

*Heather:* This is Heather Fougner and I'd like to welcome you to the *Infinite Love & Gratitude* podcast series, where we interview the most renowned leaders in transforming your life. These podcasts are brought to you by Dr. Darren Weissman, holistic physician, speaker, and author of the book *The Power of Infinite Love & Gratitude*. Dr. Weissman's book offers a compelling new model for disease and the role that it plays in our lives. In his book, you will learn the complex language of physical symptoms, disease, and stress, so you can unleash your mind and body's extraordinary capacity for healing.

It is my pleasure to welcome Dr. Darren Weissman and our special guest Dr. Bruce Lipton in today's podcast. Dr. Bruce Lipton is an internationally recognized authority on bridging science and spirit. He is doing groundbreaking work in the field of new biology, and his book *The Biology of Belief* will forever change the way you think about thinking. In his book, Dr. Lipton offers the latest and best research in cell biology and quantum physics, which is being hailed as a major breakthrough, showing that, regardless of your DNA, your body can be changed as you change your thinking.

Welcome Darren. Welcome Bruce.

*Darren Weissman:* Thanks so much for having us.

*Bruce Lipton:* Thanks Heather.

*Heather:* Bruce, Darren and I love your book, *The Biology of Belief* and, in fact, everyone we know loves your book, because you actually show, scientifically, how powerful our thoughts and beliefs are and you make it so easy for anyone to understand. Could you share how you came to this realization?

*Bruce Lipton:* Well, it's a long lineage that started first with the fact that when I was very young people started giving me advice, as that young child. There were people who gave me spiritual advice sounded very, very good and wonderful but, as that young child, I also noticed that their lives in no way really matched all the wonderful things that they were talking about.

And, at the same time, I was also being introduced to the world of science, and what I loved about the world of science is that a scientific truth is valid on the side of the planet at the same time it's valid on the other side of the planet. It doesn't make a difference where you come from; a scientific truth is really a truth.

So I really shied away from the whole world of spirituality and dug deep into the world of science and, in that process, really was programmed with a conventional scientific belief that a human body was more or less a biochemical machine controlled by genes. And, as a result of that, it really gave us the kind of concept that we're more or less victims of our biology, and that genes apparently control our traits; and we get genes at the moment of conception and apparently, as far as we know, we don't have any voice in selecting those particular genes; and these genes that we get we can't even change really.

So that, all of a sudden, we start to realize that our traits are controlled by our genes and we have no choice or ability to change those genes, and that really leads to the kind of discussion that I was providing medical students in my career, that humans are essentially genetic automatons, and they're victims in a sense of heredity because their inability to override or control their genes, that their genes control them. That's what I was teaching.

So it's interesting that I was teaching in medical school the foundation for medical students was that a human is a victim of their biochemistry and genetics and, as a victim, they need a rescuer. And here I was programming rescuers, telling them, "This is how it works. And if you understand all this machinery, then you, as a medical doctor for example, can go in there and adjust the chemistry and try to manipulate the genes, and help people overcome their genetic heredity issues." And that's very unfortunate because it really is programming of victimization.

And while I was doing that work in teaching I was actually carrying out research on stem cells. And it's very interesting because a lot of people think stem cells are something relatively new, and I was actually cloning stem cells back about 40 years ago. And I had such a profound awareness offered by myself in tissue cultures that it totally blew my mind because – very simple experiment – I could just really just say it summarized very simply as: I would isolate one, single stem cell, put it into a tissue culture dish, and it would divide into 2, 4, 8, 16, 32, and pretty soon I'd have thousands of cells in my Petri dish. And what was very important about this is that all of the cells were derived from one parent cell, which then – especially \_\_\_\_ all the siblings cells in that tissue culture dish were genetically identical 'cause they came from the same parent.

So here I am dealing with thousands of genetically identical cells. The earliest experiments I split the population of cells into three

different groups and inoculated each of these different populations into a different Petri dish, so I'd have three Petri dishes. And the difference between the Petri dishes is that the growth medium had slightly different constituents in it from one dish to the next to the next.

So, I take genetically identical cells, put 'em into three Petri dishes, which have three different environments, as expressed in the growth medium, and the amazing results were that in one dish my cells formed muscle, another dish my cells formed bone, and in the third dish the cells formed fat cells. Well, what blew me away instantaneous is that here I am teaching medical students that genes control life. I have genetically identical cells in each of the Petri dishes and, yet, they have vastly different expressions and \_\_\_\_.

And so the question comes down: Why or how or what's responsible for the differences between these expressions of these cells? And the answer came down to, very simply, the only thing that was different was the environment, and all of sudden that really hit me. I said, "Oh, my God! The fate of the cell wasn't based on the genes that they had. The fate of the cell was based on the environment in which the cells were living." And the significance of that is if you change the environment you change the fate of the cells. And this was a complete contradiction to the basic science I was providing medical students, that genes controlled the expression of cells.

That was a very beginning insight and ultimately led to an awareness of exactly how this works. The most important thing that actually occurred was to recognize that the conventional belief that most people are programmed with, that genes control their lives, is actually a myth. That's not what controls life, that life is really the consequence of an organism interacting with the environment, and this interaction is really based on the organism's ability to receive and respond to signals from the environment.

So, basically, it said that our fates were not genetically fixed, that we could modify the genetic expression based on the environment that we find ourselves in. Well, this was, I guess, initial pioneering studies in what is now a brand-new field of biology called epigenetics. And basically, just to explain briefly what the difference is between the new science and the old version, which almost everybody has been programmed with, is the old version you dealt with a concept called genetic control, which simply is just genes controlled by genes. And that's the belief, yes, you're a

genetic automaton and your body and character are programmed in your genes. That's what belief we were learning.

The new science, epigenetic control, is profoundly different. The prefix, epi-, means "above." So when I say a word like "epidermis," epidermis means "above the dermis"; that's the skin, so the skin is called the epidermis. So, if I say "epigenetic control," what I'm actually literally saying is "control above the genes." Well, this the startling breakthrough science that has come into our awareness in the last 10 or 15 years. Even though I saw the foundation of this 40 years ago, science has now established this reality that epigenetic control mechanisms are processes by which an organism responds to its environment, and then the organism influences and controls its own genetic activity.

