

undefined

a psychological metamorphosis



What This Is Not

- this is not a motivational speech
- this is not intended to make you feel comfortable
(on the contrary, this should make you a bit uncomfortable)
- this is not a sales pitch
- this is not a dogmatic indoctrination
- this is not a religious endorsement of any kind

emotion



Does anyone have any
problems?



Carl & Laura Gilbertson





attention





When you're
focused on
the problem,
you can't see
the solution.







What is freedom?





1

2

3

4

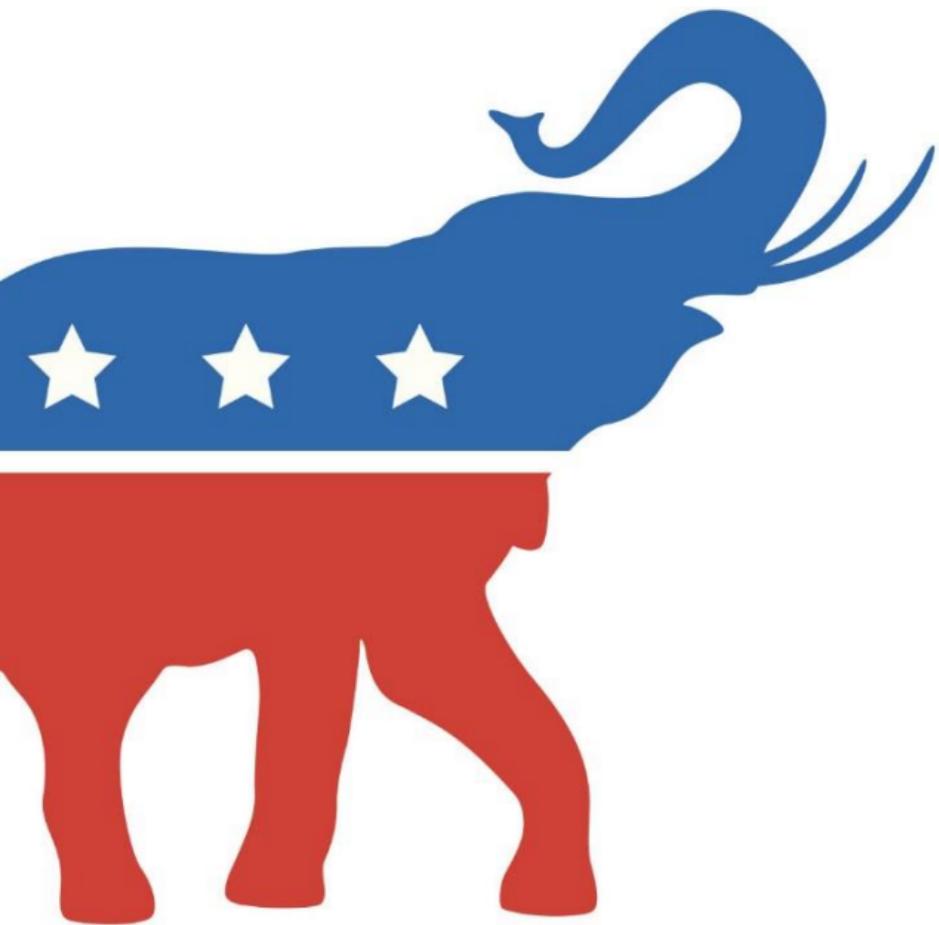
5



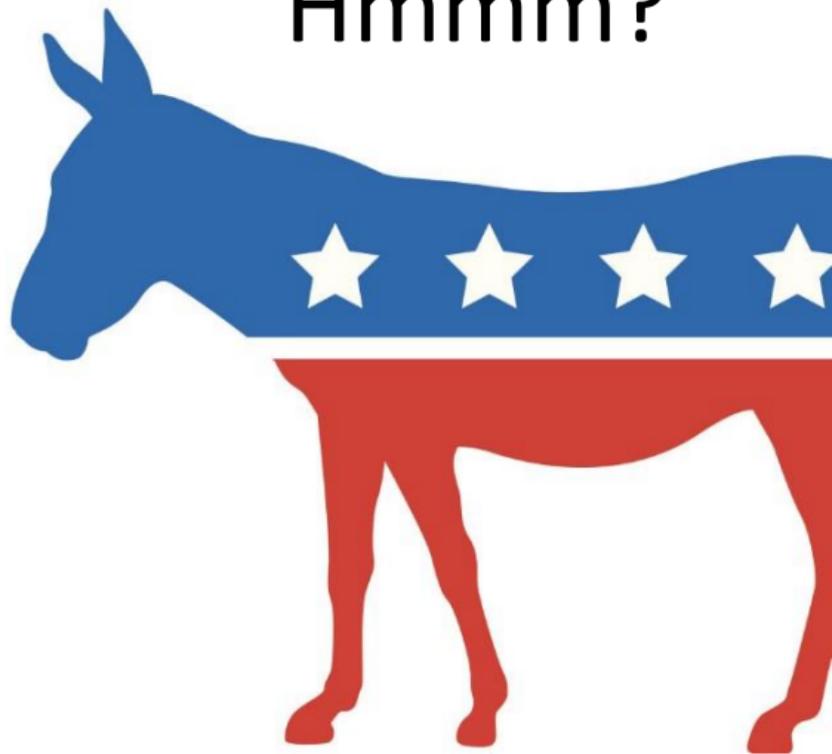
choice.



The illusion of choice.



Hmmm?







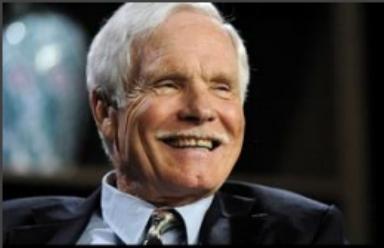


diesel

unleaded



Supplemental
Nutrition
Assistance
Program



TED TURNER | 2.2 BILLION



COCO CHANEL | 19 BILLION



BILL GATES | 85.6 BILLION



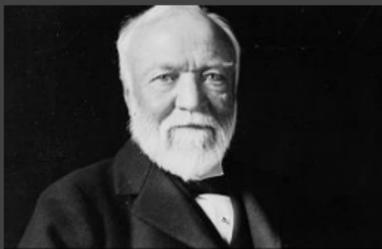
OPRAH WINFREY | 2.9 BILLION



STEVE JOBS | 19 BILLION



MICHAEL DELL | 20.8 BILLION



ANDREW CARNEGIE | 309 BILLION



ELLEN DEGENERES | 345 MILLION



RACHAEL RAY | 60 MILLION



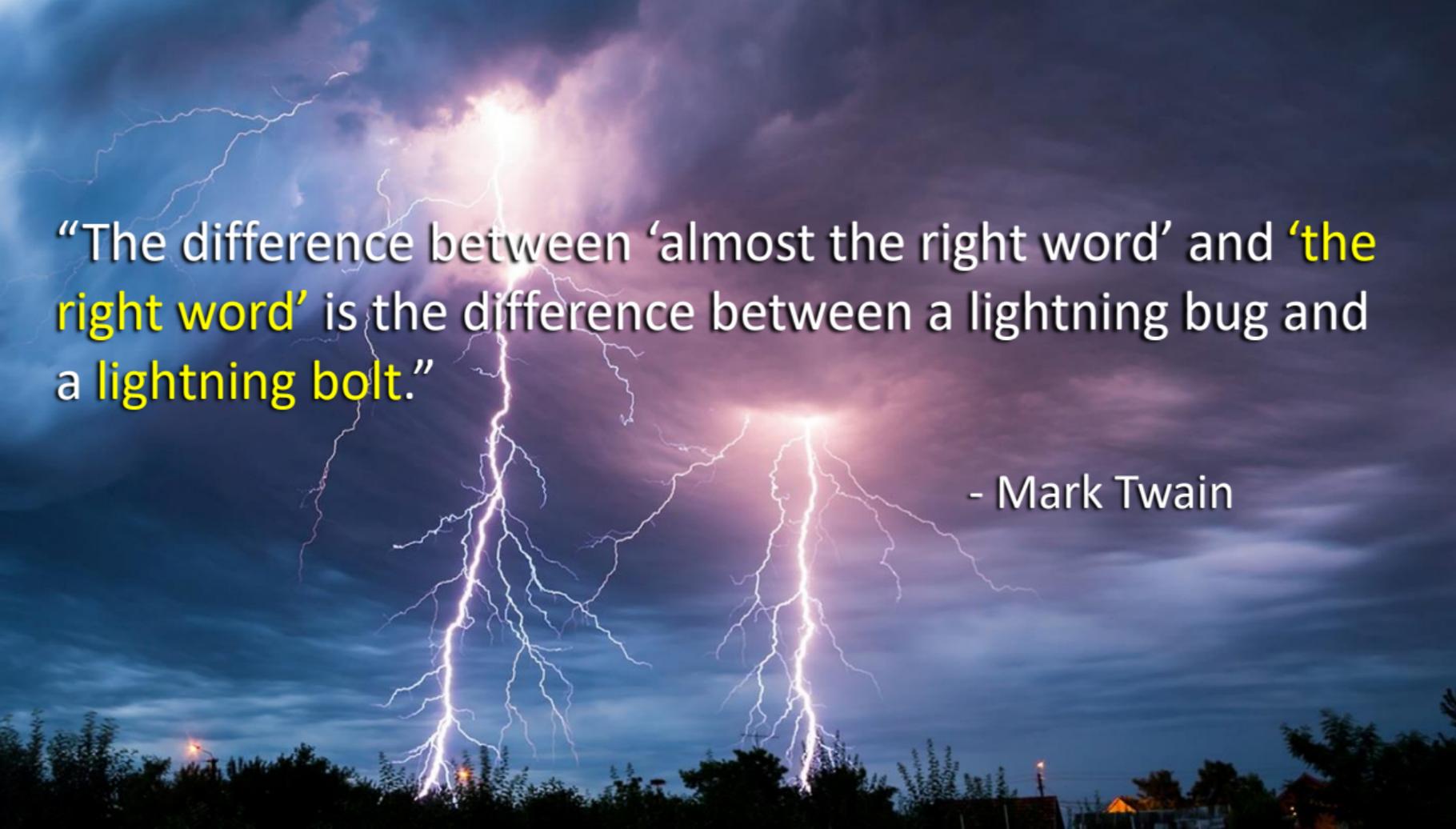
RALPH LAUREN | 5.3 BILLION



MARK ZUCKERBERG | 55.9 BILLION



LARRY ELLISON | 51.9 BILLION



“The difference between ‘almost the right word’ and ‘**the right word**’ is the difference between a lightning bug and a lightning bolt.”

- Mark Twain

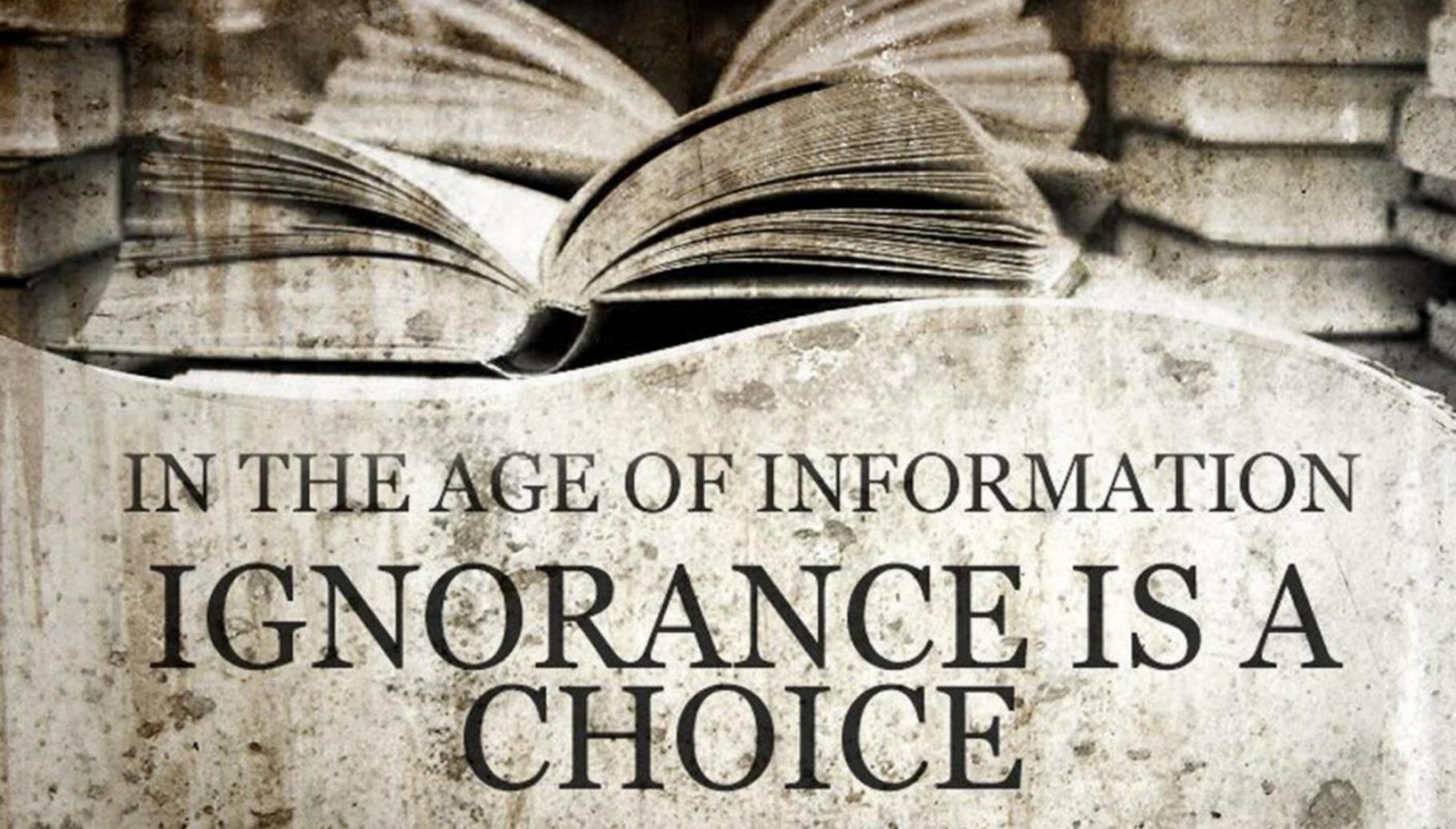
Asking better questions.



Destination





A stack of old, weathered books with an open book in the foreground. The pages are yellowed and the spines are worn. The text is overlaid on the open book's pages.

IN THE AGE OF INFORMATION
IGNORANCE IS A
CHOICE



2008 - 2012

20,000 + pills

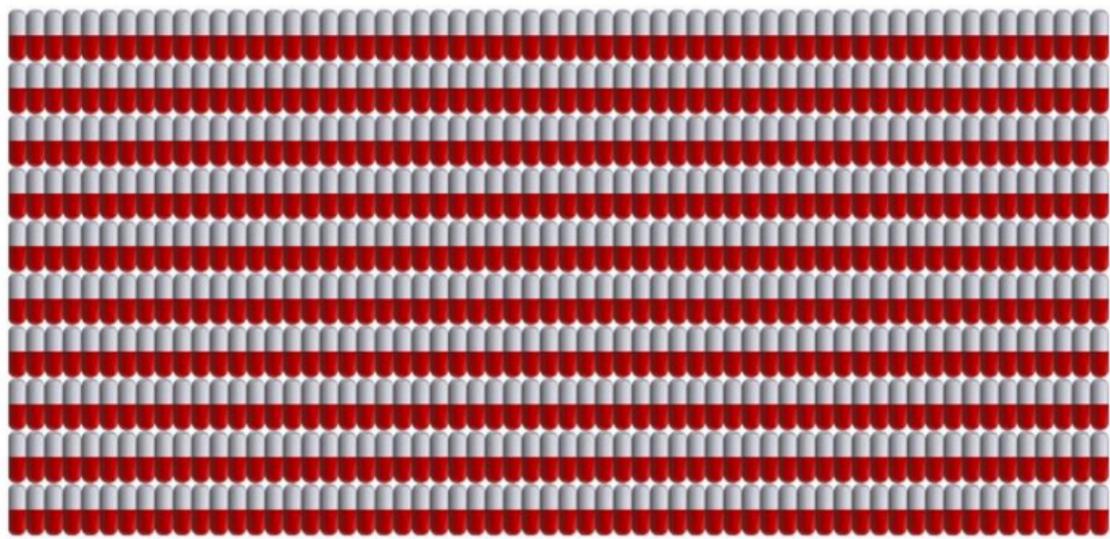
2008



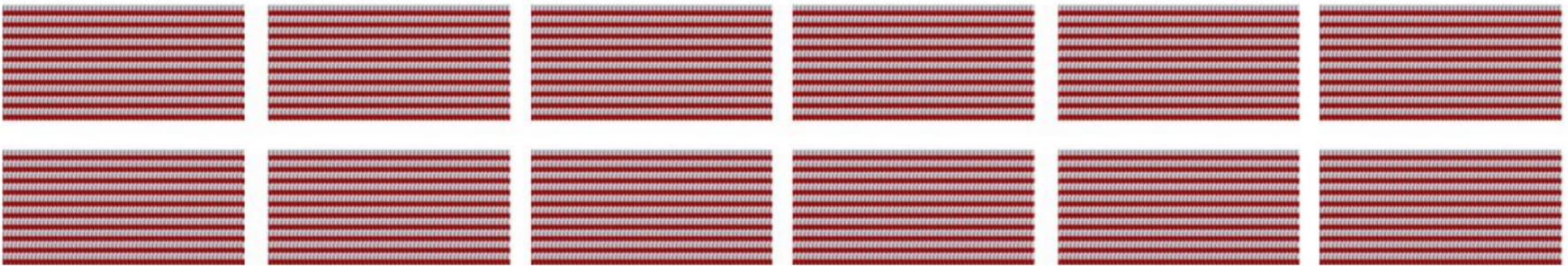


Anything you want.

