooting, a tearful President Barack Obama announced a series of executive actions aimed at curbing violence in America. The orders included a measure to [overturn a 20-year-old amendment](#) that prevented the CDC from conducting federally funded research into how gun violence affects Americans.

## Closing

To be honest, for the world to change at large, you must change.

You are a piece of the puzzle in life. The world needs your piece of the puzzle. You are a vital piece for this world to transform.

If you don't transform, the world won't transform. It is as easy and simple as that.

We can change this world if we want to. We must get out of this state of apathy. We must change our ways.

We must learn not to be like leaves blowing in the wind. We can live in the center of the hurricane.