

# Dr. Bruce Lipton, PhD



Bruce H. Lipton, scientist and lecturer, received his Ph.D. at the University of Virginia in Charlottesville (1971). He served as an Associate Professor of Anatomy at the University of Wisconsin's School of Medicine. Lipton's research on mechanisms controlling cell behavior employed cloned human muscle cells. In addition, he lectured in Cell Biology, Histology and Embryology. Bruce resigned his tenured position to pursue independent research integrating quantum physics with cell biology. His breakthrough studies on the cell membrane, the "skin" of the cell, revealed that the behavior and health of the cell was controlled by the environment, findings that were in direct contrast with prevailing dogma that life is controlled by genes. Lipton returned to academia as a Research Fellow at Stanford University's School of Medicine to test his hypotheses (1987-1992). His ideas concerning environmental control were substantiated in two major scientific publications. The new research reveals the biochemical pathways connecting the mind and body and provides insight into the molecular basis of consciousness and the future of human evolution.

## The Biology of Belief: A Conversation with Dr. Bruce Lipton, PhD

*Interview by Matt Laughlin*

**F**our years after resigning his tenured position teaching Cell Biology at the University of Wisconsin's School of Medicine in 1981, Dr. Bruce Lipton experienced a scientific epiphany that transformed his beliefs about the nature of life. His findings and research challenge fundamental tenets of science and medicine, and have contributed greatly to the growing body of research exploring the influence beliefs and thoughts have on our physiology and wellbeing.

**UE** (UnifiedEnergetics™) Before delving into the broader significance of your work, let's begin with some of the more fundamental principles and discoveries of what's been called the new biology.

**BL** (Bruce Lipton) The new biology is based on the extension and clarification of several basic, fundamental tenets of conventional biology, which have been found to be flawed, if not outright defective! (Laughter) And they're fundamental tenets at work not just in biology, but also in conventional medicine and many other domains. The consequence of understanding the flaws in the old science and the new fundamental principles creates a context and overview, shifting our perception of the meaning of life significantly.

It's not to say that we throw out the science, experiments and research; that's real critical. It's to say that we go from a state of belief that perceives us as genetic automatons, victims of our heredity - which holds that anything wrong with our lives has nothing to do with us, that we're victims of our genetic machinery - and move to an understanding that we are co-creators of our lives *and* our biology. We realize the fundamental nature of perception drives our biology rather than the old belief that genes drive our biology. So, while it's darn near difficult, if not impossible, to alter our genetic engineering, it's very possible to change our perception. And that can change your life. This view is completely evident in the new field of epigenetics.

**UE** What is the difference between a conventional understanding of genetics and this new field of epigenetics?

**BL** The conventional understanding right now is what is called genetic control, genetic determinism, which is the fundamental belief that at the moment of conception we are given a set of genes that are going to lay out lives in front of us, and whatever works or doesn't work is determined by our genetics. The new understanding, called epigenetic control, is converse to the literal understanding of genetic control which holds we are controlled by our genes. The prefix 'epi' means above. So, epigenetic control is literally control above the genes.

This becomes so relevant because while conventional science had seemingly discovered that our physiology and behavior is controlled by our genes, we've since discovered that this isn't really true. The original discovery was something we were seeking because that was the belief system that led to the science. That is an unfortunate situation, because when science is predicated on a previously held belief, then when you do the science it's not really science anymore. What you're doing is designing experiments to show what you want to show.

**UE** In other words, the conventional scientific discoveries in genetics occurred in a limited context that predetermined the outcomes and understanding.

**BL** Right. And the experiments are continuously fed back into the system, and we'll say, wow, genes are doing the controlling, and this is because we expected them to be in control. This fundamental tenet in conventional biology which holds that genes are in control is the Central Dogma. And I really emphasize that one should be appalled by the Central Dogma! (Laughter) This is so relevant because the Central Dogma is the fundamental perception on which all the rest of biology builds upon. It wasn't until I got out of the system of teaching did I actually stop to look up the definition of the word 'dogma.' It's defined as a religious persuasion rather than scientific fact, a central tenet put forth as authoritative without adequate grounds.

All of a sudden, the wake up call was, Oh my God, I'm teaching religion! (Laughter) Everyone's efforts since the time of Charles Darwin have been designed to prove that relationship. So, we ended up with the Central Dogma - the belief - without the science. The Central Dogma is that life unfolds sequentially from DNA to RNA to protein. Because we are made largely of proteins, by implication, our physical bodies and behavior is all thought to be derived from proteins. So, if we're the proteins, if we



ask where we, the proteins come from, we trace back the latter to DNA.

**UE** Can you give an example of how the former belief in genetic control skewed the scientific approach, and gave rise to outcomes out of context?

**BL** When the initial studies occurred, the researchers did so looking through a predetermined filter and were blinded to the fact that their original experiments were out of context. When they studied pure DNA cultures, they were not really getting any understanding of what was occurring in the cell. We based all of our understanding on limited experiments, where DNA was isolated from the cell for study. By isolating DNA from the cell, they left out another major part of the hereditary unit which is called the protein. Chromosomes, which were recognized as early as 1900, were found to be made of DNA and proteins.