**YEAR
2011**



**x 12 MONTHS
= 7,200**



SEVEN THOUSAND TWO HUNDRED

Pharmaceuticals are the



leading cause of death
in the united states.

say ahhhhh...



+ Advil

+ Pepto

+ Allegra

+ Nyquil

+ Sudafed



pharmacy

drop off + pick up prescriptions

ask your pharmacist

Cough Drops

Sinus + Allergy

Sleep Aids
Children's Medicines

Fever Reducers

Arthritis

Etc.

Etc.

Etc.

690 cigarettes per month.





TWICE A DAY

EVERYDAY

1,920
Ounces
Per
Month



Plenty of toxic
relationships !





INSPIRATION



It's hard to dance with a devil on your back...

February 14, 2012





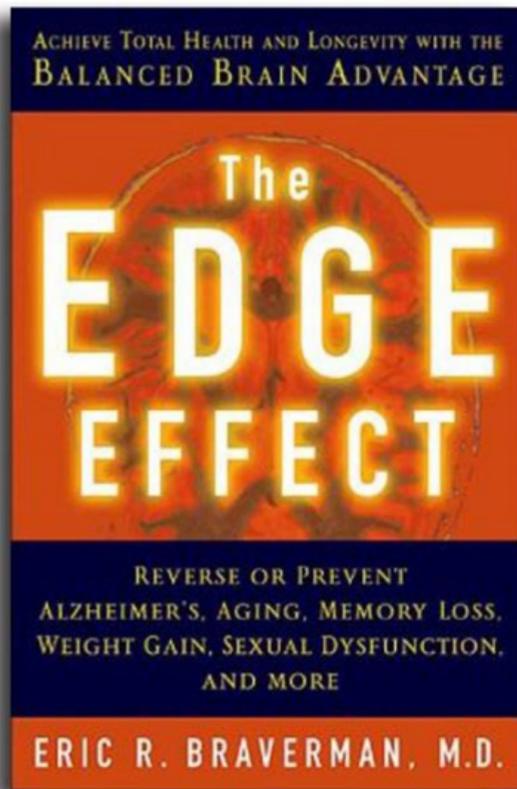
[I WOKE UP]



LIFE IS BEAUTIFUL



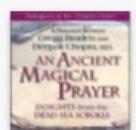
My first book







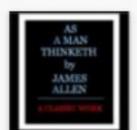
The Accidental Mind...
David J. Linden



An Ancient Magical Pr...
Deepak Chopra & Gregg Br...



The Answer: Grow Any...
John Assaraf, Murray Smith



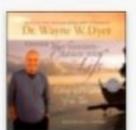
As a Man Thinketh (U...
James Allen



The Biology of Belief (L...
Bruce H. Lipton, Ph.D.



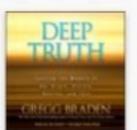
Bringing Stillness Into...
Eckhart Tolle



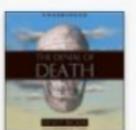
Change Your Thought...
Dr. Wayne W. Dyer



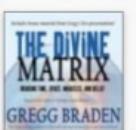
Clarity: Clear Mind, Be...
JAMIE SMART



Deep Truth: Igniting T...
Gregg Braden



The Denial of Death (L...
Ernest Becker



The Divine Matrix: Bri...
Gregg Braden



Dr. Quantum Presents...
Fred Alan Wolf



The Ego Tunnel: The S...
Thomas Metzinger



Entering the Now (Ori...
Eckhart Tolle



Freedom from the Kno...
Jiddu Krishnamurti



How to Use a Journal (L...
Jim Rohn



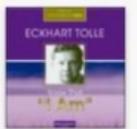
Inner Technology of P...
Gregg Braden



The Isaiah Effect: Deco...
Gregg Braden



Just One Thing: Devel...
Rick Hanson



Know That 'I Am' (Una...
Eckhart Tolle



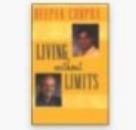
Les Brown - How Passi...
Les Brown



Living a Life of Inner P...
Eckhart Tolle



Living an Exceptional...
Jim Rohn



Living Without Limits...
Deepak Chopra & Wayne D...



A Million Little Pieces
James Frey



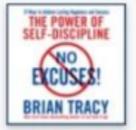
The Moses Code Freq...
James F. Teyman



A New Earth: Awaken...
Eckhart Tolle



No Boundaries
Les Brown



No Excuses: The Powe...
Brian Tracy



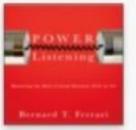
On Writing Well Audio...
William Zinsser



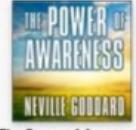
The On-Time, On-Targ...
Ken Blanchard and Steve G...



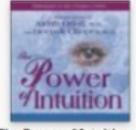
PEMF - The Fifth Eleme...
Bryant A. Meyers



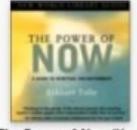
Power Listening: Mast...
Bernard T Ferrari



The Power of Awarene...
Neville Goddard



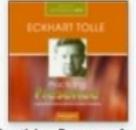
The Power of Intuition...
Deepak Chopra & Judith O...



The Power of Now (Un...
Eckhart Tolle



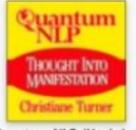
The Power of Positive...
Norman Vincent Peale



Practicing Presence: A...
Eckhart Tolle



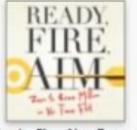
Practicing the Power o...
Eckhart Tolle



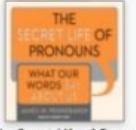
Quantum NLP (Unabri...
Christiane Turner



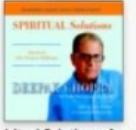
Rapid Spanish: Volum...
Earwoms Learning



Ready, Fire, Aim: Zero...
Michael Masterson



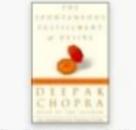
The Secret Life of Pron...
James W. Pennebaker



Spiritual Solutions: An...
Deepak Chopra



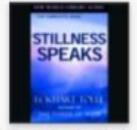
Spontaneous Evolutio...
Bruce Lipton, Steve Shaerm...



The Spontaneous Fulfi...
Deepak Chopra



Step Into Your Greatn...
Les Brown



Stillness Speaks (Unab...
Eckhart Tolle



Subattraction Attract...
Craig Beck



Subliminal: How Your...
Leonard Mlodinow



Tao Te Ching: A New E...
Lao Tzu and Stephen Mitch...



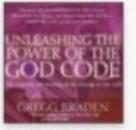
Think and Grow Rich (L...
Napoleon Hill



Transcending the Ego
Eckhart Tolle



Transmuting Suffering...
Eckhart Tolle



Unleashing the Power...
Gregg Braden

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	Brain Science Podcast Friday, Nov 30, 2012 1 hour 9 minutes	BSP 91: Jaak Panksepp on the Origins of Emotions Episode 91 of the Brain Science Podcast is an interview with Dr. Jaak Panksepp, author of the pioneering textbook "Affective Neurosci... More ▾	
	Brain Science Podcast Friday, Nov 2, 2012 1 hour 12 minutes	BSP 90 How the Brain becomes Conscious Episode 90 of the Brain Science Podcast is a discussion of "Self Comes To Mind: Constructing the Conscious Brain" by Antonio Da... More ▾	
	Brain Science Podcast Tuesday, Oct 2, 2012 1 hour 2 minutes	BSP 89: Evan Thompson, author of "Mind in Life" Episode 89 of the Brain Science Podcast is an interview with Dr. Evan Thompson, author of Mind in Life: Biology, Phenomenology, and t... More ▾	
	Brain Science Podcast Friday, Sep 7, 2012 1 hour 2 minutes	BSP 88 Bruce Hood "The Self Illusion" Episode 88 of the Brain Science Podcast is an interview with Dr. Bruce Hood, author of "The Self Illusion: How the Social Brain Creat... More ▾	
	Brain Science Podcast Monday, Jul 30, 2012 57 minutes	BSP 87 Brain Aging with Patricia Greenwood. Episode 87 is an interview with Dr. Patricia Greenwood, co-author of "Nurturing the Older Brain and Mind." Our focus is on dispelling so... More ▾	
	Brain Science Podcast Sunday, Jul 15, 2012 1 hour 7 minutes	Extra: Terrence Deacon on Books and Ideas Episode 47 of Books and Ideas is being released simultaneously in the Brain Science Podcast feed. It is an interview with Terrence Dea... More ▾	
	Brain Science Podcast Tuesday, Jun 26, 2012 56 minutes	BSP 86 Rachel Herz on Disgust Episode 86 of the Brain Science Podcast is an interview with Dr. Rachel Herz about her latest book "That's Disgusting: Unraveling th... More ▾	
	Brain Science Podcast Thursday, Jun 14, 2012 2 minutes	Dr. Campbell's eBook Announcement A few days ago I released my first eBook: Are You Sure? The Unconscious Origins of Certainty. It is based on a couple of my fav... More ▾	



A few of my influences.

David Linden



Gregg Braden

Murray Smith

Ginger Campbell

James Allen

Bruce Lipton

Eckhart Tolle

Wayne Dyer

Alan Wolf

Thomas Metzinger

Jim Rohn

Les Brown

Anthony Robbins

Deepak Chopra

Neville Goddard

James Frey

James Twyman

William Zinsser

Ken Blanchard

Bernard Ferrari

James Pennebaker

Steve Bhaerman

Leonard Mlodinow

Lao Tzu

Alan Watts

Earl Nightingale

Friedrich Nietzsche

Carl Jung

Carl Sagan

Neil Tyson

Michio Kaku

David Icke

Edgar Cayce

Jordan Duchnycz

Chiren Boumaaza

Joseph LeDoux

Anita Moorjani

John Byrne

Jason Silva

J.Z. Knight/Ramtha

Esther/Abraham Hicks

Stephen Kosslyn

Laurence Tancredi

Nikola Tesla

Gautama Buddha

Oscar Wilde

Josh Reeves

Russell Brand

Jim Carrey

George Carlin

Bill Hicks

Louis C.K.

Robin Williams

Brian Warner

Walt Whitman

Charles Dickens

Edgar Poe

William Shakespeare

George Shaw

Mark Twain

Stephen Fry

William Yeats

Lewis Carroll

Albert Einstein

Edwin Hubble

Stephen Hawking

Niels Bohr

Thomas Edison

Max Planck

Mahatma Gandhi

Confucius

Sigmund Freud

Martin King

Werner Heisenberg

Louise Hay

Nhat Hanh

Ramana Maharshi

Neale Walsch

Ram Dass

Marie Curie

Jiddu Krishnamurti

Teal Scott

Joe Rogan

Joshua Benhur

David Lynch

Michael Tellingner

Peter Shepherd

Zecharia Sitchin

Graham Hancock

Nicolaus Copernicus

Charles Darwin

Rene Descartes

Alfred Wallace

Issac Newton

Euclid / Archimedes

Galileo Galilei

Aristotle

Socrates

Plato

Pythagoras

Hermes Trismegistus

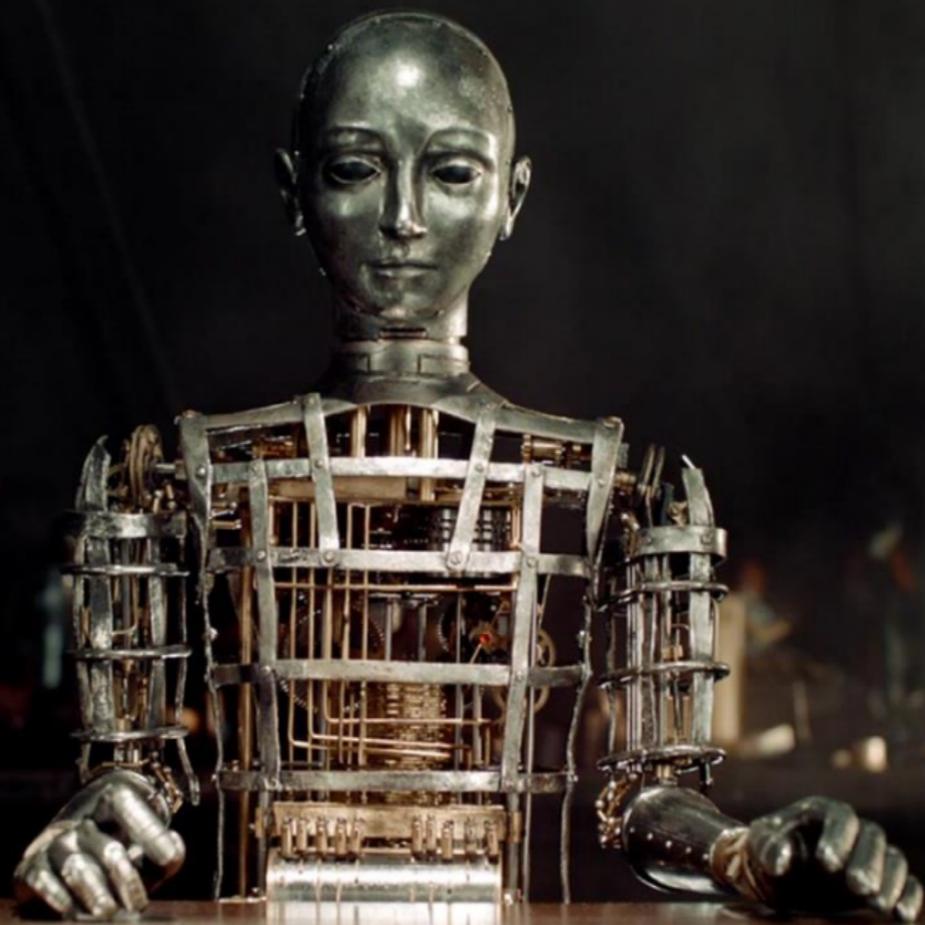
Thoth

Ra

YHWH

YHVH

YHVG





The Science of Awareness

Why is this important?

True Understanding

- what goes on inside your head and inside the heads of others
- why we complain and add drama to almost everything that happens
- why you think the way you do and how to reprogram your mind
- why you believe what you believe and where the beliefs came from
- what a belief actually is, biologically speaking
- what it truly means to forgive and what it means for you
- why arguing and debating are completely ineffective

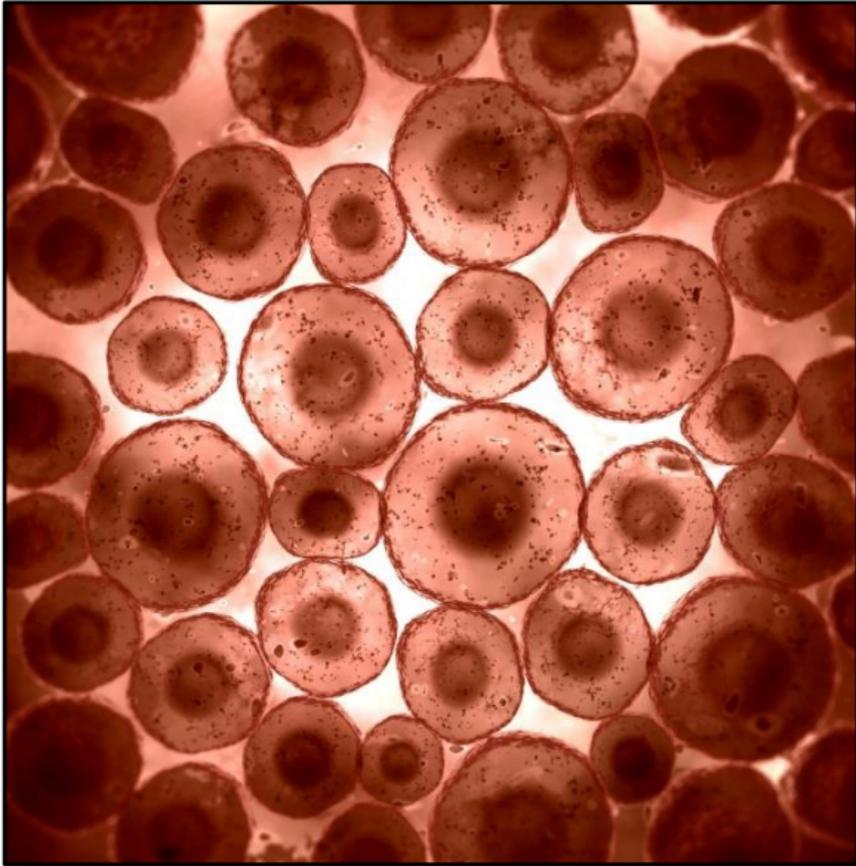
Let's start with the basics.