Well, there's a very big difference between the original belief of genetic control and the new one of epigenetic control for a simple reason: genetic control says you're a victim because genes control you. Epigenetic control says it's how you respond to the environment that influences the genes. Well, the theory about that says, well then, if you change environments you change your genetic behavior and your biology. And so, the significance is, we're not fixed in our fate, that we have the ability to modify our own genetic expression by how we respond to the environment, how the things we believe are perceived from that environment.

And so we go from an older version, which unfortunately most of the population is still programmed with, that they are victims of their genes, to a new biology that says you are the master of your genes and you have the ability to actually change your genetic activity by the way you live your life and the beliefs that you were programmed with. By affecting those then you affect your life.

Therefore, you are put in a position where you can be the master of your life, because you obviously can change your perception of the world and change our environment, so we are no longer limited by our genes. This new vision is the freedom to be the creator of your life on this planet and not the recipient of a bad set of life programs because of heredity. So, this is just a complete reversal of conventional scientific awareness, in regard to who's in charge.

*Heather:*

Incredibly empowering, too. Bruce, I'm wondering, you talked about perception and responding to the signals in our environment. I wanted to see if we can talk a little about perception and emotion. Why are our emotions and our perceptions so important, and how have you talked to people about changing them?

*Bruce Lipton:* Well, let's get into the first thing about emotions, and I'd like to include in that same topic symptoms.

*Heather:* Right.

*Bruce Lipton:* And the reason why: Emotions and symptoms are a communication from the cells of your body to your mind. I think we actually should back up one little step and start with this first idea.

When I was talking about taking my tissue culture cells and changing the environment and creating different fates for the cells, I want to advance that vision just a little bit more by saying that while we, as individuals, look in the mirror and see ourselves as a single entities, this is a misperception. Because, in the truth, we are made out of 50 trillion cells, and it's the cells that are the living entity. We – when I say that “we,” that royal “we” – is actually my mind talking for 50 trillion sentient living cells that make up my body, so I am essentially a community.

And the relationship between our mind and the cells is that the mind is, in a sense, a government that is influencing the activity and the expression of the cells that make up our body. And the government's function is to interpret the world for the cells and then adjust the biology, so that we can survive and, hopefully, thrive in the world that we find ourselves. So, the mind talks to the cells and gives cells information about what they should do and how they should respond to the conditions of the world that we're living in.

Well, what's very interesting, that, itself, is a one-way director of information, mind to body. But the 50 trillion cells, the citizens of the community that we call our body, also speak back to the mind to say, “How are things running in that country you call your body?”

And so, the mind is the government sending information out to the citizens, the cells, but the cells send information back to the mind to inform them of the day-to-day operation. How's the community experiencing life? Well, this information that the cells send to the body are actually the things that we unconsciously experience as emotions and symptoms, and so the body is talking to us through these emotions and symptoms.

And when I give lectures, what I try to give people an understanding of the value of what these represent, is that I talk about the body as a vehicle – which a lot of people will mention that just as an analogy: The human body is like a vehicle that moves around. And what I try to let people understand about the nature of motions and symptoms is this, is that when we drive our car we have a dashboard with gauges all over it, and as we're driving the vehicle we can reflect on the performance of the vehicle by looking at the gauges.

I'll give you a simple example, the one I use in lectures most frequently. I say, look, you start up your car in the morning and the temperature gauge is cold. You start to warm it up and then the gauge is in the middle in what is called the operating range, so this is a good place to run. Then, all of a sudden, you get in stop-and-go traffic, and when you get into stop-and-go traffic you start to see that the temperature gauge starts inching up to get hotter and hotter and hotter, and there's a point where it's going into the red zone. You, as a conscientious driver, would look at the gauge and go, "Oh, my goodness. This thing is gonna overheat. I better pull over here and let this thing cool off." And that makes obvious sense and logical, and prolongs the life of the vehicle, which it would do.

Now, I'm gonna advance that and say, the biological vehicle's got gauges, but they're not the kinds of gauges with LED lights or little pointers on it; their gauges are sensory, that our gauges, our equivalent of the human dashboard, are emotions. So, if we are then carrying out our lives and pay attention to our emotions, that's essentially watching the gauges.

I love it 'cause in my analogy I talk about the temperature gauge. Well, anger is like a temperature gauge, and it says that as you start to get angry you get hotter, and what people unfortunately do as they get angry is get angrier. They get angrier and angrier until they blow a gasket, more or less. And the simple reality is, that they don't recognize is, that that anger was a feedback from the system saying, "You're driving this vehicle and it's not in its normal range of healthy function." Had it been a gauge with a needle on it, and we actually saw, "Ooh, my anger gauge, the needle's going in the red. I should pull over and cool off," that would prolong the system and it would be better for the vehicle and the operator to pay attention.

We don't see the symptoms as that. We just say, oh, that's just passing stuff that's going on in your life. It's like, no, if I was

really given a good driver education course that said, “Pay attention to those symptoms, because those are the gauges that are telling you about the response of your body” – and the emotions and the symptoms – actually both of those – are feedback to the biology.

What’s very interesting – and you look at the world that we live in – the fields of conventional medicine, it’s function, at least the way they carry it out, is if your gauges or your symptoms start to show up on the dashboard, what their tendency is to do is they give you a medication to shut off the sensation, shut off the symptoms. You know what that’s really tantamount to doing? That’s the equivalent of driving your vehicle and then deciding, “Oh, I’ll just put masking tape over the gauges so I don’t have to watch what’s going on.”

And so, it’s unfortunate because our conventional way of treating people’s problems is to say, “What are your symptoms?” and then try to eliminate the symptoms when, in fact, the symptoms were the gauges that, had we paid attention to them – and the same thing with emotions – had we paid attention to them, then we would incorporate that information into the way we run our life, and adjust the way we run our life to have vehicle run much more smoothly and more healthfully.

So, the issue of emotions in this are that this is dialogue from the cells and they’re really – it’s important because a leader that doesn’t listen to its constituents can destroy the country, as we’re well aware right now, and the significance of that is the country in your own body is talking to all the time; it’s just time for us to become aware of – listen to these voices that are coming from within, because they’re important in guiding us to where we go.

*Heather:* Absolutely. And, Darren, I know that in your book, *The Power of Infinite Love & Gratitude*, and in your seminars you teach a lot about emotions and symptoms, and Bruce’s work has played a big influence for you on this. How did it play a role for you in your work and in creating the LifeLine Technique?

*Darren Weissman:* Well, I’m just lovin’ this dialogue and just listening to you speak, Bruce, because the concept of symptoms being the language in the conversation that’s stemming from ourselves is just such a truth that so many people ultimately deny because they just don’t know what they don’t know.