The final experiment was conducted in 1944, using two strains of bacteria (A and B) expressing different physical characteristics; researchers sought to determine which is responsible for the hereditary trait, the chromosome's DNA or the chromosome's protein. So they separated the two chromosome components, and they added the chromosome protein of one species (A) to a set of cultures of the other species (B) and the chromosome DNA of species A to the other cultures of bacteria species B. They found that it was the chromosomal DNA that changed the physical traits of the other bacteria. In other words, they transferred the traits of one bacteria to another by simply transferring its DNA. At the

end, they said, well, that's the proof; DNA controls the expression of the hereditary traits.

The next experiment is where it all went wrong; they asked, well what controls the DNA? They found if you split the double helix of DNA into single helices, then soak them in solution with the building blocks of the DNA, when you pull it back out again you get a double helix; so the single helix would remake the double helix. They said, Ah hah, DNA controls itself! That's the end of the line. They expected to find it, they looked for it and they did the experiment; you put in a single strand of DNA and get back a double strand of DNA, so DNA controls its own replication.

This kind of understanding led further to the Central Dogma, and we've built fifty years of science based on that discovery. However, in the last number of years, people have started coming back to say, you know that protein you threw away that we don't look at anymore? It's 50% of the hereditary material! And they started to look at what was being thrown out in the bath water and found the baby. And the baby was the discovery that the actual reading and control of the DNA is done by the chromosome's protein.

For the last fifty years we have believed that DNA inherently controls itself, a locked-in little system that provides for its own replication and for the making of proteins. We've given DNA self-actualization properties and it became the top of the list of control. We now know the protein, that 50% of the hereditary chromosome, is what controls whether the DNA is being read or not.

A helpful example is to understand that DNA is a blueprint; that is exactly what it is. It's a blueprint

to make proteins which are the body's building blocks. We've had this belief system that DNA can turn on or off, and is therefore the source of action. But if we recognize it's a blue print, it is no different than sitting in an architect's office and asking, Is that blue print on or off? The architect would look at us very quizzically; there is no on or off, it's just a blue print! DNA, like a blueprint, carries a pattern, but has no self-actualization. Here we might ask, Well what makes a blueprint into a house? It's the guy in the middle who reads the DNA and assembles the pieces. That's the story of the chromosome's protein.

**UE** As I understand it from your book, the cell membrane is the part of the cell that reads environmental signals, then sends the understanding of those signals to the nucleus, which controls the proteins that control the genes as you described above. While the cell membrane is reflexively responding to stimuli in the environment, you are careful to point out that the cell membrane, like our DNA, is not a locus of self-actualization; the actual locus of actualization is the environment?

**BL** Yes; the cell membrane is the transducer. It's the device that reads the environmental signal, interprets it and then engages a physical response to meet those demands. Basically, it says that if the environment is disconnected from the organism, the organism has no behavior. And that's because all the behaviors are elicited from a stimulus response from the environment. So, if a person has lost all of their sensory inputs from the 'outside' they would be the equivalent of a bean bag chair. You could move them around, push them here and there, but they



would have no response because there would be no signals coming in.

**UE** In the epilogue of your book, you explore this notion of control from the 'outside', control from the environment, as being synonymous with energetic fields, the universe, with Spirit. How would you describe the environment? What is the environment?

**BL** That's the big question people ask - what is that environment? And I say, well it's everything from the core of your being to the edge of the universe - that's the environment. Everything in there is influential to different degrees. And that's the part that really jolted me when I started putting these pieces together over twenty years ago. At that time, the research that I specifically got into was to determine where is the brain of the cell? And the reason I got into that was because I had been teaching the nucleus or the genes was the brain of the cell. Yet, my research revealed that if you enucleate (remove the nucleus) the cell, it still has a life. So immediately that precluded the possibility that the nucleus was the brain because the cell was still integrated and organized and living in the absence of genes.

My research into what is the brain of the cell is where the story of where the membrane comes in. Understanding the mechanism, the composition of the membrane, its organization and how it worked, revealed that the membrane was the equivalent of an organic computer chip, an information processor. It would read information from two environments; the one above the membrane, the external world or the one below the membrane, the world of the self. It would read the signals from both environments and engage a reflex response to control a behavior that would allow the survival of the organism in response to the environmental signal.

So, what I really saw back in 1985, that one night that transformed my life, was My God, every cell is a programmable chip, where the membrane is the information processor. It's actually a homologue of a computer chip, not an analog; it actually has the same components, parts and function of a computer chip. Once I understood that, it also led me to the fact that - Oh my God - the nucleus is the hard disc; not a read-only hard disc, but a read-write hard disc. And the relevance about that was we come with some gene "programs", but since we can write them, we can change all the programs. Then all of a sudden, it's like Oh, well, then that takes us from the victimization of a biochemical robot to a remote control device (Laughter); where I can guide my device around and change its character. Once you understand that, then you realize the life you live is not preprogrammed, and you can change it. But you have to recognize first that you control it. It's an

unfortunate situation if you don't, because you still control it but are doing it unaware.

**UE** You're often described as bridging science and spirit, in that you seem to bridge two paradigms, the linear and the nonlinear, the materialistic and the energetic. While you clearly value the contributions of the linear, you're also aware of its limitations?

**BL** Absolutely, yes. One of the flawed views limiting our conventional biology is the one of the linear, Newtonian perception of a materialistic universe, a perception which only emphasizes matter. So, when you look at the body, you look at it through the lens of matter only and miss the big picture. This is why complementary medicine is becoming more in favor, because it actually addresses science as well as the energy field. Conventional medicine ignores the energy field, and that is to its own demise.

