The Body Intelligence SummitTM
The Honeymoon Effect: The Science of Creating Heaven on Earth with Bruce Lipton
February 10, 2014

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Alison:

Hello and welcome to the first ever Body Intelligence Summit. My name is Alison Marks. I'm the director of telesummits here at the Shift Network. These next four days are going to be so groundbreaking and I really just want to start out by acknowledging you for showing up here to join us on the cutting edge of this emerging field. We're so glad you're here.

This is such an important topic because in the West, we have this great big split that all of us are familiar with between our mind and our body. We were raised to think of them as two different things. What you're going to hear in the next four days really addresses that and it's going to help you heal that split and bring yourself into more connection, more aliveness than you've probably ever known before.

Our bodies are so wondrous. They're so complex. We now know there are over 50 trillion cells that get along and it's just an incredible gift that we have. We're so honored and so excited here at the Shift Network to be hosting this summit because body intelligence encompasses so much groundbreaking work in so many different areas. It's really extending what we think of as intelligence out of our head and into more of our whole being and going down into a really, really deep level.

We're really, really happy to be here. We're happy you're joining us. You can also join us anytime during the summit this week on our Facebook page. You can visit www.facebook.com/shiftnetwork. That's all one word, shiftnetwork.

Before we dive in with our first guest today, I want to let you know a little bit about our hosts. We have some amazing people in the field of body intelligence. They're really on the forefront who we partnered with to bring you this collection of speakers. I want to let you know who you're going to be hearing from and how wise these folks are who are actually crafting these conversations.

First, let me tell you about Lamara Heartwell. She is a body intelligence expert who speaks, facilitates and performs. She inspires people to claim their bodies as an essential source of intelligence, power, and pleasure. Lamara founded the

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Santa Barbara Dance Tribe in 2009, which is a twice weekly ecstatic dance event. It's just thriving and has such a strong community presence ever since its inception. She's produced dozens of performance art events in California and has been involved in this work for over 12 years, so she's one of our hosts.

Another one of our hosts is Mark Metz, who is the founder of the Dance First Association, which is a professional organization for facilitators which advocates for the cause of Movement Before Medication. Mark is also the publisher of Conscious Dancer Magazine, which is dedicated to empowering movement leaders and tells stories of transformation, and really is set up to create an embodied global community.

Of course, we also have Gay and Katie Hendricks. Katie you're going to hear from in just a moment. She's hosting our very first session. Gay and Katie are co- founders of the Hendricks Institute and they've written over 30 books, trained thousands of coaches, have appeared on Oprah, hosted seminars around the world. They've done all kinds of great work in the area of relationships. They have a bestseller called "Conscious Loving." They're leaders well in the forefront of this body intelligence movement and we're so thrilled that all of our hosts are here and joining us today.

So with no further ado, I'm going to open up the floor. Katie, take it away.

Hello and welcome to the Shift Network's Body Intelligence Summit. This is Katie Hendricks and we're so excited to have you participating with this new emergent field of body intelligence. One of our speakers for today, Bruce Lipton, is one of my favorite visionaries in the world and I so appreciate him being able to join us.

Bruce Lipton, PhD, is a pioneer in the new biology and an internationally recognized leader in bridging science and spirit. He was a cell biologist by training and was on the faculty of the University of Wisconsin's School of Medicine.

He's performed groundbreaking stem cell research at Stanford University, has written many best sellers, including "The Biology of Belief" and "The Honeymoon Effect", and he is currently a visiting professor in the New Zealand College of Chiropractic. For more information about Bruce, you can visit www.brucelipton.com.

One of the things that I'm really excited about having an opportunity to talk to you about, Bruce, is just to celebrate your generosity of spirit. Welcome so much to this summit.

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Bruce:

Oh Katie, I want to thank you and I want to thank you and Gay as a couple for a very important reason. I have a recent book called "The Honeymoon Effect", which is about living heaven on earth and it really would never have happened if my partner, Margaret, hasn't been in your program because she carried all that information to me. Together, with that information that she acquired from you, we have been on a honeymoon for the last 18 years. I so much appreciate all the information that helped us get there, so you were fundamental in creating this new book, "The Honeymoon Effect".