And even though on a core level we're aware that when our body talks to us that we need to do something about it, but what most people know is that, "If I take a pill, an aspirin or a Tylenol for a headache, I can make it go away," but what does that really do? And whether it be putting the tape over the speedometer, or having that red light go on telling you that you're overheating and smashing that with a hammer, ultimately you're denying a true and authentic dialogue that's going on.

In the LifeLine Technique, which is really an integrated system that has built upon Bruce's work, helps a person understand what aspect of themselves is truly speaking; that this conversation of a headache, or digestive issues, or immune compromised, or a person that's always in depression or anxiety isn't who they are in the here and now. It actually represents a part of them that is in a there and then of the past or the future that represents a subconscious pattern of reaction.

And so, in the LifeLine Technique, we use something that's called the LifeLine Technique flow chart, which literally is a road map of the subconscious mind; it's a blueprint of the subconscious mind. And we also use something that's called muscle testing, kinesiology. And for people that don't know what muscle testing is, it is a system that many holistic practitioners these days use, and many people are aware of, that evaluate the body in a reflexive type of way – in a reflexive way.

And if you think for a moment what a reflex is, when a doctor takes a reflex hammer and taps on your knee, as much as you say, "I'm not gonna move it. Consciously, I'm not gonna let my knee kick," what happens? It kicks. When somebody flicks your fingers toward your eyes, as much as you don't wanna blink, this is a primal reflex based upon survival and protection.

That muscle testing taps into that same category of automatic reactionary patterns, and so in the LifeLine Technique we use muscle testing to access the subconscious mind. And people might come in with particular symptoms that they're complaining of, but what we do is we, say, set an intention for this session of doing the LifeLine Technique and somebody says, "Well, I want the pain to go away."

And what's interesting is I always say to somebody – I said, "I appreciate that you want the pain to go away. I appreciate that you don't want your body to talk with cancer. I appreciate that you don't want autoimmune disease, or the spiraling bipolar,



depression, anxiety going on. I appreciate that.” However, you always make an intention about where you're going rather than what you're getting rid of, because the intention that a person creates becomes that vibration or that harmonic that matches a pattern that's going on in the subconscious mind.

We wanna get to that space and place that's communicating in a reactionary way as the symptom, as the emotion. And so, in doing this, in using the muscle testing, we then are able to really, what I call, bridge the gap. Bridge the gap between the conscious symptom and the conscious intention with the subconscious pattern of reaction that's based upon protection.

And I think what's interesting – and, Bruce, you talked about it, as far as the subconscious mind controlling this whole government of individual cells individually and collectively. But also, just to add to that, that the subconscious mind is the place where emotions and memories, experiences that have never been processed, are kept. The subconscious mind is the place that holds onto these memories that have never been processed.

And all the sensory experiences of those moments that have never been processed, even though they're not integrated, they're still alive within a person. So, when they get activated by a person's environment, when they get activated by something that a person sees, or hears, or smells, or tastes, touch, feels, the person reacts as in the knee-jerk reflex or the eye blinking. They react in an automatic, autonomic, reflexive way where their heart beats as if that situation is going on for the first time when they were three- to four-years-of-age, in that environment of anger where the temperature got hot.

Here they are in a situation that has nothing to do with anger and, all of a sudden, something activates on the sensory perceptual level that experience. A belief pattern's been activated and they react, and their physiology – 'cause the mind and body are one – boom, send them into this motion of the symptom that is the language that our life and body use.

And so, what I always like to say is that even though it's not fun to have the symptoms, or the stress, or the disease that you may have been diagnosed with, this is the language that your life and your body are using to ultimately help you reconnect to a part of yourself that you would otherwise never be able to do, because when you change your view of the environment, the environment changes.

And so, here we are, and we're in this environment. It activates an environment that's not even in the now, and we're reacting out of a there and then, which is a very limited environment, that the system is in a spiraling loop of repetition. And what the LifeLine Technique does is that, using the universal key of vibratory frequency of the evocation of the words "infinite love and gratitude," and this hand mudra of "I love you," when we connect to this subconscious part of a person they can't help but respond. It's almost like we are able to fake the subconscious mind out by tapping into it and, once were tapped into it, it can't help but respond.

And so, when people don't know that they can actually harmonize and change the environment that is stuck within them in a repetitious pattern – when they don't know it, then they don't know it, and then they repeat the same things over and over again. And now they're on the suffering, victimized journey, whether that be science, and teaching victimization type of science, or whether it be someone who repeats patterns of relationship, whether it be people who repeat patterns of disease.

It keeps going. It keeps going until you bridge the gap, and that's what the LifeLine Technique does, is it throws a lifeline to a part of ourself that is in a drowning situation. And the lifeline, when that part is able to choose to grab it, it brings them up to a place where they're able to break the survival pattern into the thrival pattern.

It's so beautiful because – as Bruce is talking – we don't perceive the truth ever; we only perceive what we believe. And so, based upon limiting belief patterns that we're programmed with when we're children, when we're in utero – preconception based upon those programs that picked the patterns of expression of emotion and symptoms. And LifeLine is a technology, and a philosophy; and ultimately, based upon the science of epigenetics and other amazing sciences that are being born in this new age of spirituality and science, it integrates all of these things and awakening people to a truth whose profundity really – we're scratching the surface right now.

And I'm very excited just to be able to share this with people, because when somebody wakes up, when somebody realizes – I had a woman who came in to see me this morning that I was working with. She weighs almost 400 pounds and she – this is my

third time seeing her, and she's been suffering with obesity and suffering with – today she came on in, I said, "How you doing?"

She goes, "I'm just so excited because my life has changed," because she realizes what got her to this place of self-destruction isn't who she is; it's who she was, and she didn't know that until we actually threw her the first lifeline. And now we've done three sessions and this woman is in her power, and we're educating her with acts of self-love, educating her with water, and food, and sleep, and exercise, and owning her power.

It becomes a beautiful experience and, based upon Bruce's work of understanding is not your genes that decide who you will be or what you can – what your potential is, that it exists in your perception and, ultimately, when you have a perception of a "now," not of a past, not of a present, not of a future, but a now where we realize that in one moment you're connected to the infinite, that things can't help but change and shine.