**UE** Our publication explores the consciousness of health. Many of our readers are healthcare professionals of various disciplines which acknowledge the presence of energy fields, whether referred to as chi, prana, innate intelligence, the *vis medicatrix naturae*, or otherwise. You've spoken to how this new biology has the capacity to join disciplines, quantum physics and complementary medicine, for instance. Could you speak more to that?

**BL** Sure. As I mentioned, my former career was teaching in the allopathic medical field. The allopathic model, in contrast to healing that occurs all over the planet, ignores the concept of energy, of invisible moving forces in the biology. It predominantly views biology in the context of the Newtonian, mechanistic, machine-like quality of gears engaging



gears; the proteins are the gears and the genes are involved in making the gears.

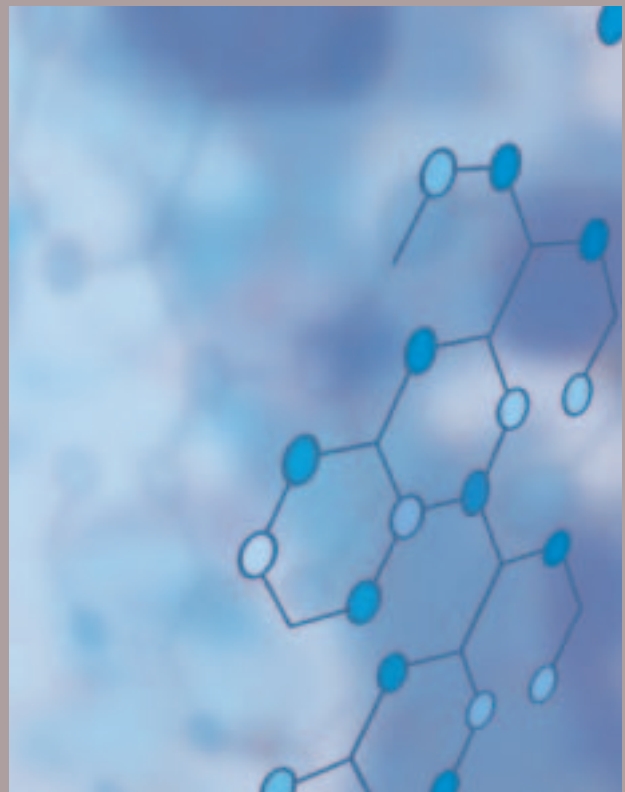
So, when we look at biology as a physical machine, then the attributes, the behavior and the health of a given organism is ultimately a read-out of a mechanical genes creating physical machine; therefore, anything that is wrong must be fixed by changing the physical parts in the machine. As a result of this view, allopathic medicine emphasizes the concept of medicine as the chemistry that fixes the human body. The significant problem and limitation of this is that the view of a material universe is totally not supported by current physics. This becomes very clearly relevant once we acknowledge how science is structured.

Science is multi-tiered, where basic sciences are at the bottom of the structure and more specific sciences are built on top of the basic sciences. You get more specialized forms as you go from floor to higher floor. But, here's the law - when a more foundational science changes its belief system, any of the sciences built upon that science are required to accommodate those changes in their belief system. The actual foundation is mathematics, followed by physics, then chemistry, then biology and then psychology. Chemistry is built on physics and biology is a form of biochemistry. Because physics is a foundational science, when physics changes its understanding of how the universe works, it's incumbent that every other science must accommodate those beliefs as well.

**UE** In other words, the advent of quantum and nonlinear physics which occurred almost a century ago has yet to significantly influence biology and conventional medicine.

**BL** Precisely. In many fields, we're still rooted in the Newtonian world. When quantum physics came in 1925, physics changed first; chemistry later began studying vibrational chemistry and energy chemistry. Yet, biology has never really incorporated the role of invisible moving forces. It is still believed that everything is lock and key, so all their models and all their images are like puzzle pieces plugging into each other. Their fundamental belief system is that information, as part of the machine, is carried by physical things, which of course is built into the physics of a Newtonian world where the machine and the information that runs the machine are all physical. Such a viewpoint insists that if we want to change the operation of the biological machine then we must change the chemistry. That's a belief system where chemistry is euphemistically called medicine. In this limited context, if anything goes wrong there'll be a drug that will fix it.

We know that while in certain cases pharmaceu-



ticals may be useful, there are many other ways to treat the body besides the use of chemistry and drugs. But the pharmaceutical industry really wants to keep the medical industry from changing its foundational understanding of physics, and therefore, its foundational understanding of medicine. As of late, it seems to be getting worse, because the pharmaceutical industry creates new illnesses when it's run out of conventional illnesses to make medicines for. They take daily life behaviors and make them medical conditions. I saw an article on shoppers just the other day; they have a drug that is intended to help shoppers! (Laughter) Then there was one called "Strivor", which is for people described as motivationally deprived or motivationally deficient. In other words, a drug for lazy people! (Laughter) And I love it, because one of the side effects is a mild aggression! (Laughter)

What they're doing is putting labels on things that sell drugs for a normal life condition, diverting us from actually doing anything about it by blaming our machinery, and turning to chemicals to fix the machine. The whole thing is backwards; most significantly, it isn't scientific. I realized when I was in the system that none of my colleagues, myself included, had any awareness of quantum mechanics. As I said, you cannot be entirely scientific if you do not look at the fundamental mechanism the way physicists look at the fundamental mechanisms.