Oh, I love hearing that, Bruce. One of the reasons I love hearing that is because I think all of us in the field are really intending to create a larger community of connection where we share with each other what's emerging in the larger field of our collective intelligence and how we can create a world that actually works in harmony so we can have heaven on earth.

I so appreciate that we got to enjoy Margaret's joy, and then through her, joining with you, we've got a big ripple out into the world even more so that more people can enjoy not only for themselves but in their relationships.

Absolutely the most valuable information you offer. Thank you.

Well, thank you. Speaking of community, I wanted to ask you first if you would share with our listeners your great interest in the body as a community and clear up some of the misconceptions that people have about their body and their body's intelligence.

A very interesting point, Katie, is that as humans, we have this hubris where we think we're very intelligent and as you drop level by level, that intelligence gets less and less to some degree. As a cell biologist, I have to say it's very shocking to believe that for a very simple reason.

When we look in the mirror and see ourselves as a single individual human being, we say, "Oh there's a single organism – the human." I go, well, this is a profound misperception for a very simple reason, and that is in truth, a human being is actually comprised of about 50 trillion cells like amoeba cells. The significance about that is that a human is not a single living entity. By definition, a human being is a community.

It's very interesting in that regard because when we look at health and disease, for example, what you're really looking at is harmony or disharmony in the community of cells that create our human body, but the intelligence part to me that's kind of fun is when we go down to the level of cells, we think, "As we keep going down lower and lower, there's less intelligence. So obviously, there's not

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Bruce: Katie:

Bruce:

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Katie:

Bruce:

much intelligence in those cells." And then I turn around and have to tell people, "They made us. Everything that we do is created by cells."

It's interesting because you look at a human physiology textbook and you have to break it down to all the systems that a human expresses like digestion, respiration, excretion, nervous system, reproduction system, all the various systems, even immune system. What's really interesting is that virtually every cell in your body has every one of those systems, so there's actually nothing new in a human body that's not already preexisting in a single cell.

Why this really becomes important is if you understand it that way, then you recognize that cells, by definition and function and behavior, represent miniature humans. Their drives and their needs are actually our drives. So in other words, when you need to breathe air, when you need to drink water and when you need to eat food, you need to do that because you have 50 trillion cells that need to do that.

So let's connect a better relationship between who we are as an individual and who we are as a community and recognizing that the cells are the citizens. Their information and their communication is what enable us to exist.

Oh, that's so succinctly and beautifully put. It raises a question for me, Bruce, of how do those cells best communicate with the larger community that we call "us" or "me".

Well, think about it this way. Cells are like fish in that they live in fluid. So if you cut your body, the fluid leaks out. It's like this aquarium inside with 50 trillion cells. The cells communicate at very high levels of communication. There are several different ways, three ways I can list right now.

One is cells physically talk to each other by touching each other. Well, we have arms and legs and fingers. Cells have what are called pseudopods, which means false feet and false legs, but pseudopods extend and they can talk to each other. It's like cells can hold hands and communicate across that.

Number two, cells can release signals like chemistry like a human, for example, perspires. You say, "Yeah, that's leaking this fluid out of us," but guess what? As we well know, there's chemistry in perspiration that is fundamental in making relationships because of the aromaticity, the smells that we get from people.

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Katie:

Two people can come together and go -- well, the other one goes, "I just love to rub my skin and smell them," and the other person goes, "I don't like that." That's communication, so there are chemical releases.

And very excitingly, cells communicate by electromagnetic vibrations. When we talk, when we have language, this is vibration. The sound is vibration. Cells do have a communication on a very similar level of electromagnetic vibration, which is very interesting because a single cell can communicate with a large number of cells by broadcasting, more or less, a cellular statement using this electromagnetic vibration.

What's interesting is, yes, cells came together in community and this was a very important part of our evolution for a very simple reason. An individual amoeba- like cell evolved, let's say, three billion years ago, and the evolution of the single cell really maxed itself out where over a period of a billion years, nature created the smartest single amoeba cell that you can create.