*Heather:*

That's amazing, Darren. And what I love about your work and Bruce's work is this whole idea that, while many of us thought that the conscious mind was all there is, we now open the door to this whole new world of power and the subconscious mind.

Bruce, you talked about this at an I Can Do It! conference recently in Las Vegas about the difference between the conscious mind and the subconscious mind. Could you talk a little bit about that?

*Bruce Lipton:*

Yeah. It's so critical because it's – basically, the point that Darren's work is really just coming down to, is to recognize that these two minds exist and how they work with each other, because our conventional awareness, if you ask – I'll use the Sarah Palinism "Joe Six-pack" – on the street – I would say, "Who's controlling your life? I mean, who's the navigator that's controlling your life?"

And the guy will say, "I control my life."

Well then, all of a sudden, I say, "You know, that "I" that you're talking about that your personal source, your identity, that's part of what we call your conscious mind, and it's very different than what we call the subconscious mind."

The conscious mind is a relatively small addition to the brain that evolved rather recently and has provided for what we call consciousness. The conscious mind is very critical. The conscious mind is the mind that's connected with our source, our identity, our

spirit and, most importantly, this is the mind that has reasoning and logic to it. And – and this is the clear one – the conscious mind has your wishes, and your desires, and your aspirations for life; those are part of your conscious mind.

So, Heather, if I say, “What do you want outta life? Tell me what you want,” the answers you’re gonna give me are gonna come from your conscious mind.

This is the mind that we say, “This is what I want out of my life, and this is where I’m navigating my life, and I wanna get this.” And it turns out, in spite of my navigating, I have trouble getting there if I ever do.

And so, what that leads the average person on the street to believe is, “Well, I have these great desires for health, and happiness, and harmony,” and all these things, “and this is where I wanna go but, apparently, I have trouble getting there. So the universe is sort of against me because it’s my desire to get there and I’m not getting there, so there must be forces that are preventing me from getting there.” And then we look at ourselves as victims. “Of course I wanted all these things and I didn’t get ‘em, so I’m a victim.”

Now, the new science reveals the most important aspect of this is, yes, the conscious mind has your wishes, and desires, and wants in it, but neuroscience now reveals that the conscious mind only controls your biology about five percent of the time; 95 percent of your biology is controlled by your subconscious mind. And the significance about this is the subconscious mind’s also called the unconscious mind, what it really means is it’s the mind that does all the behaviors without you even thinking about ‘em. They’re automatic. They’re almost reflexive.

And so, why is this relevant? It says 95 percent of your life is controlled by the subconscious mind, 5 percent is controlled by your conscious. The conscious has your wishes and desires in it. The subconscious mind is primarily program. From experiences that we’ve gone through from like the late fetal stages of development through the primary first five years of our lives, we get the programs that we operate from the subconscious mind.

Well, here’s the most important clue to that. I’ll give an analogy story ‘cause it’ll make sense to a lot of people. I buy you a brand-new iPod. You open up the box, you take the iPod out, you push

“play.” Nothing happens. And the reason is you didn’t program anything in there. That’s why nothing can play.

Well, when we talk about a child’s mind developing, it’s sort of like the iPod, where consciousness is the “play” button. Conscious is I can play this machine. But when a child’s just born, if we could speak to that child at the moment of birth, and I say, “Okay, think of something,” the child would not have any response because there are no experiences to think about. There are no visions, programs, anything in the database. There’s no data.

So consciousness, as a mental processing, actually doesn’t begin in a child until about age six when the brain’s EEG activity starts to become more predominantly in alpha phase, which is consciousness. Up through – from pre-birth through age five, at least, the predominant brain state is called theta. It’s a lower EEG activity.

Theta’s unique. Theta is – when we’re in theta, we’re in a state of imagination. So, when you think about it, children up through five spend most of their lives mixing the real world and the imaginary world together. That’s because they’re in theta. But, more profoundly, theta is also called the hypnogogic trance. A hypnogogic trance is hypnosis.

A child, for the first five years, is in a state of neurological hypnosis. What it means is everything that child hears, sees, experiences is downloaded into the memory, and whatever the programs are they just are straight downloaded in the memory. The significance is the child’s not conscious so it’s not discriminating the program. It doesn’t even know half the programs that are going in there. It’s in a state of hypnosis.

Well, now we come to the understanding of today’s modern neuroscience that says we only run our lives 5 percent with our conscious mind, which is what we want outta life, and 95 percent of our life is run from the habit-containing subconscious mind. And now we recognize – guess what? – the fundamental belief in programs in that subconscious mind. We didn’t put them in there. We copied them from other people.

And why is that relevant? Because we bought their truths and their programs, and then put it into our habit subconscious mind. And so, 95 percent of the day the fundamental programs we’re operating from are not the wishes, and desires, and aspirations that

we hold in our conscious mind. They're the programs that were installed by other people into our subconscious mind.

And the truth is, inevitably, almost all of us, the programming that we received in those five years are limiting, and disempowering, and self-sabotaging. And that means that, 95 percent of the day, we're not operating in a neural system that takes us to where we wanna go. We're operating in a reflex, habitual program that other people put in there, and that our lives become created by those programs.

And the big shock for most people is, as I said – “Joe Six-pack, hey, who's running your life?”

“I'm running my life.”

And then I say, “No. Nope, nope. You're running your life for five percent of the time. Your subconscious is running it for 95 percent of the time.”

And that individual may say to me, “Oh, I'd be aware if I was obviously sabotaging myself, or cutting my feet off, or if by these behaviors, I'd be aware of it.”

And then I'd say, “Uh-huh. That's another mistake.”

And I usually give this little story in my lectures so people laugh, because almost everyone is familiar with it. I give a story; I say, “You have a friend and you know your friend's parents, and you recognize that your friend displays much of the same behavior that their parent displays. So one day you casually acknowledge to your friend, ‘You know, Bill, you're just like your dad.’

“And then you have to back away from Bill because he's gonna vent like, ‘What, are you crazy? How can you make that comparison? I'm not like my dad.’”

And while most people are very familiar with that, here's the profound nature, the meaning of that. Everyone else can see the Bill behaves like his dad because he got those programs from his dad in his first five years, and they're in his subconscious mind. It's only Bill who doesn't see the program. And why is that important? Because we rarely observe the unconscious behavior. That's why it's called unconscious.

And, since those unconscious behaviors were programmed by other people, then there's very good reason why you have trouble getting to where you wanna go in your life with your conscious desires and wishes, because that mind only works five percent of the time. The invisible action of the subconscious mind is really controlling the show.