Therefore, what I realized very clearly, is that what we call conventional medicine is no longer scientific in that it does not honor the role of the invis-

ble moving forces. Quantum mechanics reveals, of course, that atoms are not even made out of matter in the first place. And if atoms are not made out of matter, and atoms make molecules, then the real definition is molecules aren't made out of matter either; and molecules make cells and cells aren't made out of matter and cells make us. So the whole focus on a physical, mechanical thing is completely out-dated and not scientific! (Laughter) We must incorporate the role of a quantum reality.

**UE** What are some of the fundamental principles of conventional biology and medicine that are limited or in opposition to the broader context demonstrated in quantum physics?

**BL** There are three fundamental approaches which have been very useful for medicine, but have also been the limitation of medicine. The three approaches of a Newtonian universe are: one, materialism, being entirely focused on the matter; two, reductionism, that we can take something or someone apart and see how the pieces of matter interact like gears hitting gears; and three, the concept of determinism, which says that now that we know how the machine works and how the parts interact, if we knowingly change one of the parts then we can change the outcome of the machine. Therefore, conventional medicine seeks to know all the pieces in the human body so that when one of the pieces isn't working correctly, we can design and add pieces back in.

While this might conform somewhat to the Newtonian perception of the mechanistic world, unfortunately, these three principles do not work in the reality of our quantum world. We have to understand energetics, and energetic fields, because energy moves matter. A great quote by Einstein is "the field is the sole governing agency of the particle." What he is saying is that we have to understand the nature of the energetic field to see what shape the particles are in. In other words, don't be looking at the physical pieces or the particles, first look at the field. Yet conventional medicine doesn't even acknowledge that the field exists, which demonstrates the limitation of the first tenet of materialism.

Regarding the second approach of reductionism, we realize that when we get into quantum mechanics there is no concept of reductionism because energy is so entangled we cannot separate anything out; everything is whole. Therefore, the limitation of reductionism in a medical context is that if we take a patient and put him in a room and we try to determine what's wrong with this patient by simply focusing on his physicality, chemistry and materialistic biology we are severely limited. In actuality, 'what's wrong' could be anything to do with his relation-

ships, his job, what he read in the newspaper, his favorite sports team, his belief systems, whatever. These are all factors within the field. So, instead of myopically trying to look at the machinery and ignoring the fact that this person is involved in a life out there, as we go from reductionism to an understanding of quantum mechanics, we naturally move towards holism.

The third approach of determinism is the real disaster, because it is the belief that if we have a problem, we'll take a pill and we won't have a problem anymore. It turns out that when we take a pill we also have all sorts of side effects. Why? The answer is because of uncertainty; we can't predict things that are not predictable. Therefore, working from the concept that we can predict what's going to happen means from the outset we are wrong. In short, materialism, reductionism and determinism are in complete opposition to energetics, holism and uncertainty. And that's why they don't work! (Laughter)

The conventional model of medicine can deal with gross trauma like getting hit by a baseball bat, or replacing a failed heart, but it can't understand how a cell on the inside can go wrong and then give rise to something called Alzheimer's disease. When it comes to why does the cell do something, they are completely lost because they are still steeped in a mechanistic, material universe. When working at the level of the cells we must employ quantum mechanics. Once we start to understand and acknowledge the influences of energy fields as important, influential determinants, then we can



have a more realistic picture of life. But until then, it's not scientific. So it's a simple statement; conventional medicine alone is not scientific, period.

**UE** In your book you present a great analogy of cell membrane receptors operating like a TV antenna. It really speaks to the presence of the invisible forces and energy fields you mentioned and broader implications of immortality. Would you speak to that analogy?

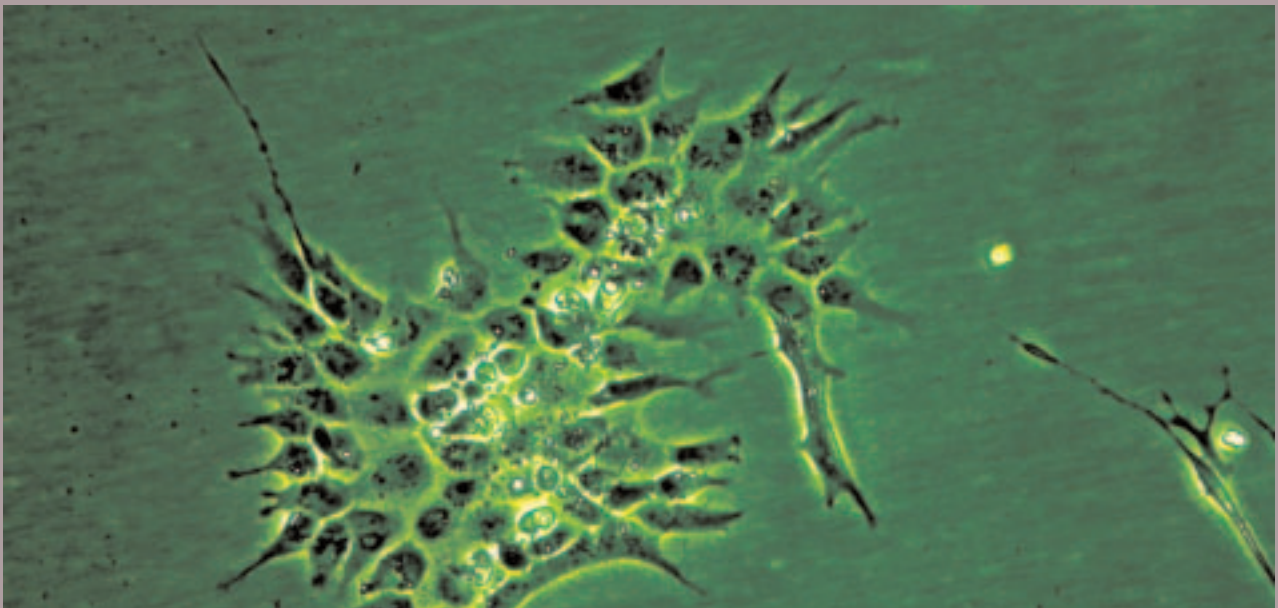
**BL** I was trying to discover how environmental signals are read and translated into biological behavior. That was the course that took me to the cell membrane. And understanding the nature of the cell membrane, I began to realize that it operates as an information processor in exactly the same way a computer chip works as simply an 'on' and 'off' switch. The switches respond to an environmental signal, then something on and/or off. In the cell membrane, the parts or switches that respond to the environmental signals are called receptors, which by definition are receivers, receivers of environmental information. Conventional medicine, being materialistic and Newtonian, will say that all environmental information are chemical signals that are picked up by the antennae or receptors like a lock and key, or a ball in a glove; so that when the physical signal shows up it binds to the antenna part of the switch that then engages the output which is the behavior. And in this model, there are two parts to a switch – the part that reads the environmental signal and the part that once reading the environmental signal, sends a signal into the cell that engages a function that will meet the demand of that environmental signal.