Well, the issue is evolution almost stopped at that point, and actually, it did for the reason that I couldn't make a smarter amoeba, but then what evolution did, it changed tactic. What it did is instead of trying to make the individual smarter, evolution said, "Wait, I can make amoeba smarter if they come together and share information" because if every amoeba has a unit of awareness or amount of information they can handle, well, imagine that 50 trillion amoebas can accumulate and share together.

So the first level of evolution was to create the cell. The second level of evolution was to create the community of cells so that cells could come together and share their workload, share their awareness together, and this is much more efficient. In humans, we talk about two can live as cheaply as one. Well, this applies directly to cells as well.

Yes, beautiful! As I was listening to you, I was thinking about sharing. I was hearing you say that cells in community work so much more efficiently and smartly by sharing and they don't work by getting together and hoarding or getting together and saying, "This is mine and you can't have it."

I was just wondering about what happens to those cells when humans have developed their prefrontal cortex and start making judgments, dividing up territories, considering that I'm separate from you and you're the other. I must have my territory and you can't come into my territory. And a lot of what we consider to be modern life that is so problematic is so radically different than the design of harmony and community and shared resources.

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Bruce:

So I was just wondering if you would comment on what we could do now. What are some of the central things that humans with big brains can do to live in harmony both with their 50 trillion cells, but also with the communities of other 50 trillion cells that we're living with?

That's a great question, Katie, for a very simple reason. There's an old mystical- type statement that people have heard forever and ever, and this mystical statement really deals with the answers lie within. What the heck does that mean?

Well, as we were talking together about, a human body is a community of 50 trillion cells and every cell is a free-living entity. Every cell has a job. Every cell actually gets paid. There's a currency inside the body called ATP, which is in biology -- I love it because even when I learned that 50 or 60 years ago, ATP was called the coin of the realm and it really represent units of energy inside the body that are distributed and the cells get paid by this.

Cells have jobs. Cells have an economy. Cells have a healthcare system. Cells have a protection system. They have this big social organization and they communicate with each other. They communicate with us. For example, when we feel things in our body especially symptoms, they're almost yelling at us at that point saying, "You're not paying attention."

So why this becomes relevant is you can see how 50 trillion citizens have learned to live in harmony to the extent that a human that is healthy has this fabulous community of 50 trillion citizens working together, sharing everything and creating this tight, locked community, and here we are with seven billion people trying to figure out how to do that. There are 30,000 times more citizens in a body than there are people on the planet. They offer us a lot of insight.

They manage.
Oh, they manage. They're very successful. Exactly. They are very successful.

Yeah, and if that's the whole idea that the answers lie within, then you're trying to say, well, how can we as people learn to be better in community and relationship on this planet? The answer is, well, just look inside the body. Any question that we ask about humans on the outside, remember, if cells are miniature humans, they're dealing with the same issues on the inside and this is really what affords us an opportunity to say, "Well, how can we create a sustainable, thrivable future especially in a world that we're facing right now?"

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Katie:

which science has already recognized that we are deep into the sixth mass extinction of life on this planet.

Five times in the history of this planet, life was thriving and got wiped out, but the previous five mass extinctions were due to things like comets or asteroids hitting the planet and destroying the environment, et cetera. Today, we're deep into the sixth mass extinction. This is a fact of science, that we're losing species of organisms faster than ever before.

The significance about that is science has recognized the cause that it's human behavior. So all of a sudden, it says, "Wake up." The way we are living is self- destructive and that is precipitating this mass extinction. So the canary in the mine, the signals that we are facing this disaster are awakening us to the fact that we as individuals have to learn how to change our lifestyle, learn to live more effectively and efficiently with each other, and especially learning how to live in the garden without trampling it, so the answers are in there.

I so appreciate you saying that because not only is this the focus of the whole summit, which is really bringing body intelligence forward so that it takes its place beside IQ and emotional intelligence that are these amazing intelligence that we carry in each of our cells and can really inform us and create new solutions.