But the key word was “invisible action,” and then that leaves the guy on the street thinking, “Geez, my intention was to be healthy, wealthy, and have a wonderful relationship. I'm not getting those, even though that's my intention. Therefore, the universe is against me and I'm a victim.”

And it's like, “Whoa! Guess what? You did it yourself and you didn't see it because of that unconscious belief.”

So, the unconscious beliefs are the programming. They're like driver education. When you get into the car, you don't know how to drive a car; someone's helping you.

“Here's how you drive this vehicle.”

And then they teach you how to drive. Whatever they taught you the way to drive, that's the behavior that's in your subconscious mind. So, why this is relevant, medicine talks about the body of the vehicle, but medicine has inevitably left out for hundreds of years the concept that there's a driver in the vehicle.

So, medicine looks at your life and says, “Oh, anything that's wrong with your biology, well, that's something wrong with your cells, and your genes, and your biochemistry. It has nothing to do with you.” We now recognize of course there's a driver. And this is through the new understanding of epigenetics, where the driver, the mind, is actually manipulating the chemistry and the genetics.

And so, all of a sudden, we have to bring a driver into the story. Well, again, in my lecture I give a little story. I say, “I sell my standard shift car to a person who doesn't know how to drive stick. They drive it away, the car is jerking and bucking, and they're going down the street. And then they call me two days later and tell me the lemon I sold them, it's got a bad clutch.

So I say, ‘Take it to the car doctor.’

You know, the doctor, he's gonna do a diagnoses. The repairman puts the car up on the lift, looks at it and says, ‘Yeah, yeah. You



have a clutch dysfunction. And we've got a prescription. We'll replace that clutch for you.'

So they put the new clutch in, the guy takes the car out of the shop with a new clutch, jerking, bucking down the street he drives. And then, another week or two later, he comes back in, he says to the repairman, 'You know that clutch you gave me? Take a look at it.'

The repairman puts it back on the lift and says, 'Oh, you have chronic clutch dysfunction. And, therefore, now we're gonna give you a prescription to get a clutch every two weeks.'"

And the simple point was that is the way medicine treats our issues. The obvious thing you would have to look at, if you were being aware, is you're not really driving that vehicle correctly. If I teach you how to drive stick, guess what? If I give you good driver education, you'll learn how to drive that car in such a way that that clutch will last 100,000/200,000 miles.

And so the issue is conventional medicine keeps taking the responsibility of our lives away from us and blaming our biology for the problem. And the new awareness and LifeLine is – the whole concept of this – is driver education, and LifeLine is, "Okay, let's reprogram your driving skills with this body because, apparently, in your early stages, whoever gave you this driver education put programs in there that are limiting and sabotaging your health and your biology invisibly, because you're doing these habitual programs that you don't see that you're doing.

And LifeLine then, ultimately, is very serious in this regard, because it says, "Well, I can keep replacing your clutch or how about if I just teach ya how to drive better?" And that is the holistic, health, and pure way of bringing health to the system, rather than to continuously feed ourselves chemicals, and drugs, and other things to compensate for bad driving.

*Darren Weissman:* So, if somebody comes and they've got chronic clutch syndrome, or it's "Joe Six-pack" and he's the victim of experiences, whether it be the clutch – whatever it might be – and now he wants to be the great driver. He wants to take his power back, he wants to love himself, he wants to break that pattern of unhealthy relationships of self sabotage, of doing healthy things. And they get into that, but they start noticing that other things start to come up, they start noticing that, whether it be emotions of fear, or they have digestive challenges that come up.

What's your responses toward people that, all of a sudden they start realizing that there is this connection between law of attraction, and they wanna think healthier and feel healthier and do things, but, as they start to do it, they start noticing that their body and life begin to speak to them more? Can you speak about this?

*Bruce Lipton:*

Yeah. I think, basically, it's very interesting because, when we put behaviors into the system, some behaviors build on top of other behaviors. And it's very interesting because a lot of behaviors that we express, when we go back into them and we say, "Oh, that's not really a great behavior," what we recognize in many cases that, even though that's not a great behavior, this behavior was added on top of another behavior that was worse even.

And so, sometimes you say, "Oh, I wanna adjust that behavior that I just had," and so you fix that behavior, and now you've exposed, underneath, programming that was deeper, that you essentially even used compensatory behaviors – not that great but better than the problems that you had even deeper – so that when you removed the cover of the compensatory behaviors, other behaviors are underneath and start to manifest themselves.

So it doesn't mean it's the end of the line. It just basically says, okay, you started the process. You started clearing some of the stuff off the top and you find there's other things deeper, and your body is now saying, "Okay, we've not dealt with these issues for years because you put this other compensatory behavior on top." And now that you're working on that, these deeper things start to manifest. And, basically, since you've already understood how you've already reprogrammed the compensatory behaviors that you were dealing with first, and these other ones come up.

It says, yeah, continue the process and start clearing the system, because there's layers of programs that are built one on top of the other and, as you clear one layer, you frequently start to expose other layers. That doesn't mean it's the end or it's bad. Actually, it's a great thing because it says, you know, you've had them in there all the time anyway. You just didn't see 'em. Now that you're seeing them, you can do something about it. When you didn't see it, it was invisible, and they were undermining you without you even knowing they were there.

So, yeah, part of many healing phenomena is that there is then a release of toxins and other aspects that were negative in this healing process. And that's not to be marginalized; that's actually

to be welcomed because it says, good, we're getting deeper and we're gonna get more of those.

*Darren Weissman:* I think the cool thing, too, is to recognize that whether being a deeper level when that a – when a person is in the world of duality – of victim, of perpetrator, of right or wrong, good or bad – that the deeper you go, ultimately you get to a place where, as you said, even though it's here's 50 trillion cells, it's one being. And, as we look in the mirror, we're not separate from each other either, that were all interconnected, that when you get down to the truth of it that we're never separate, and that our power is beyond measure, and that –

What I found is that there is a part of us that is so much more afraid of how powerful we can be, rather than the inadequacies that we define, identify, limit ourselves by. And the symptoms themselves become a form of addiction, a subconscious addiction, ultimately representing a distractionary pattern that the subconscious mind uses as a means to protect a part of ourselves that's saying, "Are you really ready to accept, and forgive, and thank, and love all parts of yourself and everyone around you," because your environment, every part of you and your life is one, and has an interconnectedness in this quantum holographic universe.