What I started to realize was that while conventional medicine perceives all these antennae on the

surface of the cells as wrenches and all the signals as nuts and bolts, it turns out that once we bring the quantum physics in, we recognize that these antennae actually respond to vibrations in the field. And in that manner, they are actually the same as television antenna reading a broadcast signal coming from the field. When the station is on, the signal gets picked up by the antenna and the antenna sends that signal to the television set where it's playing. In a sense, the switches at the cell surface are analogous to the antenna connected to the television set, in that the environmental conditions or signals – the broadcast - on the outside of the cell is picked up and connected to functions in the stimulus response mechanism within the cell.

Interestingly, the function of a TV antenna picking up different broadcasts is completely homologous to the way the human body works. We have receptors on the surfaces of our skin, specialized for all kinds of broadcast signals; like sight, smell, touch, pain, pressure and so forth. One protein receptor responds to a photon of light hitting the eye; another more specialized version picks up colors and shapes as well. So when a photon of light hits a receptor, it engages the antenna to activate a switch. What occurs in the environment is able to switch on the function of a gene and behavior inside the cell through this antenna-like switching device. What's interesting is that when you culture cells and use enzymes to digest away their surfaces, in a sense their membrane receptors, their antenna, they round up and do nothing. Not until the antennae are replaced do they express a behavior.

The very important part about that says that the cell is the potential, but there is no behavior until the environmental signal is read and interpreted. I started to realize that, Oh my God, the cell doesn't control behavior; the environment does. Even



though we may understand mechanisms at the cellular level, the bottom line is you still have to activate them at some point. That always takes us back to the environmental signal again. So the cell has potential, but that potential will not be realized until it reacts to the environmental signals. This explains why if we place cells in a given environment they form this, and in another environment they form that; because they are just reading the environment and responding to it.

During this process, it also hit me that people are different from each other. So, in my population of fifty trillion cells and in your population of fifty trillion cells, we both have liver cells which do exactly the same job. Our cells do exactly the same thing, except if I put your cells in my body, my immune system will eliminate them, basically saying this cell is not self. It didn't say it wasn't liver, because as liver it will do what your liver does, but it says that it is not self. So in addition to having liver cells, our bodies also identify a self. The question to me at that point was, so, where is this self? And the reality is that it is primarily a complex set of antennae on the surfaces of our cells. I realized okay, you've got a set of antennae, a large combination code with different antennae, and I have a different combination code with a different set of antennae, and no two people are reading the same code. What's more is that, in some sense, all the cells in your body are reading the same signal.

That coordination of fifty trillion cells is going to respond to the same signal. If I put my cells in your body, which listen to a different radio broadcast than yours, and your cells are receiving a broadcast that says okay, everybody on signal turn right, your cells are going to turn right and mine won't; then the system is out of order. The system wants to ensure all cells are reading the same signal. The signals are connected to a set of antenna on the surface of the cell. One subset of these antennae that biologists and medical people use is to match tissue types. That's a subset, not the whole set. It's the subset they've studied for the immune system. What they've shown is that while we can't get a perfect match, we can get a certain percentage and the closer we get to a match of self-reading antennae, the more likely the system will keep those transplanted tissues and not reject them vigorously. So, in a sense, these antennae are indicators, or markers for different selves.

To me, what was important about this was that wherever the antennae are, they read something from the environment outside of them. The television antennae are downloading a television program, but the antennae – or receptors - are not the program; they are the device to download. When everything hit at once back in 1985, I realized that if



my cells are different from your cells because I have a different broadcast, then the reality is that what makes us different is not what's from the inside but the broadcast on the outside.

What led me to the next step was simply this: The cell is like a television set, and the image played on the screen is what is downloaded from the antenna. When we look at a television when the picture tube goes, we say it's dead; but the important question is - does that mean the broadcast has died? The answer is of course it hasn't. And that's what hit me; that whatever it is that makes me different than you is coming in through these antennae. And since it didn't arise from within and it came from without, then if the television dies - my cells - it means the broadcast is still out in the field anyway. All I have to do, just like with the television set, is get another set with the same tuned station, meaning the same set of antennae and that broadcast will play again. And interestingly, the physical character of the TV set, whether it's male or female, or black or white, doesn't matter. It's like, Wow!