EVERYTHING IS ENERGY

The human body is composed of about 50,000,000,000,000 (that's 50 trillion) cells.





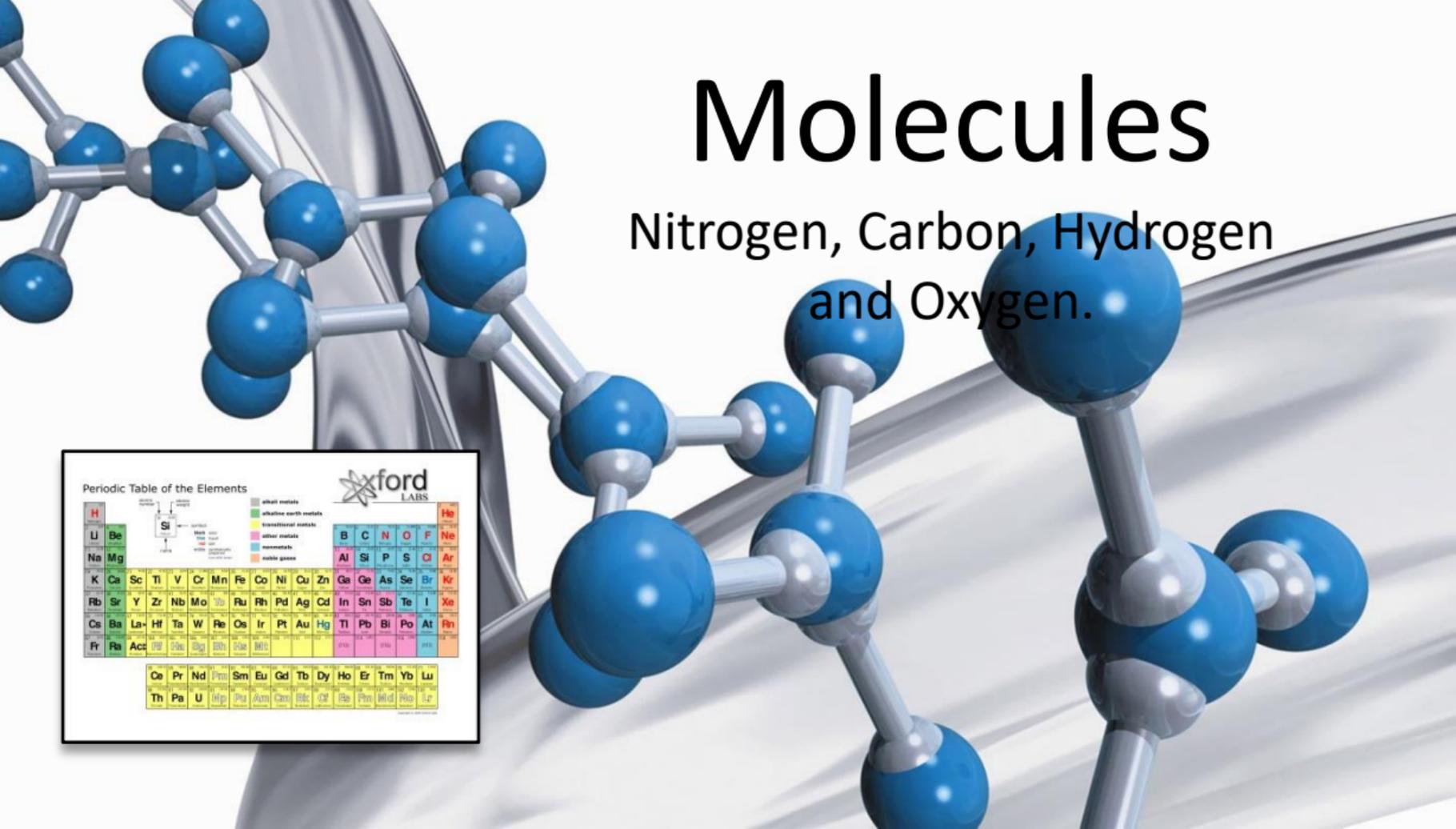
Let's take a closer look.



Molecules

Nitrogen, Carbon, Hydrogen
and Oxygen.

Periodic Table of the Elements



ford LABS

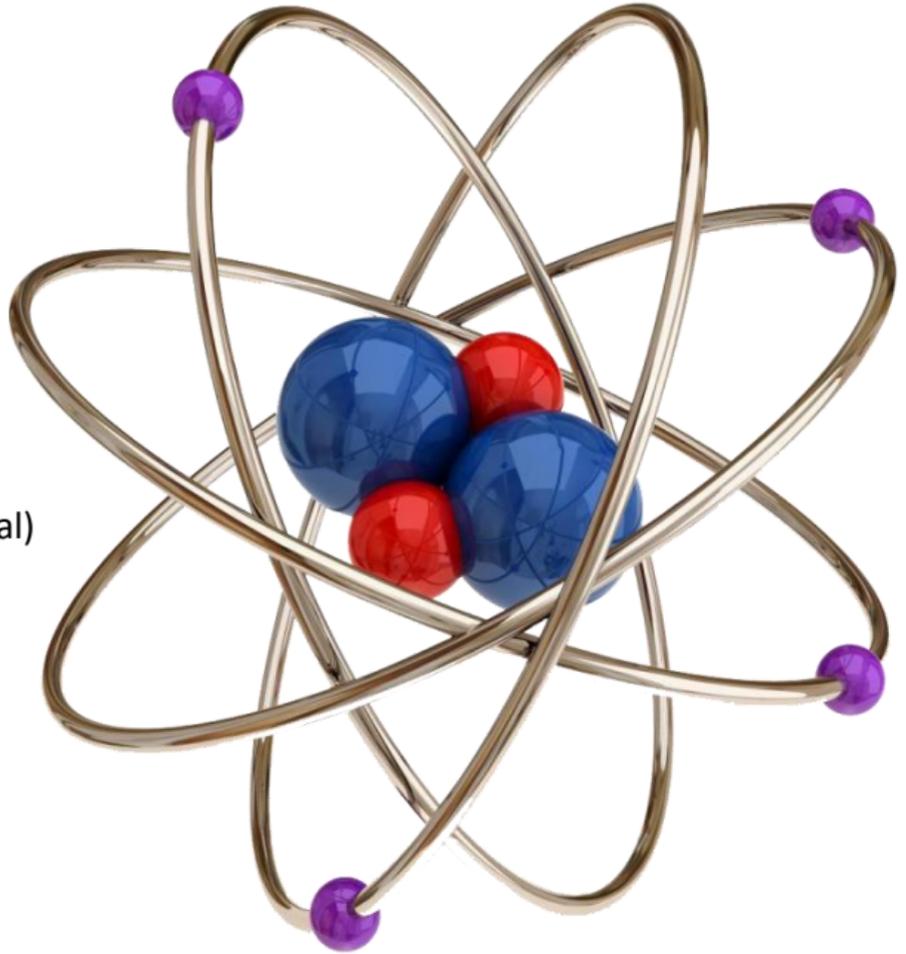
H	He																	He													
Li	Be											B	C	N	O	F	Ne														
Na	Mg											Al	Si	P	S	Cl	Ar														
K	Ca	Sc	Ti	V	Cr	Mn	Fe	Co	Ni	Cu	Zn	Ga	Ge	As	Se	Br	Kr														
Rb	Sr	Y	Zr	Nb	Mo	Tc	Ru	Rh	Pd	Ag	Cd	In	Sn	Sb	Te	I	Xe														
Cs	Ba	La	Hf	Ta	W	Re	Os	Ir	Pt	Au	Hg	Tl	Pb	Bi	Po	At	Rn														
Fr	Ra	Ac															Ra														
																		Ce	Pr	Nd	Pm	Sm	Eu	Gd	Tb	Dy	Ho	Er	Tm	Yb	Lu
																		Th	Pa	U	Np	Pu	Am	Cm	Bk	Cf	Es	Fm	Md	Pm	La

Legend:

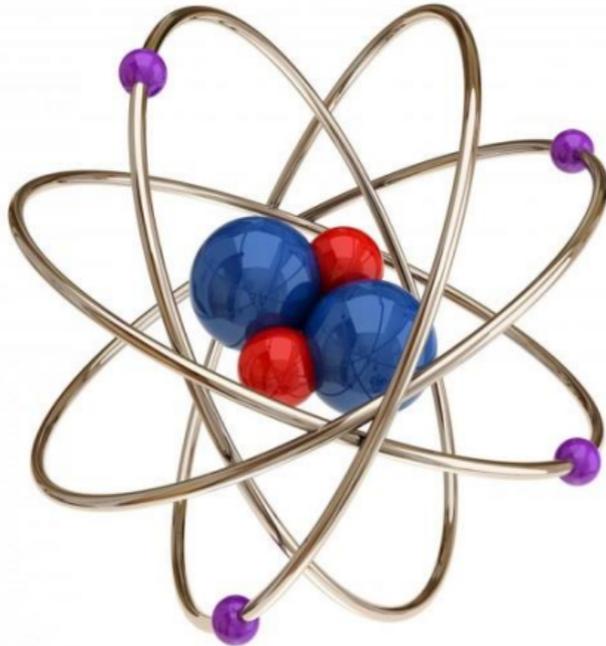
- alkali metals
- alkaline earth metals
- transition metals
- other metals
- metalloids
- noble gases

Atoms

(a material representation of the ethereal)



Atoms are vibrating potentials of energy composed of 99.99999999999999% empty space.



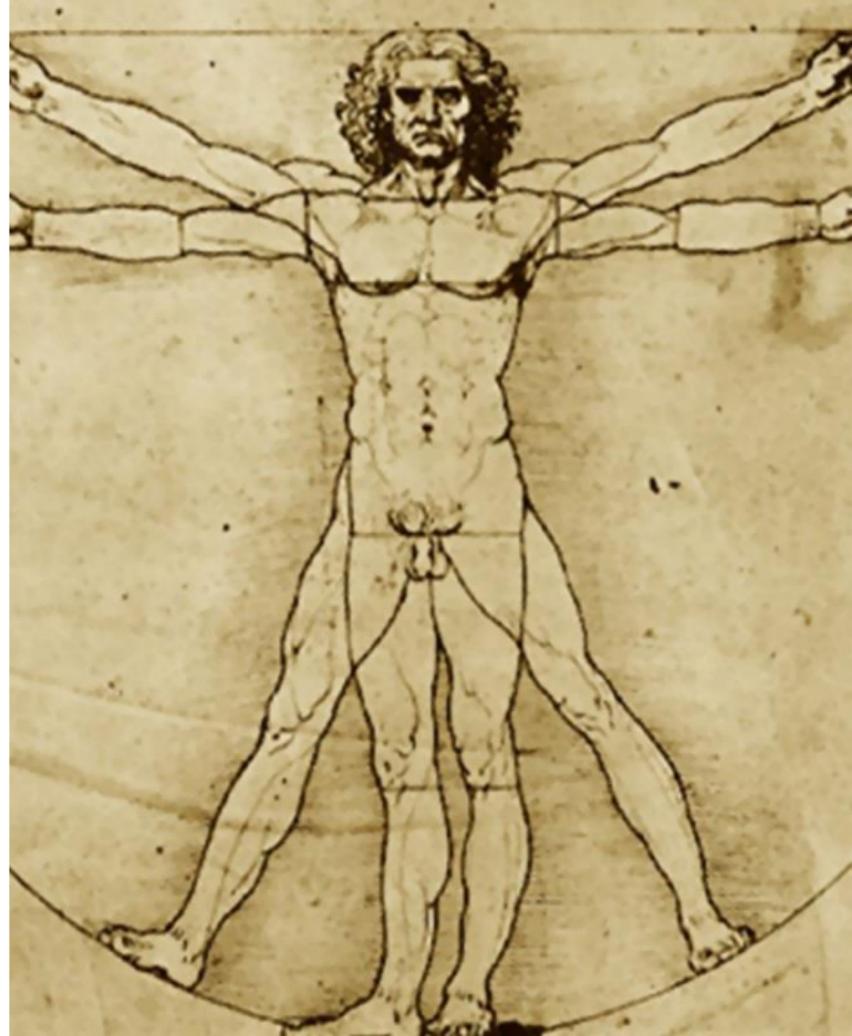
This represents an atom.

The stadium represents the orbiting electrons.

The peanut represents its nucleus.



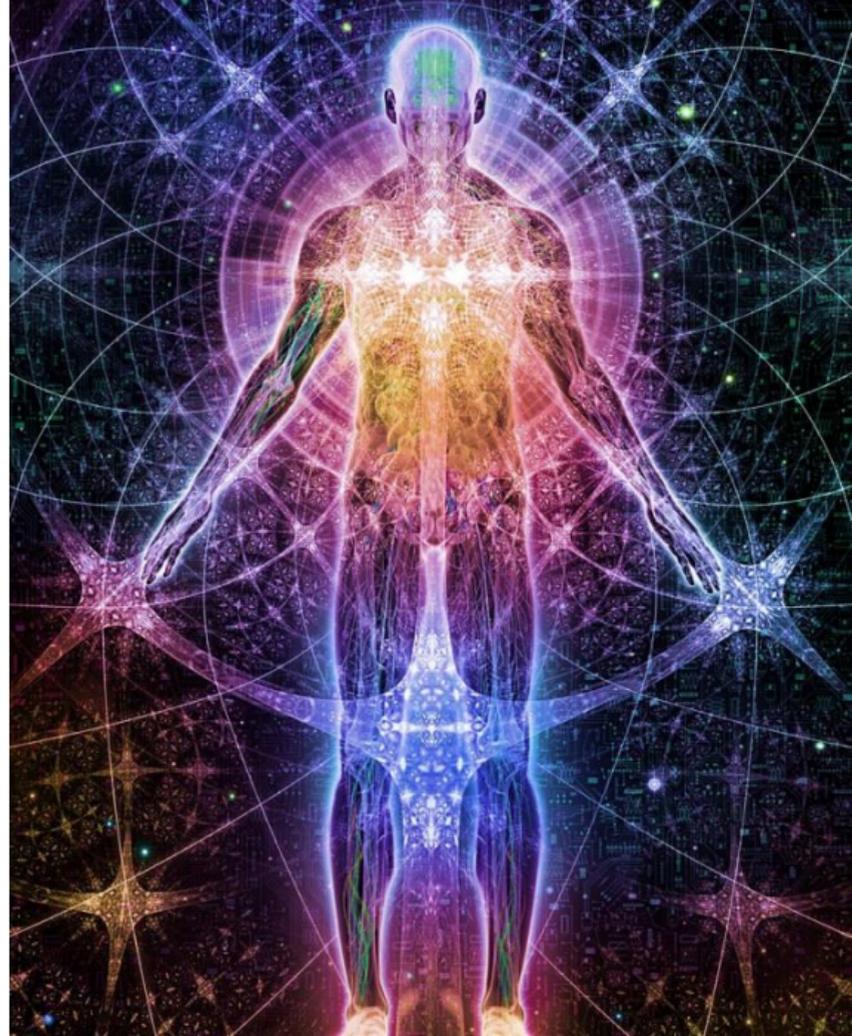
With this as our
fundamental
understanding, when
we do the math, it is
plausible to consider
that the human body
is only...



1/1,000,000,000
actual matter

That's one billionth...
the rest is light.