*Bruce Lipton:* Oh, absolutely. And this is the exciting part, because what my research led me from – remember when I started teaching medical school I'm teaching victims, and all the research, when I started to get into the nature of the perceptions, and programming of perceptions, and stimulus response actions, and all that, then come out the other end and say, "Oh, my God. I'm not a victim of anything other than my own belief system," because, as I changed those beliefs, I started to empower myself.

Well, you're absolutely right because people do get nervous about that empowerment, because underneath that is the recognition, and a requirement of recognition is personal responsibility. And we have been continuously programmed in our world. Nobody's responsible for anything, even the president. I mean, we look up to the higher levels as they're not responsible; nobody's responsible. So when, all of a sudden, you're confronted with a reality that you're actually responsible for everything in your life, that, to many people, is freaky and scary and actually turns them off.

It's interesting. When I used to – I tried this for a period where when I come to the end of the lecture and I say, "Well, if you

really understand what I'm talking about and all these mechanisms I've just laid out here, you recognize that you are personally responsible for everything in your life."

Well, you know what was interesting was right up to that moment the audience was like, "Wow! This is great. I love this science. This is really wonderful."

Then I say, "You're personally responsible for everything in your life," and just, all of a sudden, they turn on me in a minute.

It was just like – they were angry. They were angry because they would stop and look at their lives and go, "I was responsible for that?" And they so denied that, they just let go of the entire method because it was too much to own personal responsibility.

I essentially stopped doing that because I realized, "This isn't helping anybody."

But I remember there was – right near the end of using that as a closing part of my lecture, some woman came up after one of those lectures where I close with that and she was so distraught. She came in with her husband, she was crying, she said, "Bruce, I gotta have a different conclusion. I go back over my life and I really – I cannot believe I am responsible for these things that happened in my life."

And so, I was trying to think – "Well, that is the conclusion. I can't think of another conclusion." And then I came up with this, and it was really interesting because this allowed her to get through it. I said to her – I can't rewrite the conclusion, but I did say this: I said, "You are personally responsible for everything in your life once you become aware that you are personally responsible for everything in your life."

So I said, "Look, when we were ignorant because no one gave us any indication, or driver education, or awareness of how this thing works, life went on. We did it and we just followed through, because that's all we knew. Now, I'm saying – okay, today, now I'm gonna tell you, you've been responsible for this. But then I'm also gonna acknowledge I'm not holding you to any ownership of the past, when you were ignorant, but I am gonna have you recognize the ownership of your power from this point on into the future."

So, what it really says – if you really get deep into it, it says the concept of blame, and victim, and guilt, and all those things that we carry with us over this immediately is release when you're told, "Look, you didn't know you were doing it. You had no information of how or why it worked. You were just thrown out into the game with some limited information."

Of course nobody knew what they were doing, but if we understand what we're doing now, then what we have an opportunity to do is rewrite the driver education program, rewrite our lives. But, in the process, let go of the guilt that we may have, or the blame that we put onto others, and let go of the things that other people did to us, because they were operating from the same ignorance.

The most important thing we really have to do is the concept of forgiveness: forgive ourselves and, most important, you forgive the others because, like ourselves, they didn't know what the heck they were doing either.

*Darren Weissman:* Yeah, that's so beautiful. And that's, to me – you know, Louise Hey, who is the matriarch of just keeping it simple as, "I love you. I love me. I forgive you. I forgive me." And I think to bridge that, as far as the new science and the environment, will affect our response and our reaction. And how we view our environment ultimately views how we react and respond to our environment.

I think one of the things that has been helpful when I speak to people is I say, "Here's the number one rule if you want to step into this new paradigm. You're not allowed to take anything personally." You're not allowed to take anything personally but rather, because you recognize that everything has an interconnectedness that's interwoven in the fabric of the divine matrix, that we take everything seriously because everything has meaning.

And when you discover that there is a meaning in someone, in something, in anything and everything and nothing, when you realize that there's meaning, that is the spiritual view. And now, when you see through the eyes of your spirit – and my perception of spirit is spirit of pure love. And so, when you see through the eyes of pure love, when you hear through the ears of pure love, when you feel through the heart of pure love now what is that response of that part of you that you've been blaming, shaming, guilt, wronging in one way or another?

It opens you up to now changing your view of the environment, which now the environment changes into this perception of love. And love is something that is – love is everything, and love is – fear is love being expressed the best way it knows how. Anger is love being expressed the best way it knows how. And so, in doing your best not to take anything personally, it opens you up to that, and the challenge is that everyone goes inside and we realize, “Well, there’s a part of me that takes everything personally,” and that’s the part of that woman that got so angry and so distraught, because that was the human part of her rather than the spiritual part of her.

*Bruce Lipton:* Yeah. And those are the programs that we’re in, because once we – if we fall victim to those – the key word is victim, because, in our world, what we basically have is a victim/rescuer duality: that people are victims and they require rescuers. Well, if I program you to be victim and I am the rescuer, what am I doing? I’m programming my business.

And so, the reality is I take away your power and tell you, “No, I’m the guy that – you got all these problems, you have to come over here and I’ll be the one who fixes you.” And, all of a sudden, I’ve created an allopathic medical community, so to speak, saying, “You can’t heal yourself, but I can fix you.”

*Darren Weissman:* But there’s a value to the sickness now. There’s a value to the disease.

*Bruce Lipton:* Oh, absolutely. Yeah, and it actually becomes a currency that drives a particular world. And your most important statement in the last thing you just said, for me, was recognizing what is love really all about? And it’s interesting because when I was younger I had all different kind of vision of what love was all about, and that was more of that intimate, personal, whatever \_\_\_ kinda stuff like that. As I started to become more aware, it was really interesting.

Just as a side note to this, up through that moment of my life where I had an epiphany about how we’re really masters of our life, and I was in the other side of programming this – up to that moment I was just like a conventional person saying, “What is this love all about?” And that was an immediate gratification love. When I started to find out what was different I realized, physiologically, something profound happened when I had my epiphany.

Up to my epiphany I was operating from my head. I’m a scientist. I work in my head. Day in, day out, 24/7 I’m workin’ from my

head. The day I got my epiphany it was the most exciting moment of my life because, when this truth came in, it blew open my heart.

*Darren Weissman:* There you go.