**UE** Reincarnation comes to mind.

**BL** Reincarnation and the basic fact of immortality. While you might kill the cells, I'm not the cells, I'm the broadcast! So for a guy who was completely materialistic, allopathic and a hard core scientist, I

was stunned when this hit me! It was like, wait a minute, this says that there's a character, a spiritual identity that exists outside of the body. Before, my conventional self thought, Well, what of devotional belief, it's just a mechanism! (Laughter) It was a real head banger to go from one minute of not being spiritual to the other minute of saying, Well, of course I am! (Laughter). What else?! It's gotta be! It was like, oh my God, this changes everything. That was the beginning of my transformational journey.

**UE** Speaking of transformational moments, you also wrote about the significance of your first visit to a chiropractor and how that visit introduced you to a new understanding of the nature of the mind.

**BL** I was teaching at a medical school in the Caribbean at that time and had just been in a very serious motorcycle accident. My colleagues were very glad to see me come out of the unconscious mode I was in for almost forty-five minutes I think, they gave me the best they could, which was muscle relaxants to help my banged up muscles. When I woke up the morning after the accident, every part of my body was so cranked out from where it should have been, I could barely move. Everything was in pain and even the muscle relaxants weren't doing much good. One of my students saw me and said his roommate was a chiropractor going to medical school and that he does adjustments. One of my conventional beliefs at that time was that chiropractors are quacks; that's what we're told in medical school. On the other hand, I was hurting so bad I had to be open to try anything; these pills weren't doing it anyway.

I went to see him, and because of the nature of my mind, I was like, okay, show me something; I need to see something substantial, because I am not going to believe in chiropractic just on faith. He said, let me show you about muscle-testing, which is something I hadn't heard about back in those days. He says, Hold out your arm and make a statement and then I'll put pressure on it and you resist and see if you can keep your arm up. And I thought, Well, this is foolish. (Laughter) And then it seemed even more foolish, because he said, Hold out your arm, say your name is Bruce and keep it strong. And I thought, Of course I can do that.

It was the second part that just blew me away. In the second part he said, Hold out your arm like you did before, but this time, say your name is Carole, see yourself as a woman, and keep your arm strong. And I thought, This is silly. (Laughter) Of course I can keep my arm strong, I don't care who I say I am. Then I hold out my arm, say my name's Carole and he puts pressure on it and I could feel my arm had lost its strength. Immediately,

I did exactly what I've found out everybody does; I say, Wait, I wasn't ready, let's do it again. (Laughter) Obviously I wasn't ready I thought, because if I was putting any attention to it I could have done this. I held out my arm again and it came down just as fast the second time. But now it got a little freaky because I am realizing, well wait, I am intending to hold up my arm with my conscious mind - which is the mind, as far as I knew it - and I couldn't hold it up in spite of my efforts. And a truth just hit me like a ton of bricks, which was, well then obviously, somebody else is controlling the muscle (laughter) because if I was controlling the muscle, I sure as hell would have kept it strong.

I realized two things: one, not only was something else controlling the muscle, but, two, whatever that thing was, it was more powerful than me, because my conscious mind couldn't override it. It was like a wake-up call; there is somebody or something else involved in controlling this system, I didn't know who or what it was, and I couldn't overpower it. It occurred to me at that point that if this thing is involved with running the system and it can have a different agreement than me and it's stronger than me in following it out, I've got to pay attention. What does it know that I don't know?! (Laughter) What does it believe that I don't believe?

I realized this was a force to contend with! I already recognized that it was stronger than me. That was my opening up to the reality that my God, there are two minds; and one of them I didn't even know was in there. And the one I didn't know, which of course was shockingly the stronger of the two, then made everything suspect in my life, because when things didn't work, is it because the beliefs of this other one were not in agreement, or in alignment,



or what? I had no idea, it just opened up the door to the realization that there was something I left out.

Basically, that's when I started reading about the subconscious mind. I discovered the majority of our thoughts originate from the subconscious mind, and more significantly, that 70% of the thoughts that run through our heads are negative and redundant. I started to realize if the subconscious mind is responsible for those thoughts and if it's the powerful one, then those are the thoughts that control me. And again, this was a waking up to the fact that my conscious mind was second in charge, not primary. I started paying attention to these formerly imperceptible thoughts, the typical ones being 'Well, that's not going to work,' or 'You're not going to get that!' (Laughter) And I realized I'm negating every step in my life before I take it by a mind that is more powerful. I realized that in order to change, I have to identify these things that are sabotaging me and in a sense redirect them every time I hear them; which is a very busy job. These are the thoughts that are running through like lightning, the thoughts at work while sitting at a stoplight, gazing out the car window. When I started to listen to them, I started to correct them, and I realized I spent most of the time correcting thoughts. That was the only way I knew how to get to them, which I later learned to be the foundation of Buddhist mindfulness. By bringing awareness to what it's doing, if we don't let it operate automatically, then we have options to do something with it. We can rewrite things if we are continuously at it through habit, but it's a very difficult process. In the busy world we live in, it's very hard to stop and pay attention to these things.