I had a couple of questions that I'm just dying to ask you about. One of my obsessions over the last couple of years has been the impact on humans of living in a fear trance and being in chronic fear all the time, that if you look around at any of the problems that we're facing, whether it's political or whether it has to do with the climate, that at the base of those is fear.

I was wondering if you could comment on what the experience of fear is like, the truth about how it affects your body and your mind, and what people can do in order to move from fear into a flow of harmony and really recognizing the connection that we all have.

This is a major insight and question regarding human life and health on this planet for a very simple reason. People have heard for a long time, "Fear kills." Well, this is not just a statement. This is a biological reality and I'll explain it very simply, and that is this.

First of all, cells have two particular postures they can take. Cells can be either in growth or cells can be in protection, but they can't be in both at the same time and there's a very important reason. Just think about it this way. In order to

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Bruce:

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grow, you have to assimilate your environment. You have to take information in. You have to take metabolic things in. You have to breathe in and exchange information with the environment.

But in protection, to protect yourself, you close yourself off from the environment. You wall yourself off. Let's say bacteria form spores. They put themselves inside the capsule and that protects them from a threatening environment. So the two different postures, growth is being open and taking things in; protection is a closing down. Protection is walling your self off.

I say, well, in the biology of the system, what happens is in a normal growth, the hormones and regulation factors in the blood are running through the system, through the aquarium, so to speak, and the cells bathe in all these information, are living and growing and communicating and just having a normally good life.

But when the moment of thought that is fear-based comes into the mind, the mind has to send signals to the body to tell 50 trillion citizens there's a threat. That's called in biology the HPA axis. H stands for hypothalamus, the portion of the brain that reads environmental signals, the portion of the brain that says, "Oh my gosh, we're under stress. We're under threat." So the hypothalamus is the sensory system that reads the environment and tells us whether we should be in growth or we should be in protection.

If the hypothalamus sees that the environment is not supporting us, then it sends signals to the pituitary gland. That's the P, so it's HP. Pituitary, from school days, was the master gland, the one that is sending signals to 50 trillion citizens. It's sort of like public broadcast stations. The pituitary is like, "Okay, here's what's happening."

If there's stress, the pituitary sends signals to the adrenal system. Remember in school, that was called "fight or flight". The significance is the signals of stress go to the pituitary and say, "Look, we have to make a response. We're under threat."

So the adrenal glands, which is the A -- so we have hypothalamus sends signals to the pituitary, then to the adrenal, HPA -- and the signals that go to the adrenal glands that get the 50 trillion citizens ready for threat causes the adrenal glands to release stress hormones and what are called inflammatory agents. The significance of these chemicals released by the adrenal glands are signals to prepare for this threat.

Now, here are the consequences, three consequences that are profound because when you put the three together, it also emphasizes exactly why stress kills. It emphasizes exactly the new information. This is very important

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information because the information says that up to 90% -- this is a big number - - up to 90% of doctors visits are due to stress.

We used to say, "Oh, a person is sick because their cells are failing or their genetics are a problem." It turns out only about 1% of illness is related to genetics, so that means 90% to 99% of our illness -- there's nothing really wrong with our body. It's the way our body is responding to our perception.

Let's take us back now. We have a perception of a threat, a fear, a stress. We know the adrenal gland releases these stress hormones. I say, well, what is the consequence of the stress hormones?

Well, the first one is very important. The first one says -- listen, remember, adrenal glands are "fight or flight", which means which part of my body am I going to use when I'm under an adrenal stress? "Fight or flight" means my arms and legs.

So in a case of, "I'm going to get ready to run," or "I'm going to get ready to fight," that's a perception of being threatened. This is very interesting. The stress hormones -- and you read it in a book -- it reads, "Stress hormones preferentially send the blood to the arms and legs." Well, that makes logical sense. The blood carries all the energy and nutrition. So if I'm going to run or I'm going to fight, I want my arms and legs to get all these nutrition so I can carry out that activity.