*Bruce Lipton:* My heart. All of a sudden I had this aching when this truth just like illuminated in my vision. My heart was the organ that responded. My heart had all this aching. Tears were running down my face, tears of joy, and it was like – I realized that, it was like after 40-something years of being in my head, this was the first moment that I actually operated from my heart. And it's funny, I call it my heart orgasm because I didn't even know what was in there until it shook my whole life.

And it was like – but then I realized, once I started leading with my heart, and not leading with my head, then my whole world changed – and because I think that heart is really operating on the primacy of love, the harmony of love, and our head is operating in the primacy of program. They're other people's programs and I'm being lead and controlled by other people, but when I got into my heart and felt love it also said I could even love the people that are stupid, and dumb, and evil things on this planet only because I recognize that they don't know what they're doing.

*Darren Weissman:* They're in a subconscious place of reaction that's based upon protection and survival of a part of them who was a part of a consciousness that programmed them that didn't know any better either, and had been repetitiously handing the baton of victimization up into this moment where we now have an awareness that, as individuals and spiritual beings, we have an opportunity to take responsibility for ourselves. And, ultimately, that becomes the ripple effect of teaching others, that they can be a part of that wave and that change in their body and in their life.

*Bruce Lipton:* And that is – that ripple effect that is building is – Rupert Sheldrake would talk about a morphic field – a resonance of heart. When people start actually thinking and living from their heart, and using their mind as an adjunct to their heart rather than using their mind as the full source, this new vibration that's coming in the field - the environment that we live in.

And it's wonderful because I've been around you, and I was at Hay House when you had your place set up, and people were in there getting experiences and trying LifeLife, just walking into that little zone you could feel right away that there was – in that area where people were working, there was a much higher energy of



harmony, and vibration, and love because people were changing their perspective and really recognizing the power of their heart.

*Darren Weissman:* And I love the concept of just that morphogenic field. This weekend, we're certifying people in the LifeLine Technique, and we're gonna be going past – we're blowing past the 100<sup>th</sup> Monkey, the 100<sup>th</sup> LifeLine practitioners are gonna be certified this weekend. So, it's just about that ripple of collective consciousness, of being in a heart space where – as Gregg Braden speaks – that space and place of compassion, which is, ultimately, the great healer, the great bridge between all aspects of the mind.

*Bruce Lipton:* Well, congratulations on the 100<sup>th</sup> Monkey thing because that is critical. As you add each new element to this tuning fork, the vibration is louder and louder and more empowering each time, so this is a pivotal part of our evolution. There's this next civilization that's evolving in front of us right now really operates primarily from the heart, and the rest of everything else will fall into harmony.

*Darren Weissman:* Yeah. And breaking the paradigm of being programmed and realizing that we are the programmers, and we have the opportunity to break that cycle of head programming, and now we do – now it's a heart program that's going on.

*Bruce Lipton:* Absolutely. Great idea.

*Darren Weissman:* Um-hmm.

*Heather:* And, Bruce and Darren, that's one of the things I admire most about the work that both of you are doing, is this changing of the program.

And I want to sort of bring it down to a real detail level right now, because right now, speaking of programming, a lot of the messages that we're hearing in the news is about the war, the economy, gas prices, health care costs. It goes on and on and on. All kinds of things for people to be worried and uncertain right now. What would you tell people about living from the heart through these tough times, versus jumping right back into the conscious mind and into that victim mentality?

*Bruce Lipton:* Well, it's really interesting. What I'm telling people is actually part of a new book that I'm working on, which is called *Spontaneous Evolution*, and the relevance about that, if I give a little story, is before I was talking about cells – they're like

miniature people. All the functions in the human body are present, and virtually every cell in your body itself is, in sense, a miniature human living a life in a community that we call a body. And why that's interesting is if I can then say, "Well, imagine yourself being a cell in a community, and then you realize that all the cells have jobs, and they get paid, and they get health care and protection. It's just like living in our world, but underneath the skin."

Well, I take that and I go a little further and say, "Imagine you were a cell in a growing caterpillar, and that you were part of this community of the system – the digestive, the respiratory, all these are made out of millions and millions of cells."

So, there's like millions and hundreds of millions of cells, and you're another cell in that community. And, as this caterpillar's growing, everybody's looking around going, "Wow! Business is great. Everybody's working, jobs, everything's cool. We're in a state of growth and harmony." And this caterpillar's growing, and growing, and growing; everybody gets excited.

And one day, all of a sudden, that caterpillar stops growing. The cells start getting laid off. There's not so much growth anymore. What are we gonna do with all these cells? And, all of a sudden, these cells – if you were in that community, you'd look around and go, "Oh, my God! These things are falling apart." The businesses, the digestive, respiratory systems of this caterpillar are dissociating, and it's like, "Oh, my God! It's the end."

And it's interesting because, in the midst of that turmoil and upheaval, a lot of cells actually commit suicide biologically. That's called apoptosis. So, there's a turmoil of the population within the skin of this caterpillar where cells are dying, committing suicide, fear, everything is the end.

And then I acknowledge and say, "Look, within that population there are a bunch of genetically identical cells, but they think differently." And these cells actually have an interesting name. They're called imaginal cells, and these imaginal cells actually have a vision of a new structure that is far better than the existing structure. And these cells, out of the turmoil and destruction around them, come together and create a community that ultimately gives rise to the magnificent butterfly that will manifest at the next stage of this community.

Well, what's going on right now is a very serious reality of a change in civilization. Absolutely, the civilization as we know it is

coming to an end, and it's necessary to come to an end because the belief systems that drive our civilization are driving us to a point of extinction. We're destroying our environment and our world and ourselves in this process. And so, the belief systems that we've held up to now are actually taking us to the brink of destruction, and what you see in the destruction is the system saying it cannot go this way anymore.

And it's interesting because in the world, in the turmoil that we see around us, there are lots of individual people and most people that have been listening to this will be part of this group. They are the imaginal cells of the population that is saying, "There's a better way of living, a better vision for the organism, a better way to create a civilization. And this new thinking, and this new belief, and operating from the heart, like we've been talking about, represents the foundation of a new civilization.

And so, we're evolving into something far better than exists right now, but the only way you can get there is to have a devolution, or deconstruction, of some of the existing structure, because the structure doesn't support our survival. So, the reality is you can look at the world, like that cell in the caterpillar and say, "Oh, my God! This is the end. I'm afraid. It's all falling apart." Or you can see that this is not a coincidence, this is not an accident, this is not an end; this is a transition, a transformation.