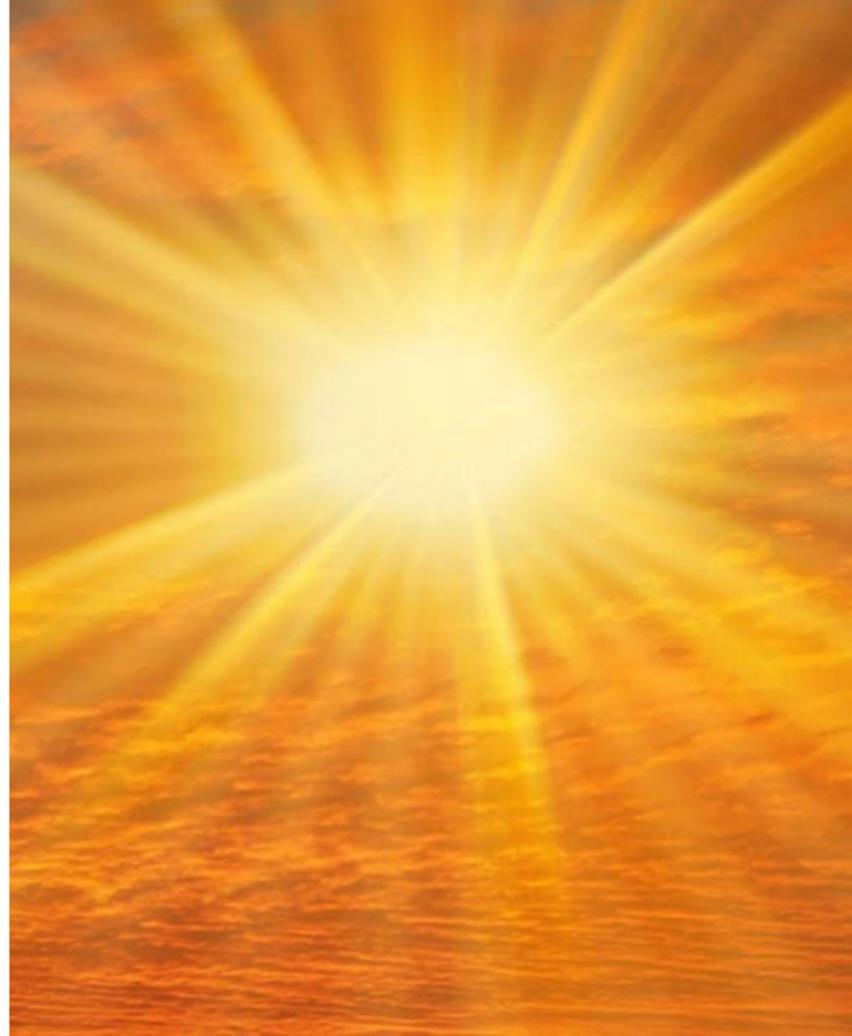
We are pure energy.



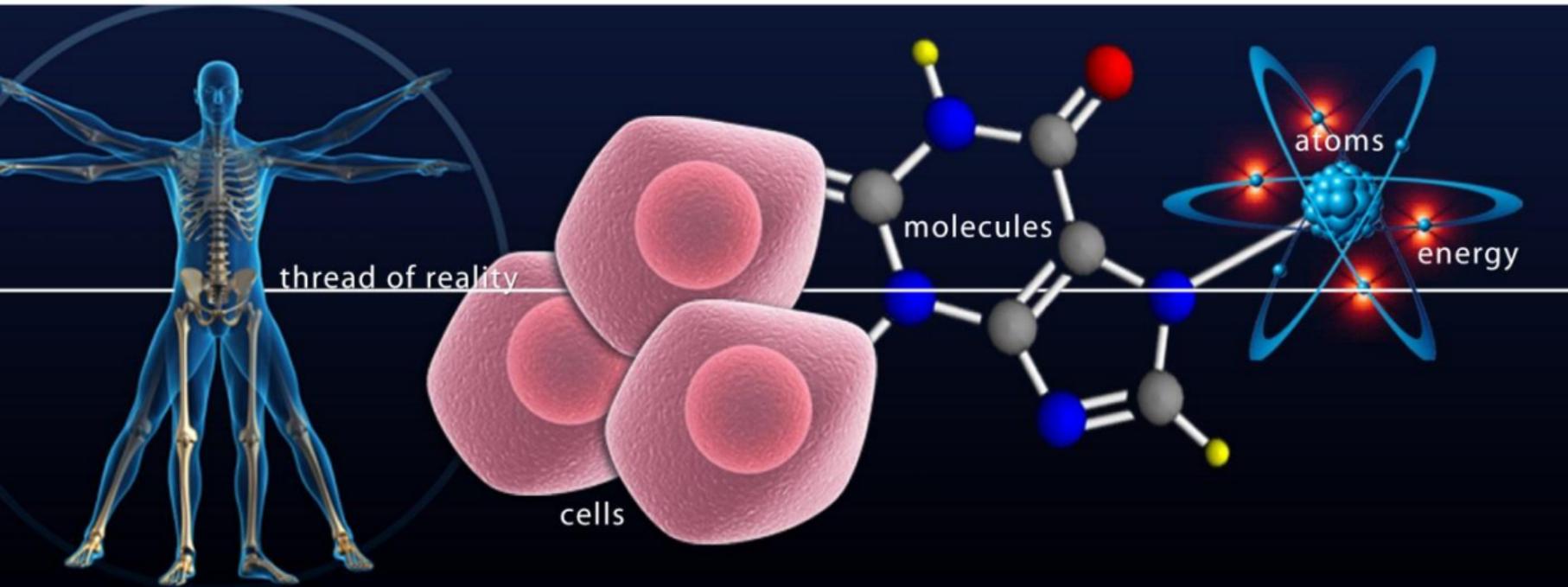
So much so, that
when you divide
its luminosity by
its volume...



The human body
radiates 60,000
times more energy
than the sun per
cubic centimeter.



The thread of reality.





Let's move on.

The Brain

Contains about
100,000,000,000
(100 billion) neurons.



The Brain

A piece of brain tissue
the size of a grain of
sand contains 100,000
(100 thousand) neurons



The Brain

Your brain is 73% water. It takes only 2% dehydration to affect your attention, memory and other cognitive skills.



The Brain

Your brain weighs about 3 pounds. Of that, the dry weight is 60% fat, making your brain the fattiest organ. (oh but a low fat diet is good for us, right?)



The Brain

The average brain has around 50,000 thoughts per day and 70% of them are believed to be negative.
(we abuse ourselves)





What is the mind?



Not the brain, the mind.



The mind is a process,



not a definition.



You are a verb,



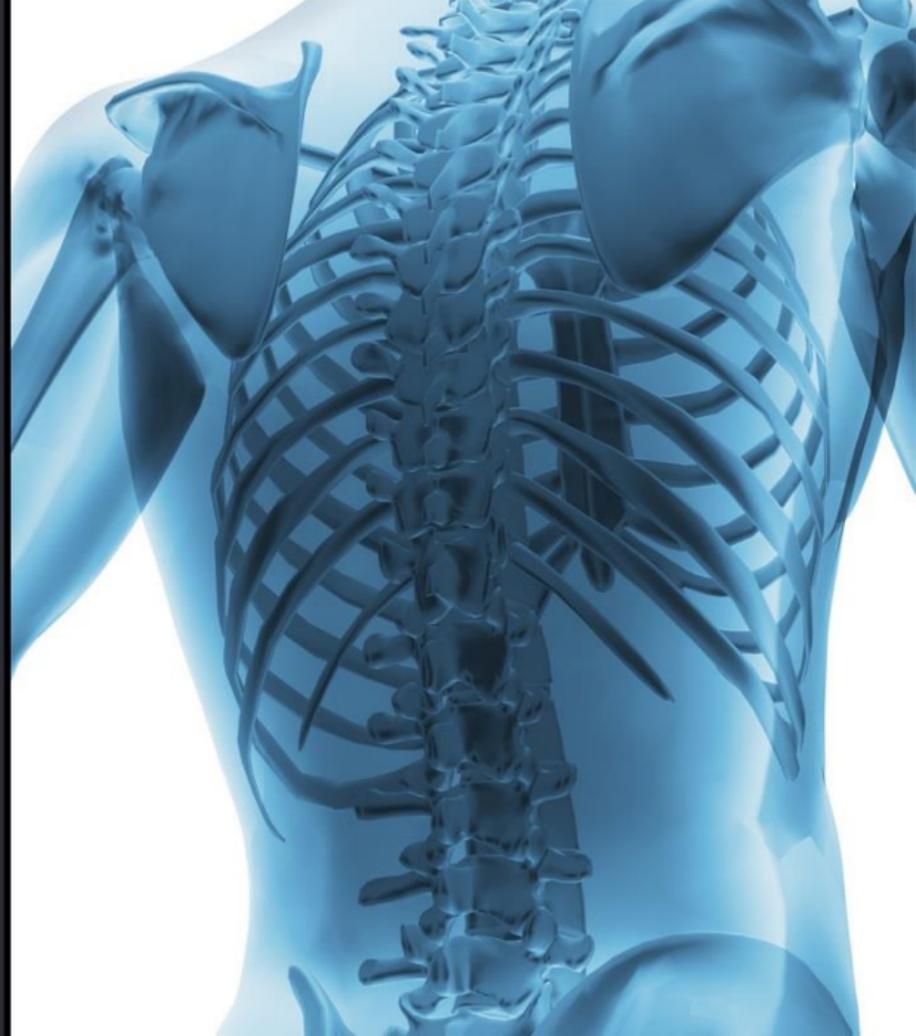
not a noun.

The **mind** uses the brain



to become **aware** of itself.

Do you
consciously
build your
bones?



no



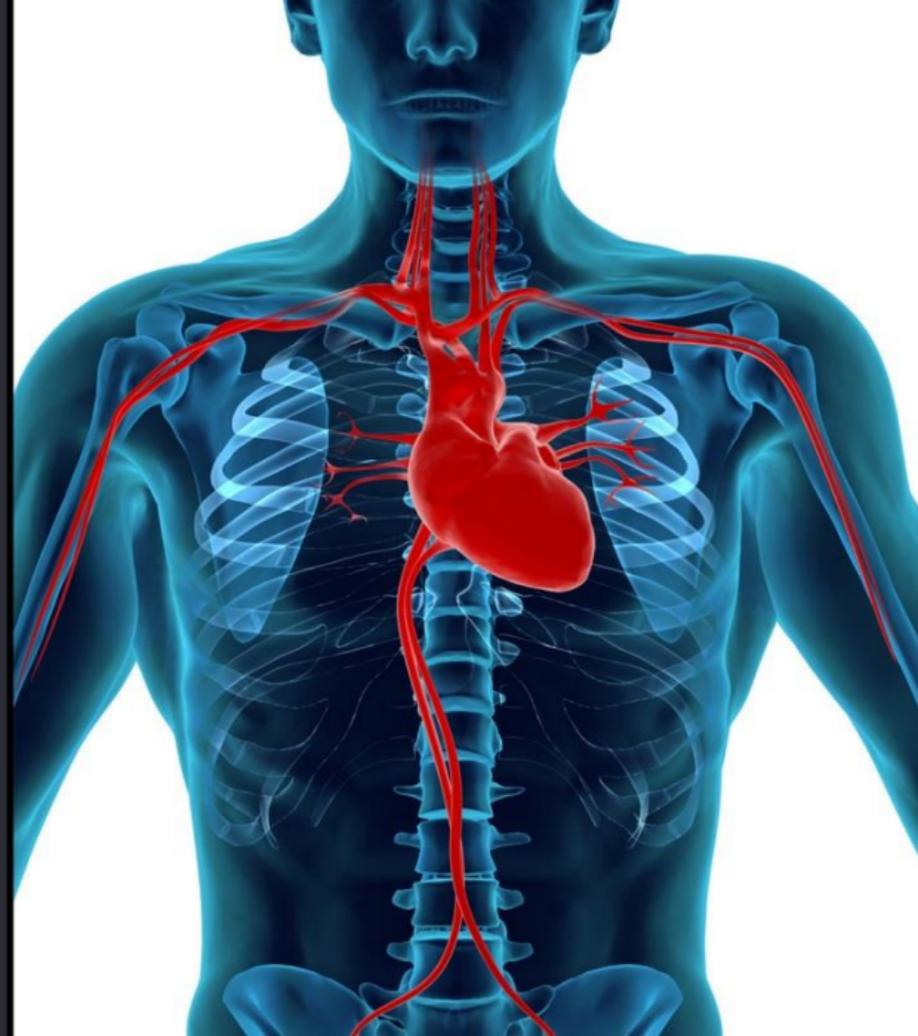
Do you
consciously
breathe?



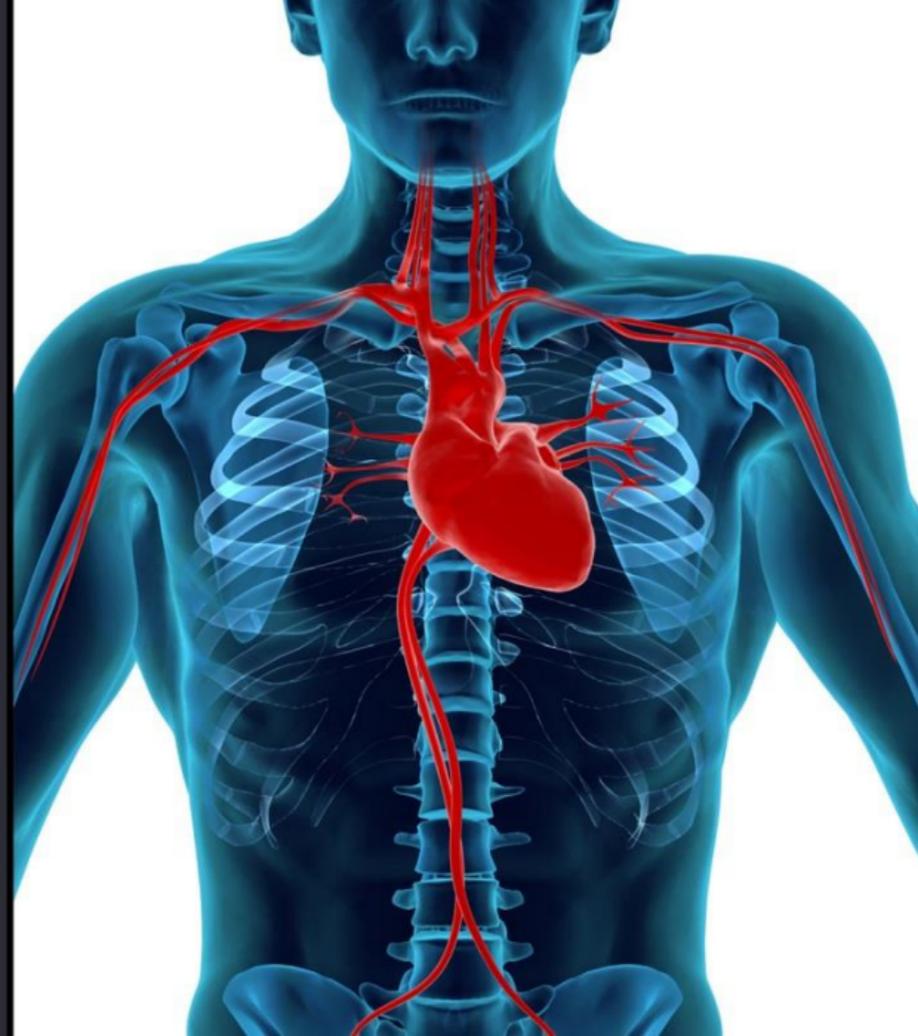
no



Do you
consciously
pump your
blood?



no



When it comes
to your brain,



A **less effective**
question is...



“Do I **think**?”



A more **effective**
question would
be...



“Do I
consciously
think my
thoughts?”



The **myth** that
you only use
10% of your
brain is only
10% true.



The **fact** of the
matter is
this...



90%
of your brain



uses you.



You are **limited**
by the paradigm
of **social**
conditioning,



by what you
have agreed to...



consciously,

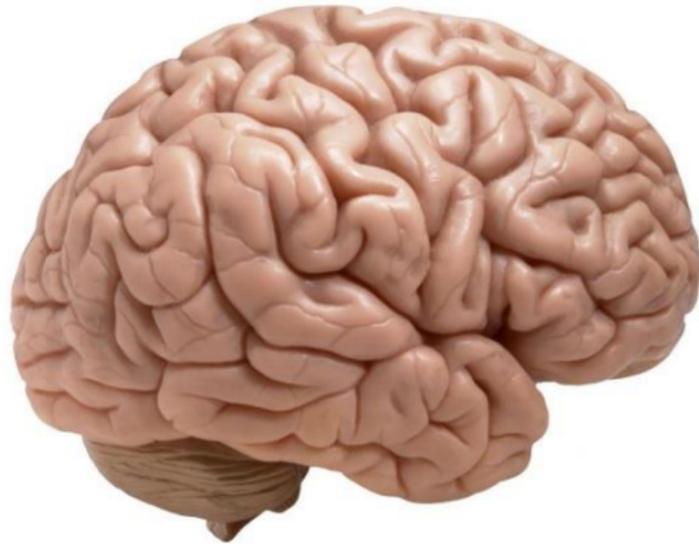


and...