People didn't stop long enough to really get the meaning. The blood is preferentially sent to the arms and legs. I go, "Wait a minute. Where was the blood before it went to the arms and legs preferentially?" The answer, it was from the rest of the body, which is the main body part. Take off the arms and legs and you've got this viscera with all the organs in it.

When you're not in stress, the blood is preferentially in the viscera. Why is that relevant? The viscera is growth and maintenance and repairing of the body. All the organs in the viscera are cleaning the blood, purifying the system, getting nutrients into the body, digesting and all these things. So taking care of your physiological community or taking care of all the functions of the system primarily is the function of the viscera, the gut.

The moment you're under stress, the blood vessels in the gut constrict. That's one of the functions of stress hormones. They cause the blood vessels in the gut to constrict. Well, people feel that. That's called butterflies in the stomach. When you feel a fluttering, those are blood vessels closing down. Why are they

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closing down? Because when they close down, it pushes the blood preferentially to the arms and legs so I can get ready to run.

Well, what this simply means, the bottom line is this. When you're in stress, you're shutting down the growth and maintenance of the body as you push the blood to get ready to run or fight. Let's go back to saber-toothed tigers. In the old days, you only use the "fight or flight" if that saber-toothed tiger was coming after you. The point about it is you're running like hell away from the saber- toothed tiger. You get away from that saber-toothed tiger and guess what? The system says, "Okay, all clear. Everything back to normal again."

So the design of the stress system in evolution was only to be used for very short periods of time to get an immediate boost of energy to avoid the problem and then come back into normal again. But then you look at today's world and stresses is 24/7, 365, which means what? We are in continuous stress. Just turn on the news or read the papers, whatever it is, and you realize, oh my God, we're continuously being bombarded with saber-toothed tigers all the time.

The problem with that is, "But wait, if I'm under stress and I keep shutting down the growth and maintenance of the body, what is the consequence of that?" and the answer is death. If you don't maintain the body, it's going to fall apart. It was never intended to be in a perpetual stress situation. That's not biology, so that's number one.

That's the big problem interfering with the growth and maintenance of the body. Let me just say another thing about growth. A lot of people say, "Well, I'm an adult. I don't need to grow." I go, "Wait a minute..."

Wait a minute.

Yes. Carl Sagan will say it this way, "Billions and billions of cells..." Actually, hundreds of billions of cells die every day in every human for a simple reason. Cells have a lifespan. Cells get worn out. Cells get damaged. So every day as a normal human, you're losing hundreds of billions of cells, and that's a number that's easy for me to say, but to imagine a quantity of hundreds of billions is even beyond our imagination. But guess what? Every day, our stem cells in our body, which are like embryonic cells, their function is to replace those billions and billions of cells.

"What happens when you're under stress?" That job is on hold until you escape the threat. So because you need to grow every day, if you're interfering in any way with this system, you are shortening your life and you're opening yourself up for disease and problems. That's number one.

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So first problem, blood goes to the arms and legs and it shuts down the viscera, which is maintenance and health of the body. Now comes number two, which is just -- it's like number two hits number one on the head as well. Number two is this. There are two protection systems in the body. There's the immune system, which protects us from invasions on the inside, and there's the adrenal system, which protects us from threats on the outside.

Now, I ask people in my class when I teach this. I say, "Wait a second. Consider your job is you're director of energy. Your job is you supervise where energy goes in the body, so you have this little office in the brain. So your job, you go to work in the morning and the phone rings and you get a call from the stomach."

"The stomach is saying, 'Look, we have a bacterial infection building up down here and it could be a bad case of diarrhea.' So you hang up the phone and you're going to try to figure out, 'How much energy should I send to the immune system to go down there and fight that bacteria?'"

Then I bring up this topic. I say, "And then just as you're calculating that, the phone rings again and a much more excited voice comes on and says, 'Oh my God, we're being chased by a lion.' Now, your job is to distribute the energy." I say, "Well, in that case, you got two calls. One from the stomach interior, infection inside, and the other one, a call from the adrenal system, you're being chased by a lion. How would you distribute the energy to deal with that? How much would you fight the bacteria within? How much energy would you use to run away from the lion?"