It's been – essentially, people have been talking about the concept of 20:12 for a long time, and the reality is, very interestingly, we're going through a deconstruction of existing systems to reconstruct a more viable, more loving, more whole – Darren was talking about, we're not individual entities in the world. We're one giant community of cells. Each human is a cell in a larger thing called humanity and humanity's evolving.

And so, you might go out there and go, "Oh, oh, I'm afraid of all this."

And it's like, I'd look at it and go, "Wow! This is really cool because we're going to get on a platform that will take us to the next higher level of evolution."

And the work that LifeLine is so important for right now is the facilitation to get us from previous civilization belief systems and reprogram these beliefs to provide for that new, evolving, and much more superior organism that's right on our doorstep. So, when people are out there, you can focus on the destruction, but

then you're really missing – the symptoms of a destruction are symptoms. They're telling us there's another way of living, and when we get to that way of living we're gonna really thrive on this planet.

And that's why I get very excited, is because there's a healing going on, and I mean – Darren, I think you mentioned a little while ago, sometimes we change behavior and some things seem to get worse a bit. It's like, "Oh. Well, this is part of it." We're uncovering the problems that are actually leading to our destruction so that we can we write them, reprogram them, and start living a life that is more sustainable and viable, and more of a life that's based on love and harmony. And so, I actually get very excited about the stages and not live in fear of them, because I know this is a healing process.

*Darren Weissman:* It really is. And just to add to that and keep it simple in that embracing it with gratitude and really saying "Thank you," because this is a gift. And it may appear, for many people, that it's an awfully strange wrapping paper, but, nonetheless, the caterpillar evolves into the butterfly, and, at one moment, was able to move millimeter by millimeter – will now be able to really have a whole new view of oneself and everyone around.

This dialogue is so empowering for people to appreciate themselves and the world that they're a part of, and the world that they're creating, and just so much beauty that exists within each and every one of us. It's really an amazing thing.

*Bruce Lipton:* I second that emotion.

*Darren Weissman:* (Laughter)

*Heather:* Absolutely. And so what we learn, as we focus on both of your books, *The Biology of Belief* and *The Power of Infinite Love & Gratitude*, is that we are actually in charge, and that there's no reason to be afraid of a diagnosis or the stresses that we're seeing today.

And in one of the things, Darren, that you say in *The Power of Infinite Love & Gratitude*, I once thought that – once I became – once I figured it all out, I'd be all done; there'd be no more pain, fear, or challenges. And you actually have, in the "Nine Rules of Mastering the Game of Life," that you will experience pain, fear, and challenges. It changed my whole life in thinking about what this being done was all about; that I actually was going through a

process of life, and that there was no more reason to fear the things that would come up that I might be afraid of because, if I embrace them with an attitude of gratitude, I am, in fact, in charge.

And, Bruce, you bring in the whole science behind it to show me that, yes, in fact, I am in charge. And both of these things coming together, it will have a profound impact on everyone who reads them. And maybe we should be saying right now, “Put away your newspapers, and turn off your TVs, and pick up these two fabulous books and focus on that.”

*Bruce Lipton:* It’s interesting because in truth, as the concept of turning off my TV and all that – this is now, I think, my third or fourth year that I actually disconnected from the satellite and the cable, and all that stuff, and I don’t get newspapers. And you know what? My life is absolutely wonderful, and it’s only gotten better by not getting involved in stuff that they put on you to disempower you, because what they’re selling you are ideas that you have no participation in.

It’s like, “You’re a victim. Let me tell you all these reasons why you’re a victim.” And that’s what the news is really driving on, and disconnecting from it is probably one of the most helpful things you could possibly do, because you can program your life. Or most people just let the programming go and give it to the television broadcasters and, boy, that programming is – that is terrible.

*Heather:* Absolutely. Absolutely. Bruce, do you have sort of a target date for when *Spontaneous Evolution* is coming out?

*Bruce Lipton:* Well, I have the audio version out on Sounds True. It just came out last week, or two weeks ago, and the spring is the publication release of the book itself.

*Heather:* Excellent. So, until then, I’m recommending to all of our listeners that you purchase the book, *The Biology of Belief*, because this month there’s a very special book launch being offered by Hay House, which features prizes and gifts by some of my favorite authors; some of the most outstanding thought leaders of today. So, to find out more about this exciting offer, you can either go to [InfiniteLoveAndGratitude.com](http://InfiniteLoveAndGratitude.com) or to [BruceLipton.com](http://BruceLipton.com). And make sure to buy it before October 30 so that you can get in on these free gifts.

And, for anyone who wants to see Bruce live – Bruce, you have two October – or two November events, I see, coming up. One is Celebrate Your Life at the Sheraton in Phoenix and –

*Bruce Lipton:* Yeah. I'm gonna be there with Gregg Braden as well, I believe.

*Heather:* Excellent.

*Bruce Lipton:* Darren, are you gonna be there?

*Darren Weissman:* No, I'm not gonna be at that one.

*Bruce Lipton:* Well then, I'll miss you.

*Darren Weissman:* Yeah, I'll miss you, too.

*Heather:* And then, you also have a retreat coming up which sounds phenomenal, the 13<sup>th</sup> to the 16<sup>th</sup> of November; The Biology of Perception: The Psychology of Change Retreat in San Francisco Bay.

*Bruce Lipton:* Yes. It's another program of teaching people how to identify – actually, just giving knowledge of self. And, as \_\_\_ mentioned, knowledge is power, and knowledge itself is self-empowerment, so this is an opportunity to disengage people from the beliefs they've been programmed with that are actually undermining their lives, and give 'em some new beliefs and opportunities to reprogram themselves as well.

*Heather:* Excellent. Well, I wanna thank you, Bruce, and I wanna thank you, Darren. This has been an absolutely incredible call and certainly one that's gonna raise the vibration of everyone listening.

*Darren Weissman:* Thanks so much.

*Bruce Lipton:* Thanks, Heather. We appreciate it.

*Heather:* To find out more about Bruce Lipton, including *The Biology of Belief* and upcoming seminars, go to [BruceLipton.com](http://BruceLipton.com). To find out more about Dr. Darren Weissman, including *The Power of Infinite Love & Gratitude*, the LifeLine Technique, and upcoming seminars, go to [InfiniteLoveAndGratitude.com](http://InfiniteLoveAndGratitude.com). And thank you for joining us on today's podcast, brought to you by *Infinite Love & Gratitude*.

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