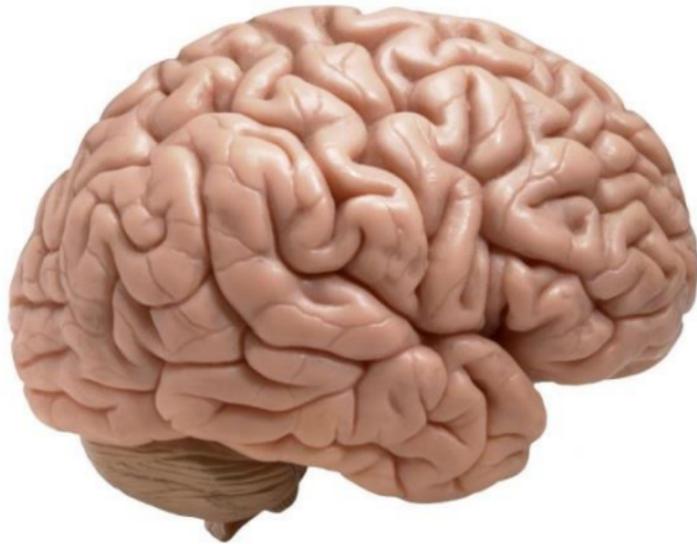
unconsciously.



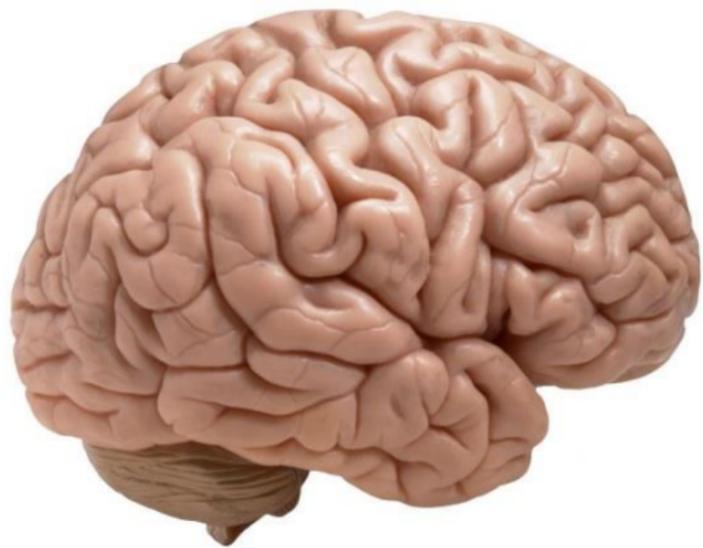
Here is a fun question.



What is in control?



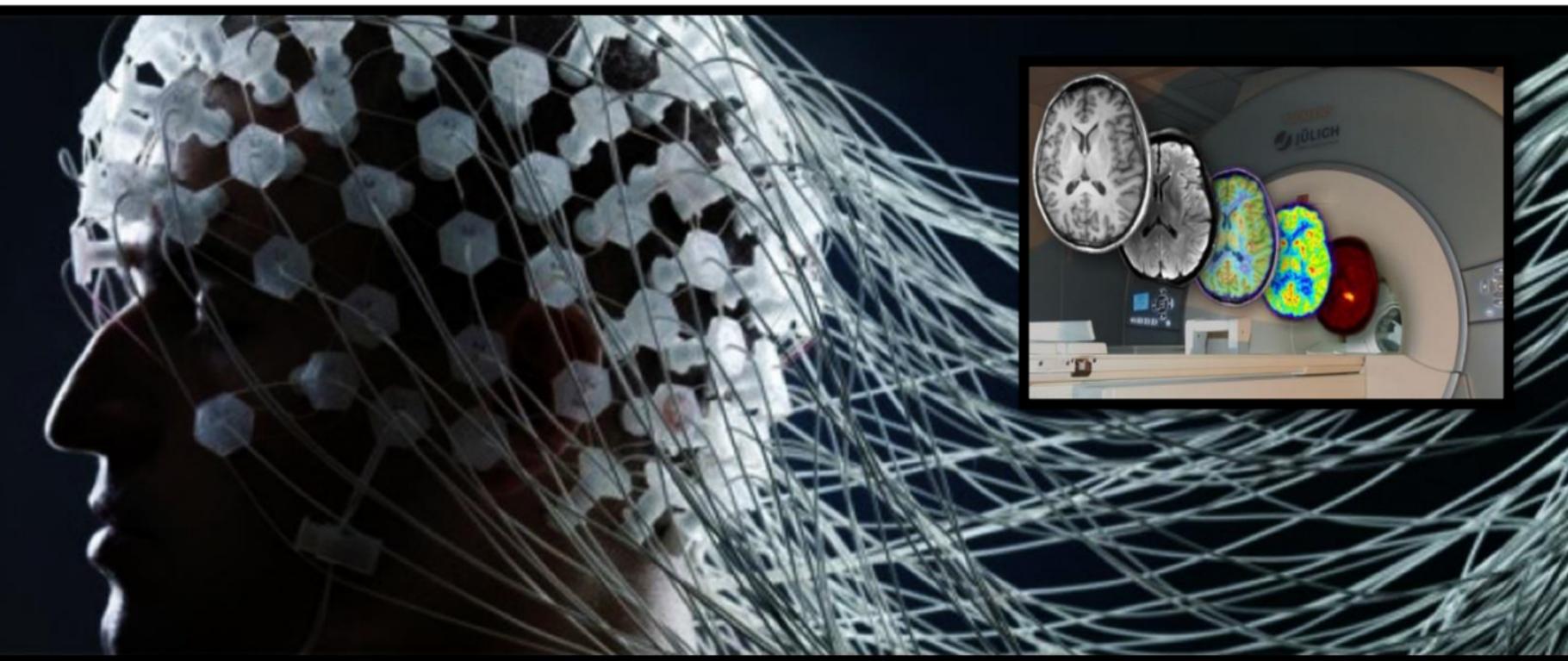
You,



or your thoughts?

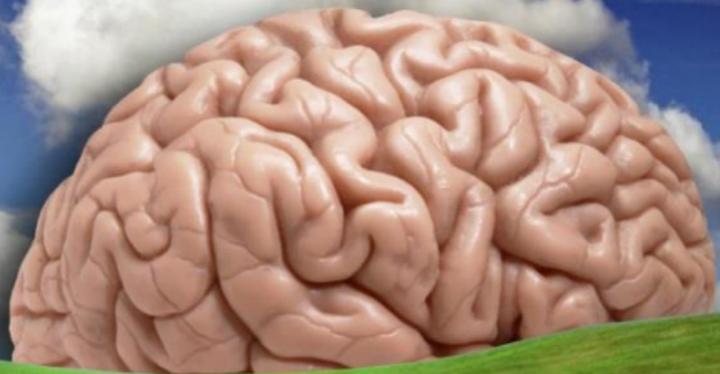


ELECTROENCEPHALOGRAPHY EEG TECHNOLOGY



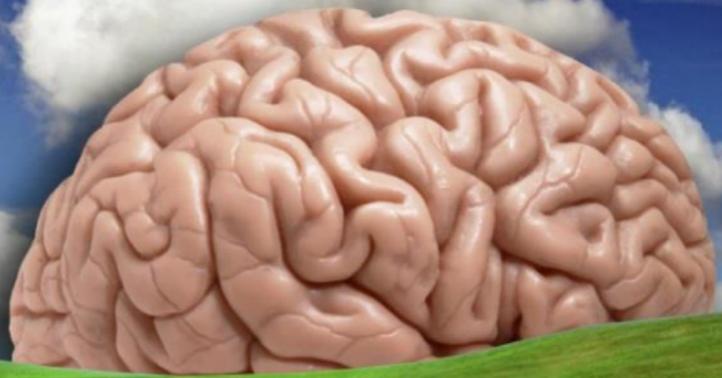
EEG MEASURES VOLTAGE FLUCTUATIONS RESULTING FROM IONIC CURRENT FLOWS WITHIN THE NEURONS OF THE BRAIN

Conscious vs Subconscious
What's really going on?



40,000,000

FOURTY MILLION



**40 blades of grass
= the conscious mind**

So, again, what is in control?



You, or your thought machine?

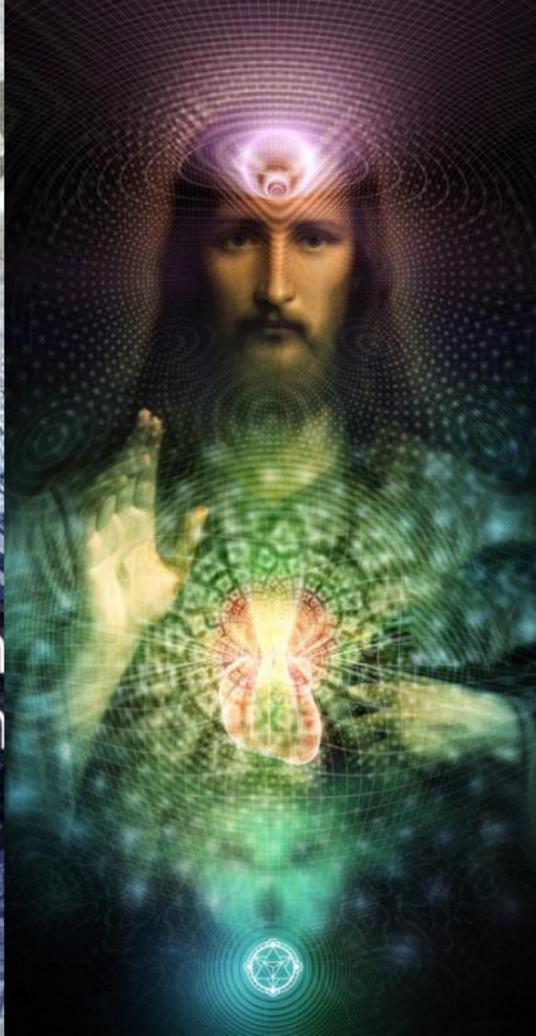
Cognitive Dissonance

The state of having inconsistent thoughts, beliefs, or attitudes, especially as relating to behavioral decisions and attitude change.





Do not conform an
but be transform



patterns of this world,
ng of your mind.

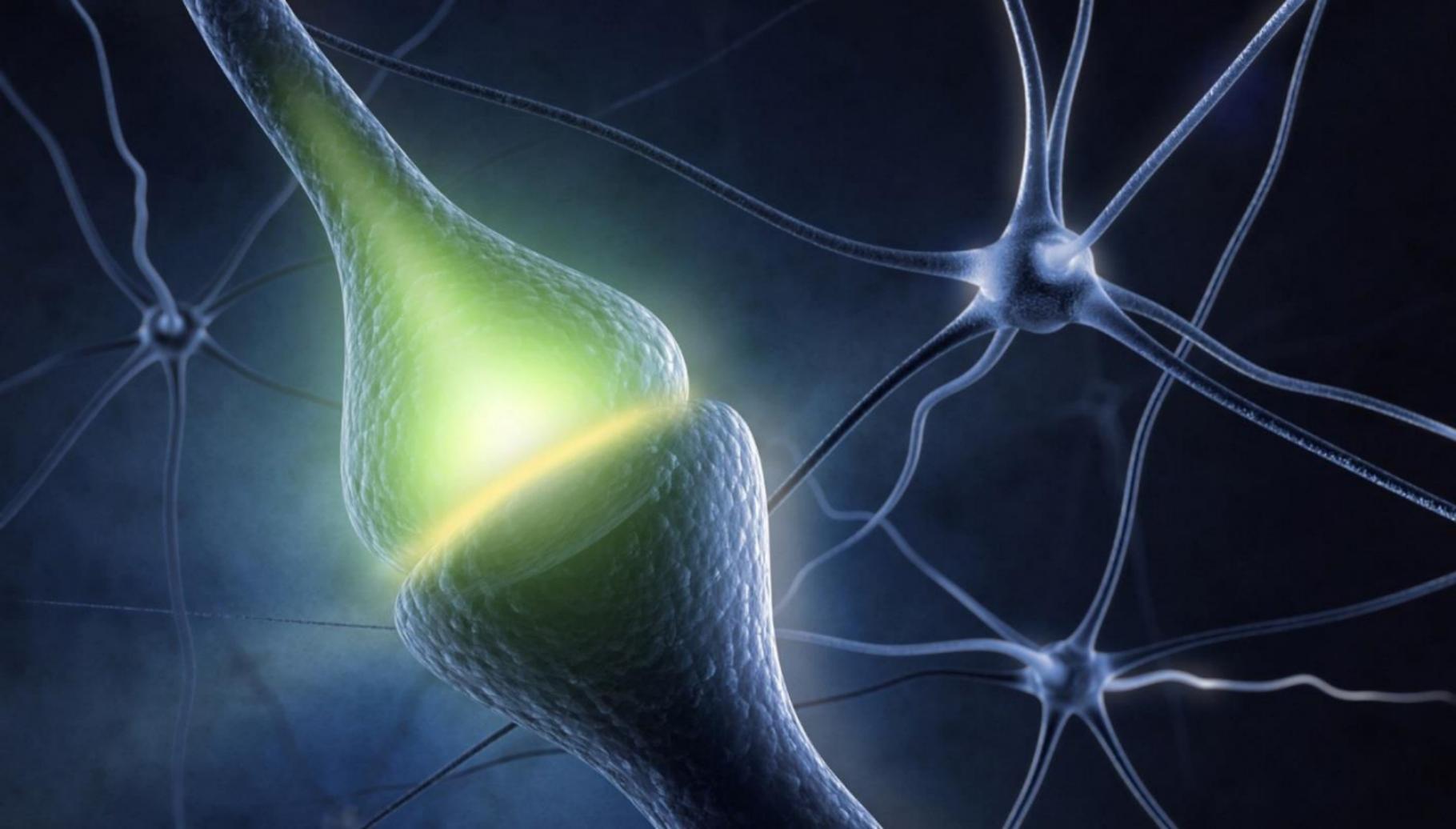
RELIGION

[ri-lij-uh n] 1150-1200; conscientiousness, piety, equivalent to relig (āre) **to tie, fasten** (re- re- + ligāre **to bind, tie**; cf. **ligament**) + -iōn- -ion; cf.

Did you catch that? (**to BIND**) to join, hold together, to fuse.

RE = to *repeat* / **LIG** = to bind / **ION** = the *action*

So the question is...
What exactly are we binding?



The Group Problem

THE EARTH IS FLAT.

Could 200 million people be wrong?



Are your beliefs your own?

THE EARTH IS FLAT.

Could 200 million people be wrong?

Around 300 BC, Aristotle accepted the theory of the earth being round onto empirical grounds. Prior to that, 200 million human beings (the population of our planet at the time) believed the earth was indeed, flat.



Are your beliefs your own?