**UE** And this realization ultimately led you to explore other approaches to working with the subconscious, such as your collaboration with Rob Williams, psychotherapist and founder of PSYCH-K?

**BL** Well, when I used to close my lectures about the new biology, the cell membrane and how the signals that create change come from the mind, etc., people would immediately disregard the details. All they wanted to know was, Well, what do I do about it? It was really disconcerting, because I thought, Well I don't know how to change it! I'm the biology guy; I can only tell you how it works. (Laughter)

So, one day after I gave a talk at an annual conference in the Rocky Mountains, I was taking my seat in the back of the room and heard the next presenter, Rob Williams introduce himself and say he was going to show the audience an approach to reprogram in a matter of minutes the limiting beliefs I had been talking about. This was exciting for me – I thought, sure, I'm open, show me. Rob asked for a volunteer from the room, and of course 2/3 of the



people raised their hands - everybody wanted to change something.

I saw this woman who was timidly raising her hand up and down, up and down, and it was funny because she also caught Rob's attention. Rob asked her to say her name and share with the audience what she would like to change and she immediately turned bright red and couldn't say a word. Rob had to leave the podium and go to the back of the room to talk to her. By now we all knew her greatest concern was speaking in public. He brought her to the front of the room and helped her with a PSYCH-K balance process that took about 10 minutes.

I have the most vividly burned image in my brain of Rob turning her around with his arm on her shoulder, facing the audience, and then removing his arm from her shoulder and suggesting that she tell the audience what she thought of the balance they just did. And this woman, whose name we learned was Pauline, started this dynamic lecture, walking back and forth on the stage, talking to the audience in an excited, but, confident voice. We all just looked at her with these big saucer eyes; here is a woman who couldn't even say her name ten minutes ago. The funniest part was Rob actually had to ask her to sit down because she was using up his lecture time.

I was in complete shock. Even more striking was being able to witness this woman change over the years. Because she was a regular attendee at this conference I saw her frequently, and learned that she formed a Toast Masters group in her home town in Florida, and eventually became an award

winning speaker. After that first conference, I told Rob someday we'll work together. It took about ten or more years, but we finally got together and now we do seminars about four to five times a year. Which is great, because with Rob present, I can turn things over after I give a lecture and say, Here's what you can do, here's a technique to change your beliefs at the subconscious level; I prefer to be the science guy and not the therapeutic guy.

**UE** One of the things I appreciate about your book is how gracefully you link science with spiritual principles in a comprehensible way. Would you close the interview by commenting on your view of frequencies of white light and how this analogy is aligned with your own spiritual orientation?

**BL** Sure. That moment in 1985 when it all came to me that these antennae were reading environmental signals, the most profound change occurred in my life. A weight was lifted that I hadn't even been conscious of. Most people have it but it's not the thing that stands out in neon lights, yet it's built into every movement of our life, and it's the belief of mortality. We see ourselves as mortal, and consequently every step we take is something to protect our mortality with. So without being overtly obvious, every move is really based on survival. When I started to realize that I'm still there whether the body is or not, it all of sudden gave this reassurance that, well, I am immortal! (Laughter) I'm not the body, I'm this other thing. Well, that was this great freedom moment that really opened up this realization of Oh, well, I'll just come back again. It changed how every forward step was no longer hobbled by the first fear of, is this going to kill me? And in the process, I had to

really ask, "Well if we are out there all the time, then what are we?"

And I realized, at some point, all of us are connected to an environmental broadcast, a bandwidth, let's say. Each of us are pulling a combination of different frequencies out of this bandwidth, and that's what we are. I realized that every one of us is part of this bandwidth. So I started to realize that a bandwidth is a series of frequencies. And so let's just consider them light frequencies; they are harmonic at some point anyway. So, let's just say the range of frequencies is light and that humans are different frequencies of light. And this analogy was relevant because the image I use in my lectures is of a beam of light shining through a prism, in which the crystalline structure diffracts the exiting light so that it appears as a rainbow spectrum. The image really shows how we are all part of the same whole. And when we're not in our heads, or when we're out of body, we're back in touch with that field of the whole. That field where all information lies, and all information is all knowledge and all knowledge is all power and all power is all that is. So, what is it? Okay, how about God?

So yeah, God is all the frequencies, not just a bandwidth. For me, it made all this theological information about being a part of God more legitimate from the scientific level, and it also made it understandable away from religious dogma. It revealed the principles behind it, the principles espoused by religions though not always followed by religions, which basically holds that we are all from One, or all that is, or God. In essence, we're all a piece of God, and you can't say there is a piece of God that is not good. If you're shutting out a frequency you're basically shutting out a piece of God. And this is when I



realized that white light exists when all the frequencies are allowed to play, and when you start to remove frequencies by decision, then you can no longer have white light by the nature of it. If you pull a frequency out of the collective white light, whatever is left over is not white light.

I started realizing that it's interesting that people have been waiting for the white light to come back to the planet in the form of some individual, when in fact we are the white light and few of us have ever owned that. I realized that I could live a spiritual - not religious - but a spiritual and scientific life simultaneously. This became very important because I started to realize that when I was out of harmony, it was primarily due to a belief system that I had that was conflicting with my life, and a lot of it had to do with denying spirituality and denying connection with others. The whole golden rule of do unto others as you would have them do unto you is so very true, because you are connected to them; if you hurt them then you hurt yourself and if you harm the planet then you harm yourself. What I started to realize is that we have this great opportunity to step into these bodies and experience the planet, and yet we step into bodies and adopt other people's perceptions, which is our subconscious mind and try to live out their lives of desperation, with our little conscious mind saying, Jeez I'm trying the best I can.