Well, the answer is essentially a no-brainer. I use all of the energy to run away from the lion because of a simple reason. If the lion catches me, then the bacteria become the lion's problem. It's not my problem anymore. The relevance about that is it's a statement of what happens, and here's what it is.

When the threats from the outside start to accumulate, the stress hormones not only shut off the viscera functions, but stress hormones shut down the immune system because the immune system uses a lot of energy. Think about if you're sick, you have so little energy. You don't get out of bed.

Why is that relevant? If you're under stress from a threat, then you don't put the energy in the immune system and stress hormones shut down the immune system. In fact, medical doctors therapeutically use stress hormones for this reason. If I'm transplanting an organ into a recipient -- of course, the organ is from another person -- normally, the recipient's immune system will attack the organ; it's not self.

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So when doctors transplant an organ, they give the patient stress hormones. The reason is simple, because the stress hormones inhibit the immune system and that protects the foreign organ. That's therapeutic use for a few individuals, but most of us if we're under stress, which is the largest portion of the population, are shutting down the immune system when we release stress hormones.

Now I have two strikes against me. One, I'm shutting down growth, and two, I shut down the important immune system, which is like the Environmental Protection Agency. It's moving through my body making sure that everything is good on the inside. Well, if you de-fund the Environmental Protection Agency, that's when all the catastrophic leaks from radioactive plants and oil and all that stuff get into the system because there are no people out there monitoring. Well, the immune system stops monitoring.

As soon as you shut down the immune system, we are now really open for disease, and I want people to understand this. People say, "Oh, I caught something," and then I have to say, "Wait a minute. Every human, virtually every human has every pathogen that humans already have." So you say, "I'm healthy," and I go, "Yeah, you're healthy because your immune system is suppressing those organisms that are in you."

I can take a sample of blood from everybody and show you, you have bacteria and viruses and parasites in your body, but if you're in a good state of healthy immune system like a well-funded EPA, it's keeping a lid on it. And these organisms -- medicine gives them the name "opportunistic organisms", and the name simply means this.

When surveillance by the immune system is inhibited, these organisms take the opportunity to then expand and then we get sick. So when people get sick, it's not that you really caught something. Almost inevitably, you already had it, but without the immune system working, they're free to express themselves.

So now we have two problems that lead to a breakdown of the system and disease. One, we stop maintaining the system. Two, we inhibit the immune system, which opens itself for infection. Now, number three, the third effect, which I call "adding insult to injury", is when you're under stress, we could deal with the stress with two ways. One, with our conscious creative thinking mind or we can deal with our subconscious reactive reflex mind.

Well, the relevance is this. Reaction and reflex is virtually instantaneous. Consciousness is slow. You have to think. For example, as I give my lecture, I'd

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say, "Look, you're driving a car. Your car starts to go out of control." I say, "If you're in your conscious mind during that moment, you'd be holding on to the wheel as the car is spinning around and your mind will be going, 'Ohh...'"

Guess what? The moment you get into that skid, the chemistry of the adrenal system shuts down conscious processing and pushes the blood to the hindbrain and the hindbrain is reflex. So even without thinking about it, your arms are moving the wheels and your feet are stepping on the pedals, and you're managing the car without even thinking. Well, this is because the reflex is fast; consciousness is slow.

So the third effect of stress is -- the stress hormones, as I said, the first one, they shut the blood vessels down in the gut causing the blood to go to the arms and legs. Now, I say in the brain, the stress hormones shut the blood vessels down in the forebrain, conscious thinking, which pushes the blood to the hindbrain, reflex behavior. The result, we become less intelligent. We're not operating from consciousness. We're operating from just reflex behavior, no thinking involved.

Unfortunately, a life without thinking is disastrous, so the three consequences of stress collectively will kill you. Basically, that's why stress kills and that's why stress accounts for up to 90% of illness on this planet.