255 BC

Eratosthenes VS The Roman Empire

1543

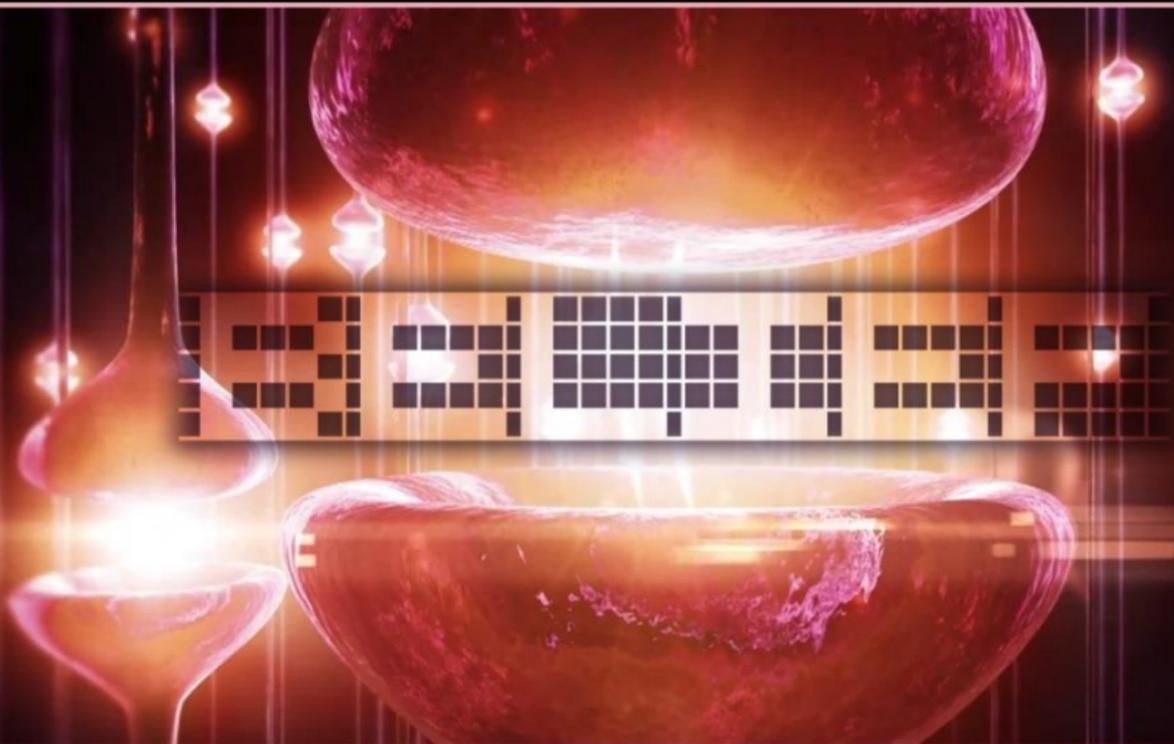
Nicolaus Copernicus VS The Vatican

1913

Niels Bohr VS Isaac Newton

So, what is a belief?

AXON



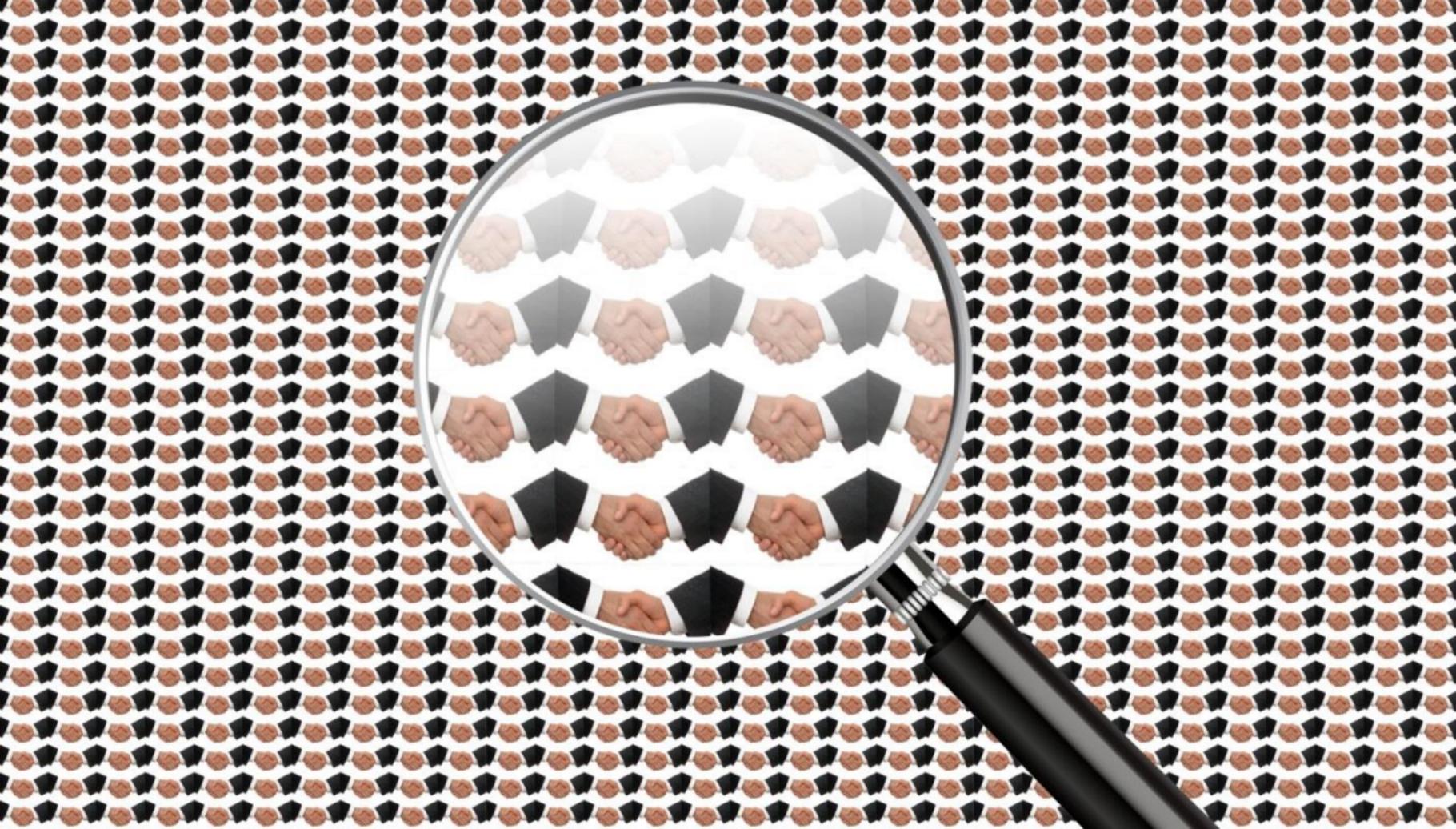
DENDRITE

An agreement.



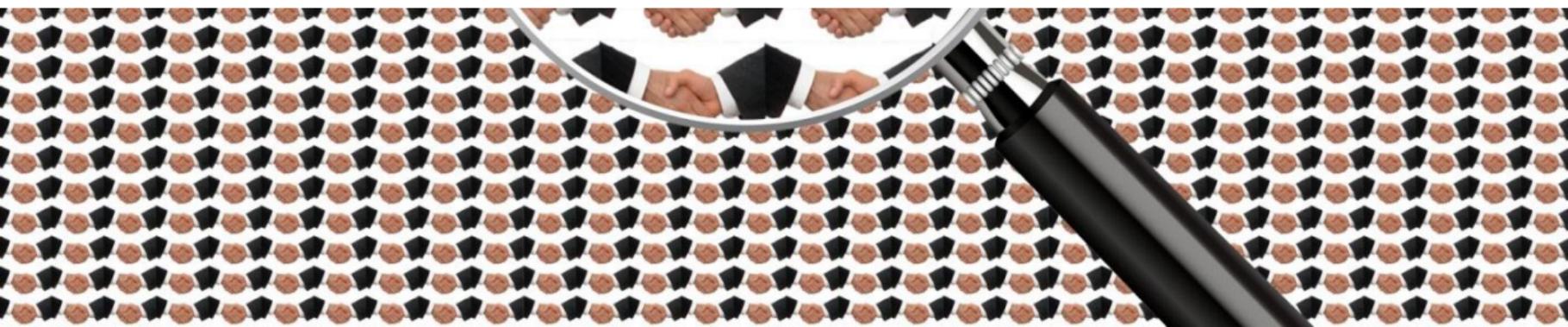


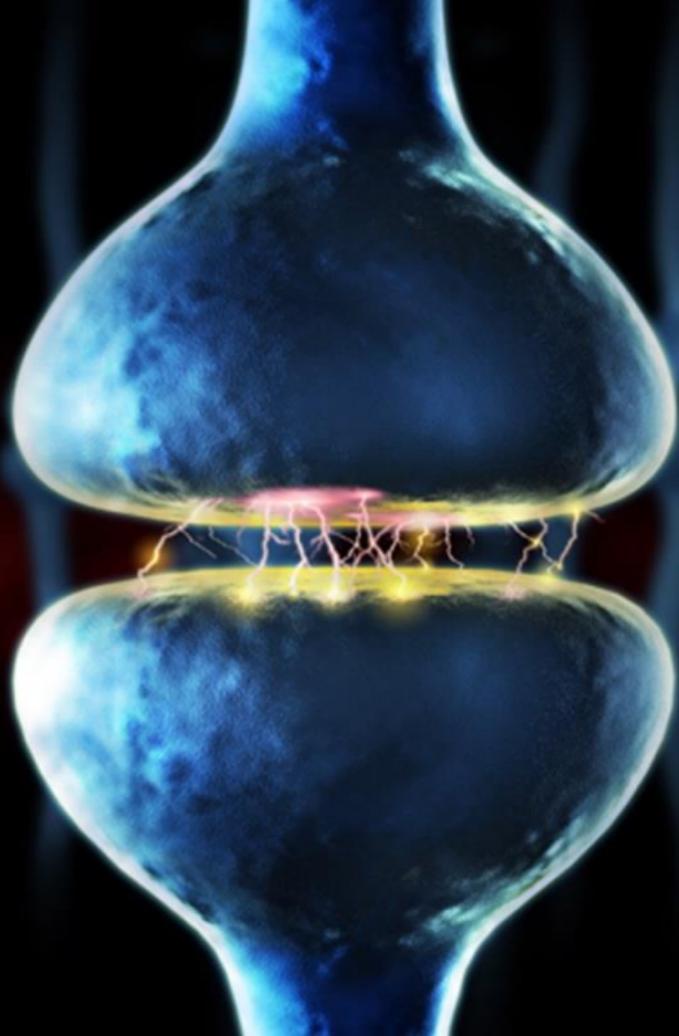






What you focus on the longest,
becomes the strongest.





The Trap Problem

The brain facilitates the bio-electric-chemical process of synapses while glial cells protect the connection with up to 150 layers of insulation.

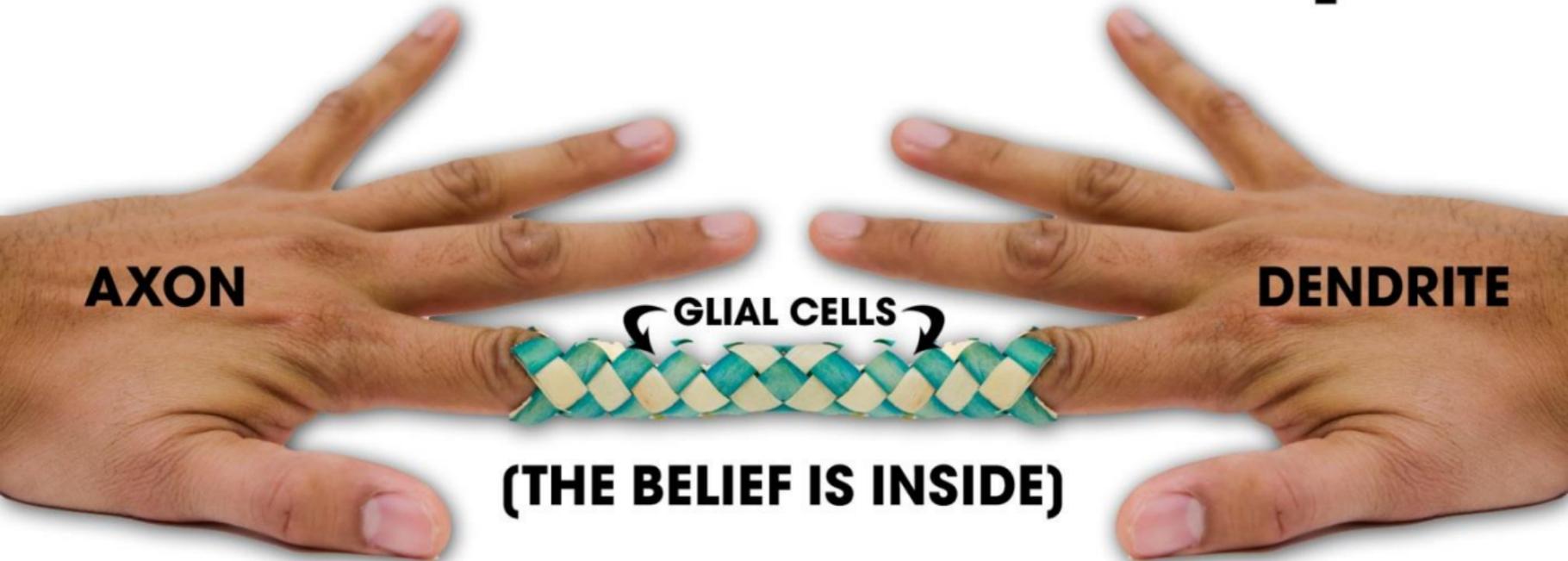


Neurons = %15 of brain mass.

(choose your thoughts wisely)

Glial Cells = 85% of brain mass.

Chinese Neuro Trap



AXON

GLIAL CELLS

DENDRITE

(THE BELIEF IS INSIDE)



“If belief is the foundation of limitation, then pride is the rigid framework upon which the walls of limitation are nailed to.” - Shane Dieter



So, what is
the ego



Identification with form.

Identification with form.

Primarily, thought form.

What is the primary
fear of the ego?

Uncertainty.
(aka: fear of death)
The catalyst of all fear.

Identification with form +
Desire for certainty and a
sense of significance +
An unaware primal brain =

The Defense Problem

I am right.

You are wrong.

DEAD wrong

MY BELIEFS



OUR BELIEFS



This “defense mechanism”
is the primal
seed of...



separation,

competition,

prejudice,

bias,

pride,

expectation,

judgment,

assumption,

and
duality consciousness.

Duality consciousness
is believing we are
separate.

(from anyone or anything, including what we refer to as “god”)

Duality consciousness
gives birth to the following conceptual
ideologies:

(watch your reactions)

sports,

religion,

politics,

racism,

law,

national borders,

and ownership.

All of which

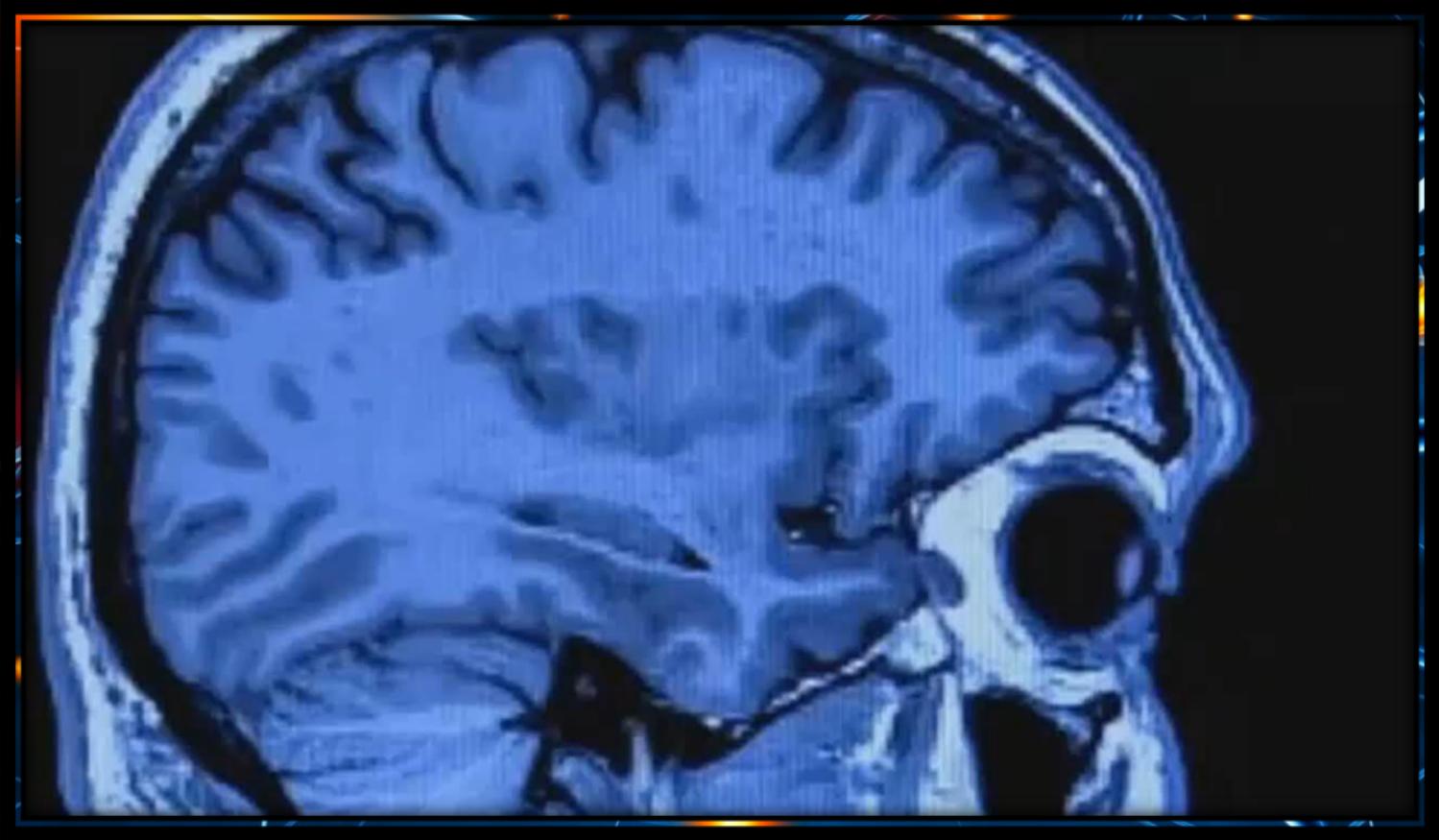
are illusions.