So, for me, it was critical to realize the information we're talking about, which is of an academic, conscious awareness, recognizing this alone did not change my life. Before, I would give the lecture and say we can create this wonderful, magnificent life on this planet, and then everyone would look at me and just sort of cock their heads and think, you know, for

a guy who apparently knows this stuff, your life doesn't look so great. (Laughter) The first big step was to identify first who I was; second came the step to reprogram the belief systems I had acquired from other people. Once I started to do that, I noticed a really interesting change, because I was giving the same lectures but people responded totally differently.

I realized for the words to be meaningful that I can't talk this stuff without doing it. At some point, I made an internal commitment to cancel my lectures until I could go out there and demonstrate and embody that what I was saying was real. And it was actually fun. Once I started to make an effort and fully commit to live according to what I understood, my life changed instantly. After that, it was more fun, because people started to realize that well, apparently he seems to know something because his life doesn't seem that bad anymore! (Laughter)

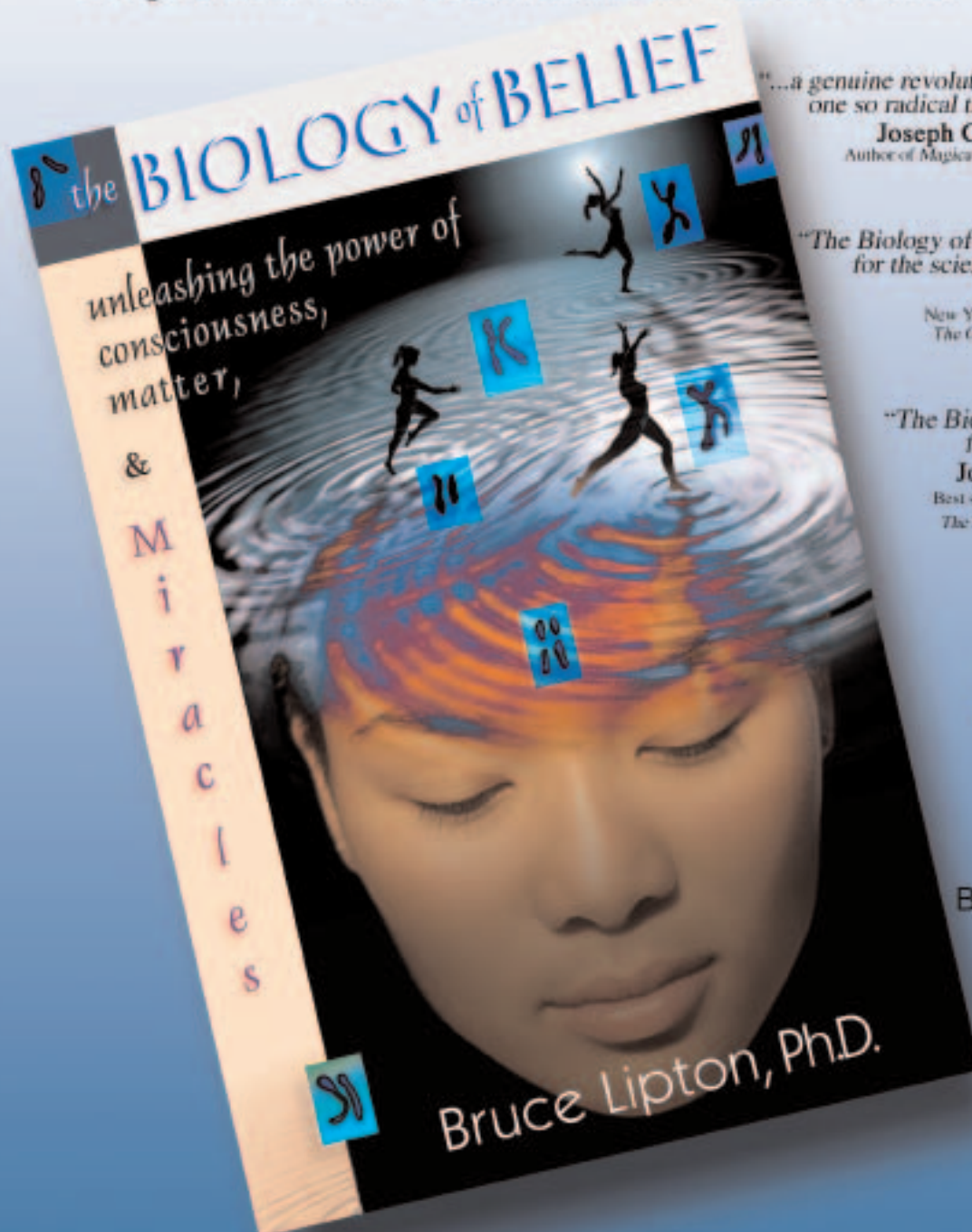
I believe this is actually the heaven that everyone thinks they want to go to. This is the place where you create; heaven is what you create. Unfortunately, since most of our creations come from our subconscious mind, which is so easily programmed by the collective, we'll never experience the heaven that the conscious mind seeks as long as the subconscious mind is operating with beliefs that are not coherent with that. Hopefully, as we recognize that many of the beliefs that propel our lives are self-limiting, we'll be inspired to change those beliefs and create heaven together.

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