I'm so glad you mentioned that, Bruce, because one thing I'd really love to hear from you with all of your experience with people in your own research, I'd love to hear if there were one practice or one image or one bridge that people could start creating that would really allow them to use consciousness to not only decrease stress, but actually to live in a total different way, to live in harmony.

What have you found in your life or in your research that has made the biggest difference for you in really living in harmony with yourself so that you can live in harmony?

I love this one, Katie. This is an answer that you're going to love for a very simple reason, and the answer is this. Remember, the cells are very intelligent, intelligent enough to create a human being, intelligent enough to communicate with each other and to communicate with the brain. Again, there's always feedback between the brain, the government of the 50 trillion cells, and the action of the 50 trillion cells.

Well, we talk about all of our thinking and our insights coming from our brain through eyes, ears, nose and all that stuff. There is a sensory receptive system that is not conventionally discussed and it's called the heart and the gut. The heart and gut. We have heart and gut feelings. We have heart and gut intelligence.

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The relevance about that is that instead of the conventional thinking processes engaged by the brain, the heart and the gut read the energy in the field and interprets energy. Why is that important? Let's go back to the very basic. Energy is life. You have energy, you've got life. You run out of energy, you lose your life. The monitoring of energy available to you is very important because it's a gauge of how effective your life is going to be. The more energy you have, the more opportunity you have to live a full, healthy life.

Why is this relevant? Because there's a communication, as I said, three ways of communicating is hand to hand, secreting chemicals, or vibrational information.

The heart reads the environment. It is the collection of cells that are reading the environment. Actually, there's a nerve that connects the brain to the heart called the vagus nerve. For years, everyone thought, "Oh, the vagus nerve is the brain is sending information to the heart to control the heart."

Well, yes, there's a part of that vagus nerve that actually does that, but by percentage, more nerves in the vagus nerve are not going from the brain to the heart. They're going from the heart to the brain. They're sending information, so the heart is a sensory organ. It's reading information.

Well, guess what? I try to explain it this way. Most people can remember. Sometime in school, we're doing math problems, and maybe to remember, there was a time when you did a math problem and it had many steps in it, A plus B squared divided by this, blah, blah, blah. To solve that math problem in our test page, we write the equation at the top and then we do step one, let's do the multiplication, then we do the square. That's the next thing, step two.

So you start with the equation at the top and by the time you did all the steps to solve the equation, you have the answer at the bottom. Let's say there are ten steps. Well, if you're going to consciously do this and you have to do step A, B, C, D, all the way down to the ten steps, the relevance, you make one small error in solving any one of those steps and the answer at the bottom of the page is wrong, period.

This is the equivalent of the conscious mind trying to process. The conscious mind goes through all the data and looks at where you are, tries to assess the situation, and then does an assessment by going through which database. Well, if you learn one thing wrong in life related to that, then the conclusion you get after solving all the equations, by definition, is wrong.

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Katie: Bruce:

What's different about the heart? The heart doesn't do the steps. It doesn't do all the stuff there. It just reads the energy. It sort of bypasses the steps and says, "Is this energy good or is this energy bad?" basically. Why that's relevant is it's more truthful in its conclusion than the result of conscious processing, which is fraught with the opportunity of an error.

So what I've learned in my life -- and most people had this experience -- is that when given a situation we have to respond, we can try to consciously think, "How am I going to make a response?" Well, almost instantaneously, you'll get a feeling from your heart. You'll get a voice that says, "Do this." Almost always, unfortunately for people, we ignore the little voice and then try to do the conscious processing.

Yes, which is louder and noisier usually.

Absolutely, and fraught with error. What did I learn over the time is, my goodness, when that little voice in my heart says something, that's my first guide. I do that before and override whatever the conscious mind says because how many times in my life I heard that voice and then said, "Oh no, no, let me get on. I'm smart. I'll think of the answer," and then respond and then end up doing something totally wrong, and then realizing that little voice was right the first time and I didn't listen to it.

So I come from my heart and this has been the biggest difference in my life, and my heart is for myself.