are

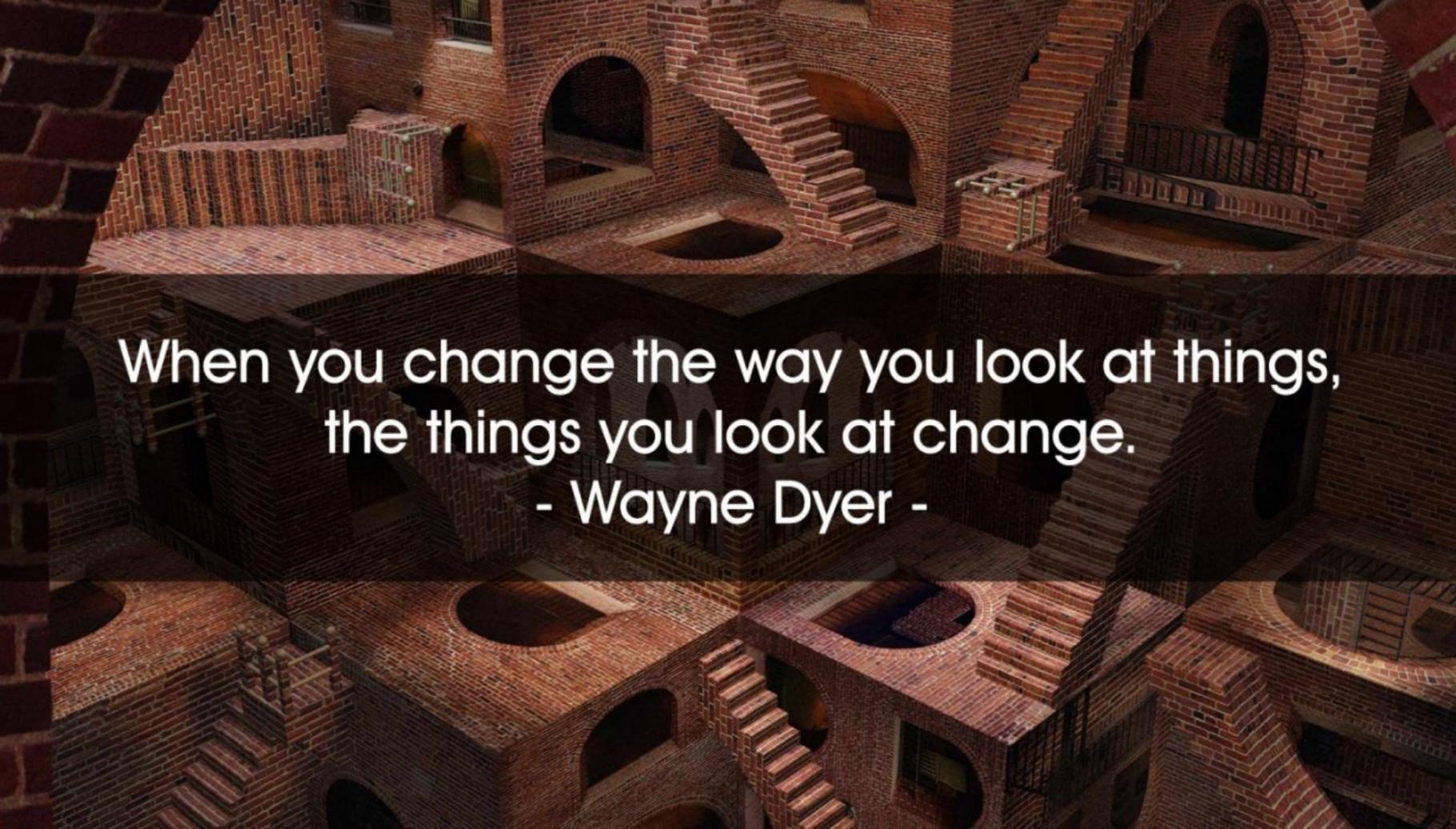
.

The Assumption Problem

Most people do not see **their beliefs**.
Rather, **their beliefs tell them** what they see.







When you change the way you look at things,
the things you look at change.
- Wayne Dyer -

So, quite possibly, the
single most important
question you could ask
yourself is this...

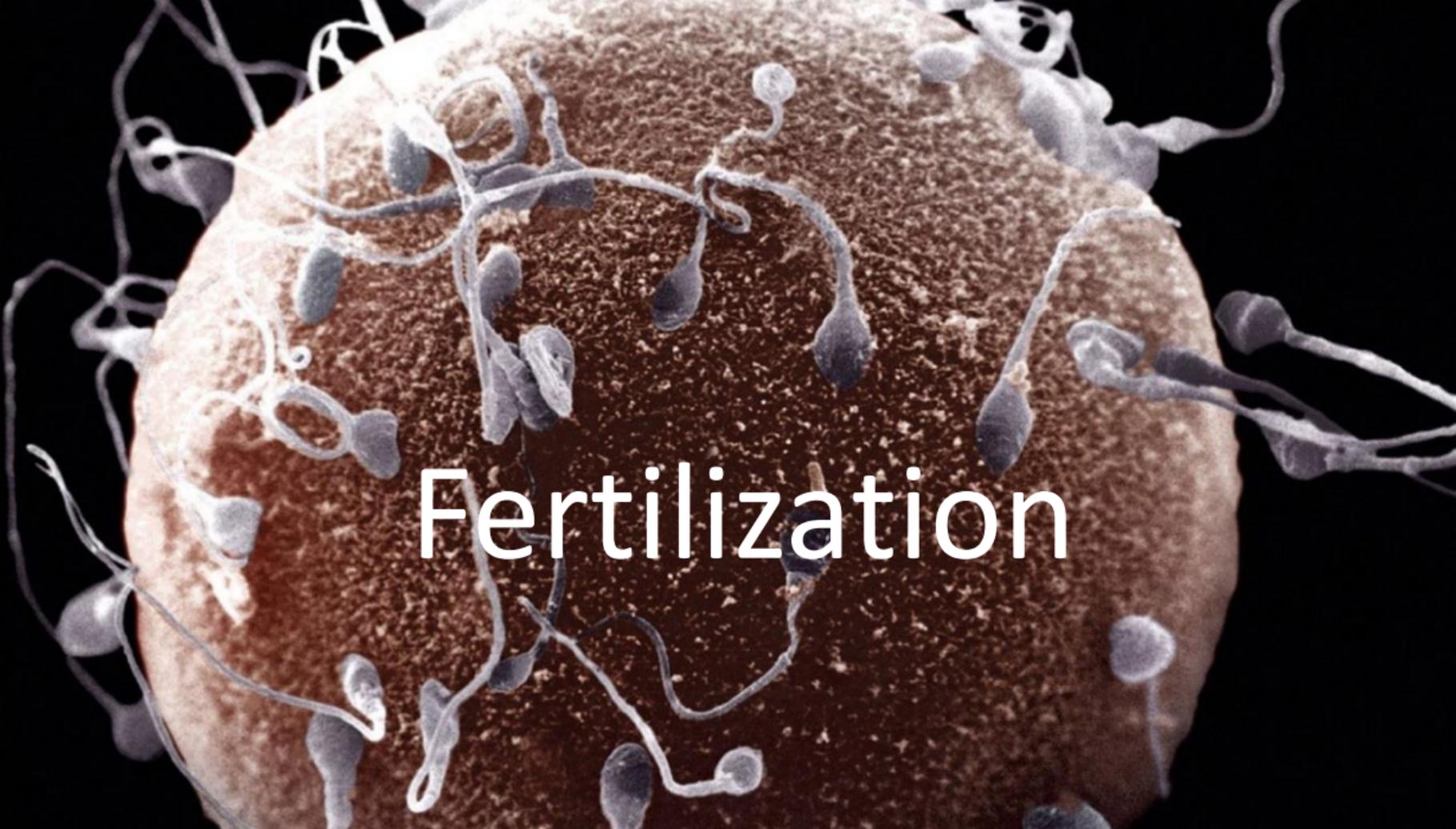
Where do my beliefs come
from?

INTELLIGENCE

Not because you think
you know everything
without questioning,
but rather because you
question everything
you think you know.



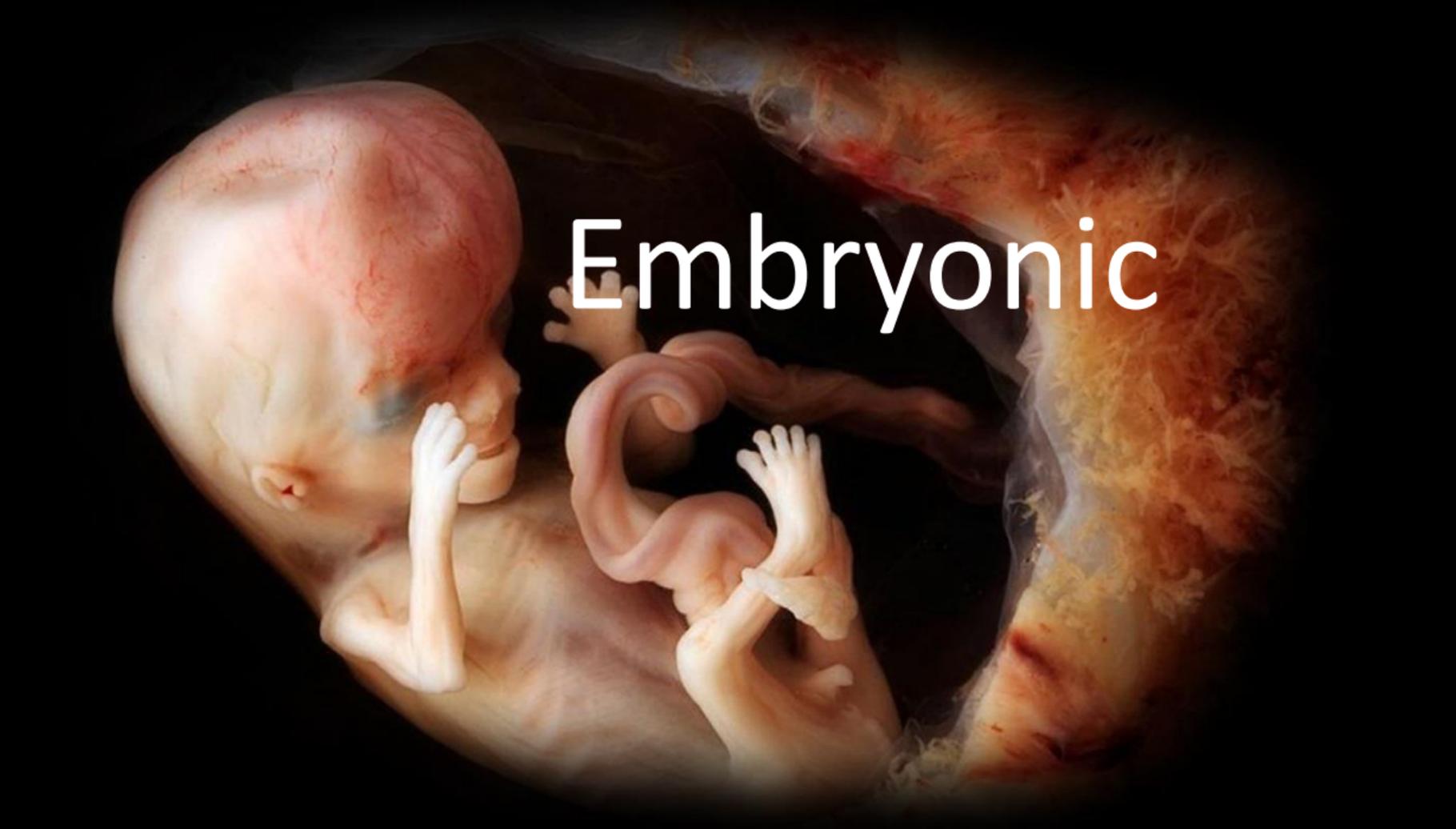
The Anti-Virus Problem



Fertilization



Zygote

A photograph of a human embryo in a curled position, showing the head, arms, and legs. The embryo is light pinkish-tan in color. The word "Embryonic" is overlaid in white text across the center of the image. The background is dark, and there is some fibrous, yellowish material on the right side, possibly representing the placenta or surrounding tissue.

Embryonic

A close-up photograph of a baby's face, smiling and looking slightly to the right. The baby is wrapped in a white, textured towel. The background is a plain, light-colored wall. The text "Infant (delta)" is overlaid in white, sans-serif font on the baby's chest area.

Infant
(delta)

A close-up photograph of two young boys of African descent. They are both wearing blue and white vertically striped button-down shirts. The boy on the left has a mischievous, slightly angry-looking expression, with his eyes narrowed and a small frown. The boy on the right has a serious, almost somber expression, looking directly at the camera. The boy on the left has his hand on the shoulder of the boy on the right. The background is a blurred outdoor setting with warm, golden light, suggesting a sunset or sunrise. The overall mood is intimate and contemplative.

Child
(theta)



I HATE YOU

A close-up photograph of a man and a woman in profile, facing each other. The man on the right has a wide-eyed, shouting expression with his mouth open, showing his teeth. The woman on the left has a stern, angry expression. Her hand is raised towards the man's face. The background is a plain, light color.

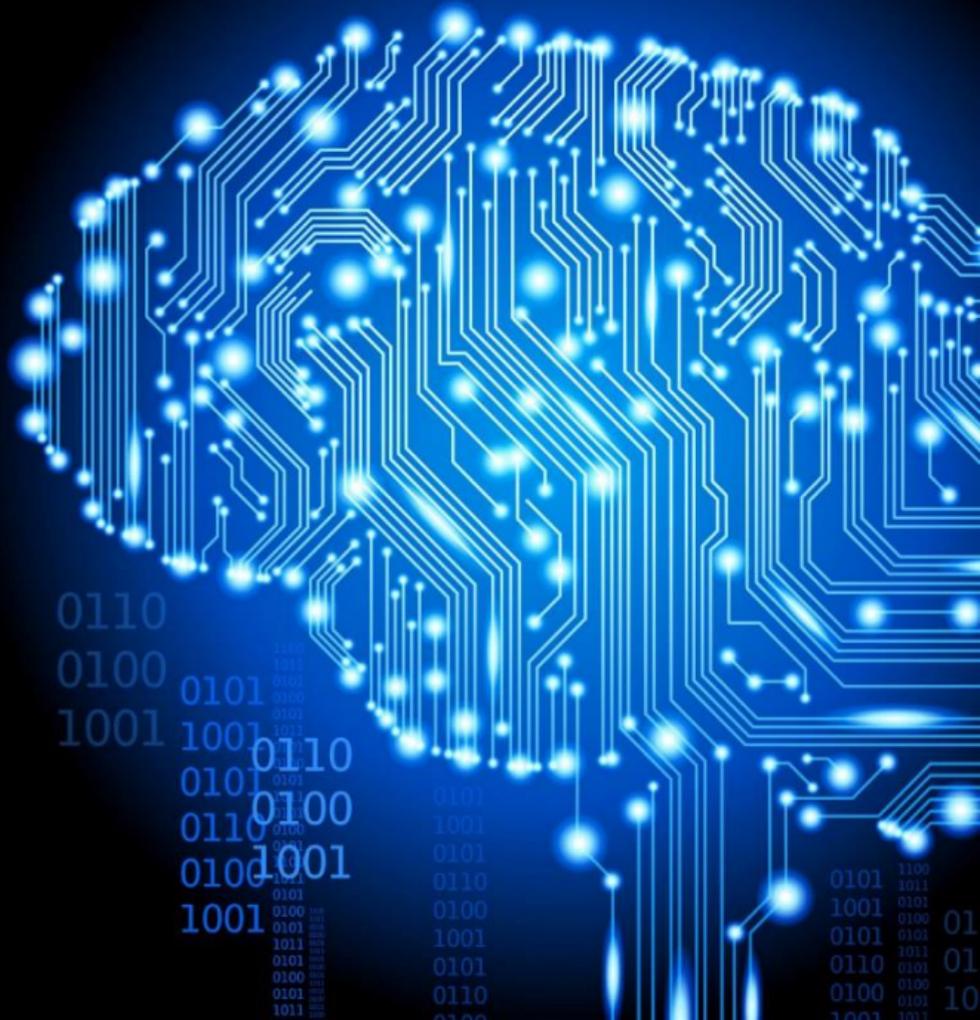
YOU PIECE OF S#@T

A close-up photograph of a man and a woman in profile, facing each other. The man on the right is shouting with his mouth wide open, showing his teeth. The woman on the left is looking at him with a serious expression. The text "YOU MAKE ME SICK" is overlaid in large, bold, black capital letters across the center of the image. The background is a plain, light color.

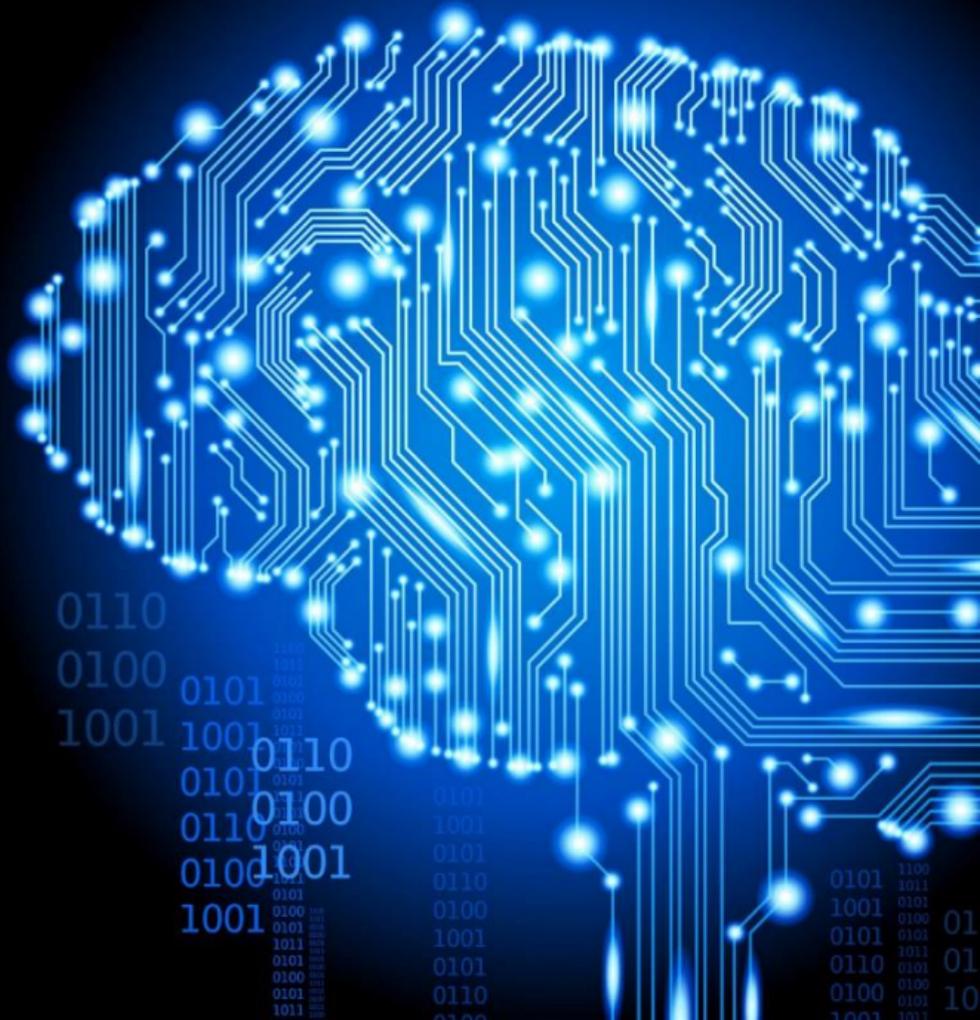
YOU MAKE ME SICK



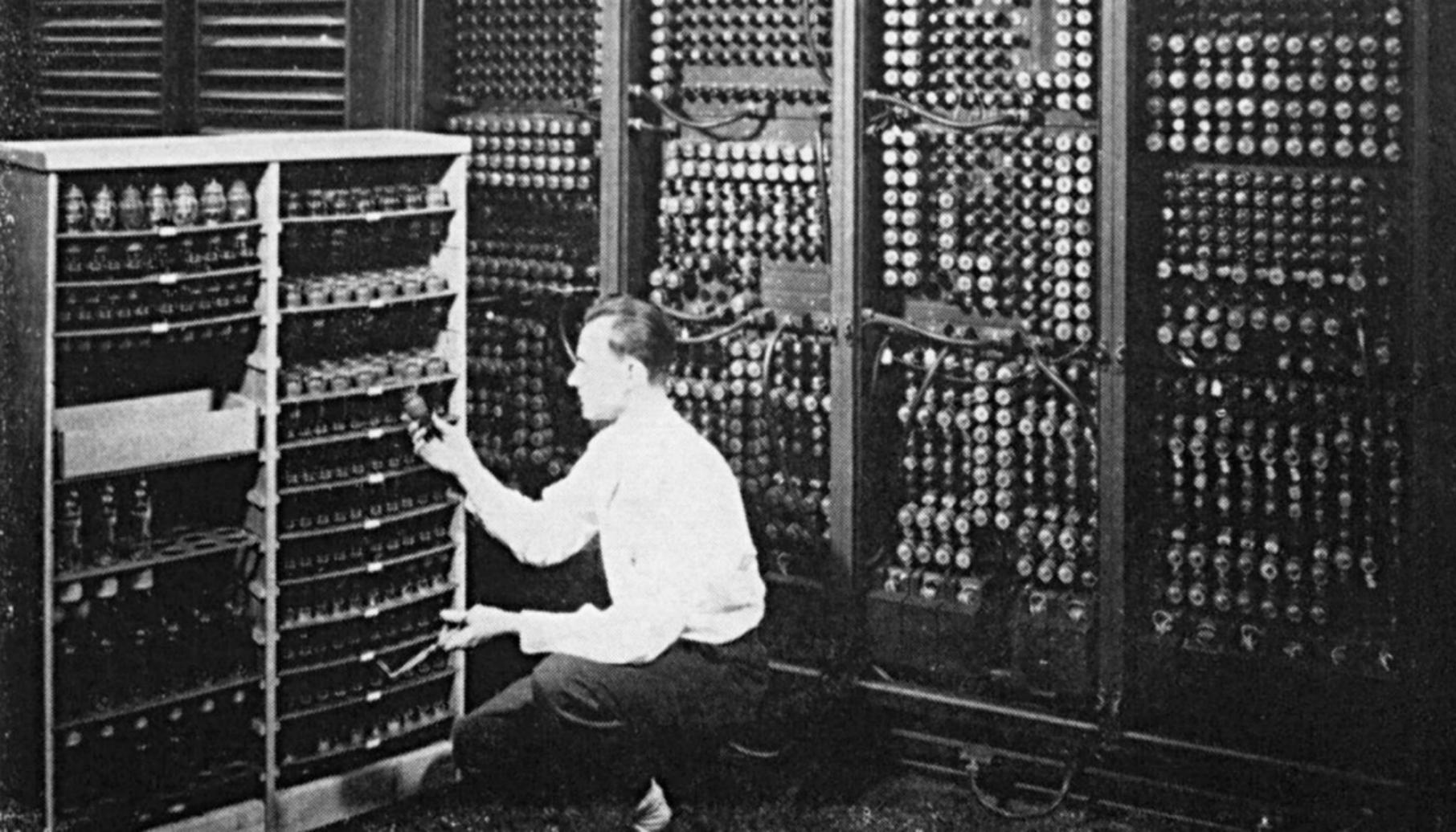
Your brain is essentially a biological computer. It has terabytes of memory, 260 gigs of ram, a graphics card, a central processor, a mother board, and it runs off of coded programs that were installed onto your hard drive without your conscious consent.



The good news is,
just like a desktop
computer, you
can overwrite
your code.















Finance Business Culture
Weather Sport News Video
Audio Technics Files
Electronics Shopping Design
Mail Internet Maps Radio
TV Work Travel Tech
Entertainment Security
Global Music Companies
Songs Graphics Vacancy
Job Data Games People

Access solutions

- file transfer
- file backup
- internet planning
- databases
- file referencing
- mail, file
- remote viewing

Entertainment

- films
- music
- games
- e-books
- chats

Internet

- websites
- hosting

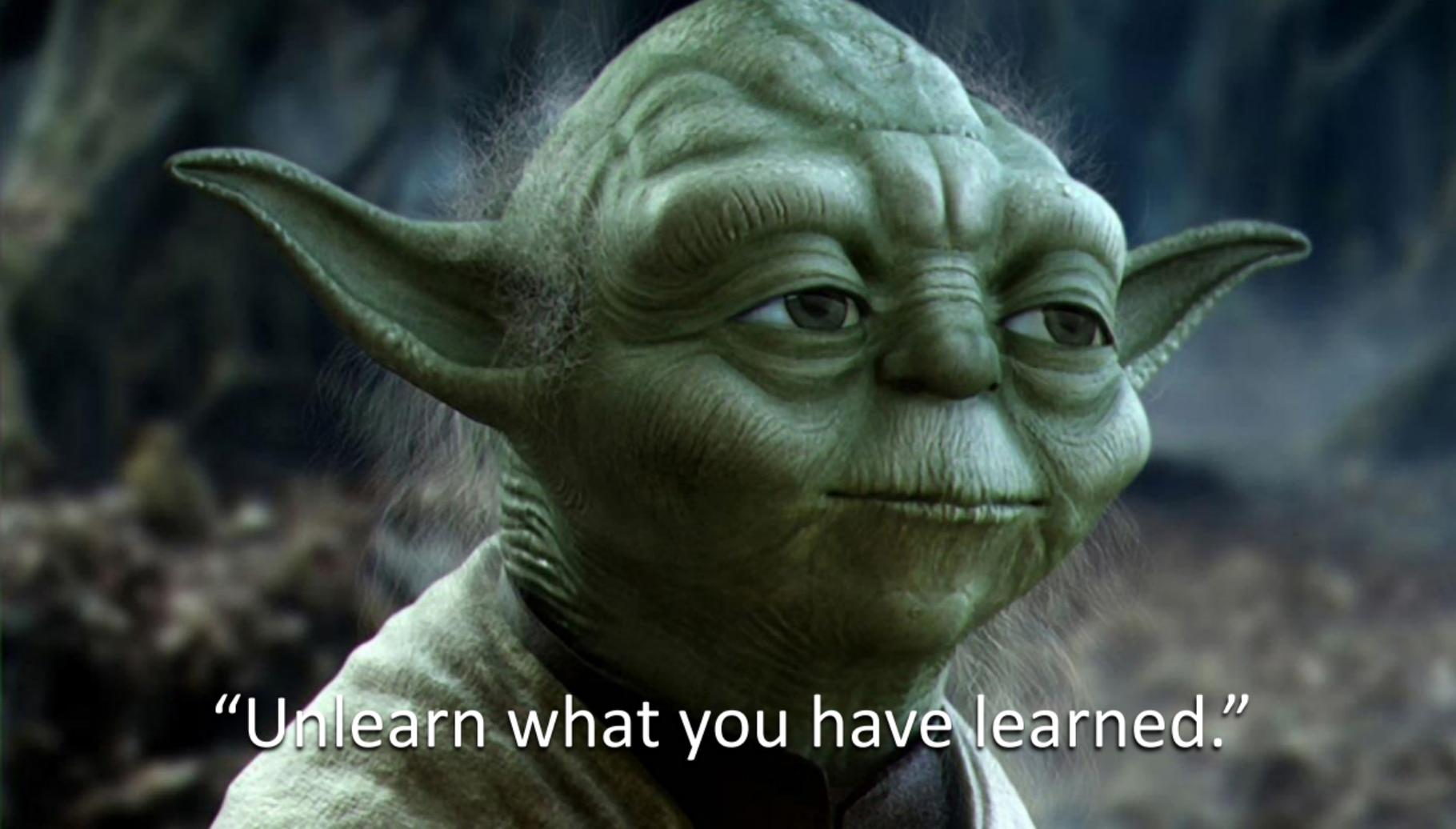
Data Control



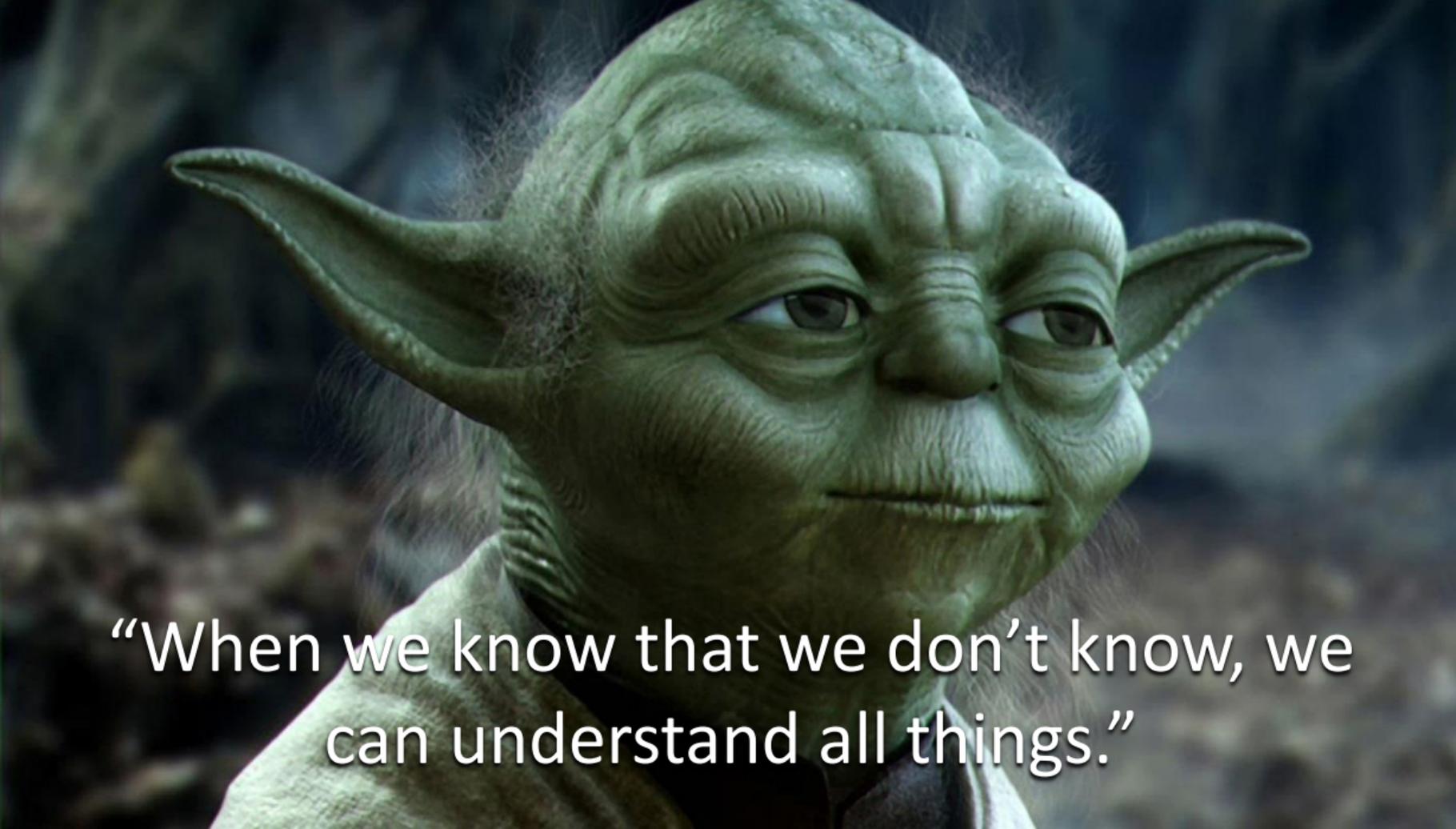
YOU MAY WANT TO GIVE SERIOUS CONSIDERATION
AND **UPDATE** YOUR SYSTEM



[REPROGRAM YOUR MIND]

A close-up, slightly low-angle shot of Yoda's face. He has a serious, contemplative expression, looking slightly to the right. His green, wrinkled skin and large, pointed ears are clearly visible. The background is dark and out of focus, suggesting an indoor setting with stone or rock walls.

“Unlearn what you have learned.”



“When we know that we don’t know, we
can understand all things.”