Yes. I'm right now putting my hand on my heart and I really invite listeners to put their hands on their hearts. It's a simple action to just remind you that your heart is a gateway to that instant response. I love what you're saying, Bruce, about it being quiet. What I have noticed also about the true inner voice is quiet. It doesn't yell at me and it often doesn't repeat. It really is the heart voice.

I love just the invitation to open to your heart voice and to favor that because what we know, of course, is what you favor grows. What you give attention to grows. Giving attention to letting your heart lead you rather than your head would be a wonderful step for people to take away from all of this great succinct information that you've shared with us. I was madly taking notes through all of this. I love the clear way that you delineate what the issue is and what people could do about it.

Katie:

[0:45:05]

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Bruce:

I know we're coming to the end of our session and I just wanted to take a breath and appreciate your generosity of spirit, Bruce, and how much I can hear your heart in your voice.

I so appreciate the contributions that you are continuing to make all over the world and wanted to see if there's anything else that really comes to you that you'd like to share with people, any invitation or any last thoughts that you want to leave people with.

Here's a wonderful thought. When I talked about when the amoeba became as smart as it could be, the next level of evolution couldn't make a smarter amoeba, but it did create the community of amoebas. It's interesting because the human being, by definition, is an advanced amoeba because we're made out of amoebas. And so, it's a giant collection of 50 trillion amoebas. We, like the amoeba, have maximized our ability as individual organisms in our ability to be intelligent and to respond to the world.

The relevance is in history, when an organism maximizes its ability and can't evolve as a smarter organism, the evolution changes direction and involves the creation of the community of organisms. What we're experiencing on the planet right now, especially with all these social upheaval, political upheaval, the threats that we face in regard to the environment, all of these are actions or symptoms telling us that the next level of evolution is we're facing it right now, and that is we've been programmed -- and you mentioned it even earlier -- to be separate individuals in competition, which is a Darwinian belief system.

Evolution is now found to be not Darwinian. It's the complete opposite because the Darwinian view is survival of the fittest and the struggle for existence. And of course, look at the world we live in. We took that belief and manifest it as a way of life. But now, biology has recognized that is completely wrong. Evolution is based on cooperation. A garden is not a battle zone. A garden is cooperation.

We are facing an evolution right at this very minute and the evolution is saying to survive on this planet, seven billion people, like seven billion amoebas, have to come together to learn to live in harmony and community with each other because the organism that's evolving, what's evolving is not the individual human. The organism that's evolving is the collective community of humans, so a super-organism called humanity.

We're evolving into a new organism and we are the cells in that body. That's it's so important to say, "Well, if we're going to do that, how would we do it?" I say it already happened. Fifty trillion cells have already created a super-organism, us, and now we are creating a community. That's what's happening in the world when people see it falling apart.

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This is not to be afraid of. This is actually to be welcomed. One reason is this. Continuing the way we've been doing it, it already says we're going extinct, so we can't do that. Number two, to create the world that I'm talking about requires that the current world be disassembled to a large degree and rebuilt on a different platform. So when you see things falling apart, that's not a negative thing. That's the opportunity to create a new thing.

And so, I'm very excited by it because I see that is the movement that is pushing us toward a better way of thriving on this planet. I really think that body intelligence, when understood, will be the greatest guide because body intelligence represents a community that already learned how to do that, and we should listen.

Yes. Well, I can't think of a better conclusion to our discussion. I want to thank you so much for sharing with all of us in the Body Intelligence Summit. I wish you a wonderful rest of your day and I thank all of our listeners. I hope you enjoy the rest of the panel. So, thank you so much, Bruce.

Thank you, Katie, and I really want to thank everyone out there as part of our evolution, and that they're listening means this is really good because if they're listening, that means they are the cultural creatives. Those are the people thinking outside of the conventional box because the answers are not in the box. The answers are outside the box. So to all of the listeners, congratulations! You are the evolution we are talking about.

Wonderful! Well, thanks to all of us and many blessings, Bruce. Thank you.
All right. Bye-bye.
Bye.

[0:50:17]
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Katie:

Bruce:

Katie:

Bruce:

Katie:

Bruce:

End of Audio

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