Earlier this year, ODOC had the opportunity to bring Bruce Lipton, Ph.D. and Dennis Perman, D.C., to our Spring Convention. From that association, Dr. Lipton had the opportunity to speak to the Masters Circle programs throughout America, which lead Dr. Perman to do an interview with Bruce for the MasterTalk recordings. This interview has been transcribed and is presented here with the permission of Dr. Perman. Attend the ICPA Extravaganza this spring and hear the Masters Circle Dr. Bob Hoffman and Bruce Lipton, Ph.D.

**Dennis**: We are on location in the MVP in Chicago and I just had the extraordinary experience of three hours with one of the most brilliant presentations I have had in recent memory. The gentleman I am about to introduce to you is an absolute treasure in chiropractic. Remarkably, he is not a chiropractor. But he is someone who got turned on to the chiropractic message in a very unique way and has something so significant to offer…This is future Nobel Prize stuff, people…Let me introduce to the MasterTalk audience, Dr. Bruce Lipton.

**Bruce**: Thank you so much.

**Dennis**: Bruce, to try and encapsulate your research in a twelve-minute interview is near impossible. But I need you to make an opening statement about the environment vs. the previous understanding of the primacy of DNA. Could you give us a one or two-minute synopsis of what you just spoke about so I can use it as a jumping off point for the rest of the interview?

**Bruce**: Absolutely. The basic question we bring up is that our current belief or nature is that we believe that we are genetic automatons…that the concept of genetic determinism wherein our genes control our biology, our behavior, our emotions so that we become more or less a machine, and the character and quality of the machine is based on heredity, so that we become more or less a victim, I guess. If we got good stuff we are very happy and if we have negative characters we attribute that to things out of our control… our genes.

**Dennis**: Now, this idea of the signal that turns on what makes us tick, makes us work, being from the outside rather from the inside is a revolution! It is opposite of what has been “established,” quote-unquote, in organized science. So, this not only demonstrates a proof for the chiropractic premise, but it also very much demonstrates the proof for the Masters Circle
premise, because what we say is, "Who you are determines how or what you do works…that success comes from you, not to you."

I would like to spend some time talking about perception and belief, and how those factors contribute to the internal environment that leads to better and better function.

**Bruce:** Yes, so basically as we talked about, the old idea was that genes controlled it, but the new idea recognizes a new idea, a new process called epigenetics, and that means control above the genes. This is all within about the last decade or so. It is such a radical departure from our belief because it shows that genes don’t actually control anything, but that genes are responsive to the environment. So the cells have perception molecules that read the environment and then adjust the genes. The nature of it is very dynamic. Basically, it says that the genes would never know the plan for the future. So the belief that we are genetically determined is really fallacious, because how could a system know what was going to happen next and already plan for it. The system is dynamic, the genes turn on and off as they’re needed, and the response of the gene matches the need of the environment. So, then all of a sudden, we realize that then between the genes and expression is the perception. Well, the relevance about the perception is that that is a live-time event, as I am perceiving the environment right now. Well, the interesting part about the perceptions, is that these perceptions are then interpreted by the body which the adjusts the behavior and the genes of the system to meet the demands or needs of the environment.

Well, there are two levels of perception. One level of perception is that which we have learned over time. Once it is learned, we don’t have to relearn them again and again and again. So that, when the stimulus shows up, instead of going through our cognition and awareness, it just bypasses that and goes right to the learned behavior. In chiropractic, that is called “The Educated Mind.” The Educated Mind is a very good thing because it allows our mind not to be focused on everything at once, and therefore, all the small details are taken care of.

This is a good thing, but it has potential for messing with us, the reason being that we acquire the Educated through our experiences. Therefore, the experiences we have had may be good experiences, or bad experiences. Whatever way they are, we learn them, so that a negative experience could become an educated process that runs our biology. Then, instead of doing an adjustment that is a benefit to us, we adjust ourselves out of sync with the environment. And since it is “Educated,” we don’t even see that, and as a result the unfoldment of our life is controlled by our past experience.
An Interview with Dr. Bruce Lipton

Written by Dennis Perman, D.C.  
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Dennis: So this is the contrast you were talking about between the subconscious programming and the conscious decision-making.

Bruce: Yes, and the conscious decision-making says, I am observing my behavior and the old way I used to do this. I used to make stupid mistakes, castigate myself or problems and be mad at myself. Now, with consciousness, when I observe that behavior, I have the power to say, “Don’t play that tape, let’s play a different one, a new tape. So I begin to learn, and as I learn I can re-educate the “Educated.”

So the problem I was trying to bring out in today’s lecture was very importantly this...That the Educated tapes that run our lives were acquired in our earliest formative period, during our fetal development and through the first six years of our life. These are not tapes that we created with consciousness; these are observed behaviors in our environments. We observed how our parents handled their lives, how they handled each other and all the nuances of dealing with the community. We “download” those exactly. The relevance is that when we are not paying attention, by definition, the Educated runs our system. Therefore, when we are not paying attention, we are exercising and expressing behaviors that are not ours from our conscious belief, and maybe conflict with our conscious beliefs.

Dennis: This is what Larry [Markson] talks about when he talks about MFTP, Mothers, Fathers, Teachers and Preachers. It is that purpose of many of the technologies that we use in the Masters, affirmations, visualization, goalsetting, resource-building, anchoring, to be able to selectively create new conscious impressions, so that you can override the Subconscious Educated.

Bruce: Right, and in that process, put in a better Educated. It is not to not have Educated, Educated is great because... Let us think of it this way. If we were raised in a family situation where the parents always expressed “win-win” situations, where they were always in balance with the environment and all that. Then just think about it, our Educated Mind would be programmed with all those types of programs. Therefore, the rest of our lives, even if we weren’t conscious, that Educated process would always lead us to success, even without us paying attention.

Dennis: So you would say then, from that then you would conclude that putting yourself in an
environment of positivity that is consistently re-enforcing the conscious decisionmaking that comes from that positive environment would probably make it easier for someone to succeed.

Bruce: Not probably…would! Therefore, what you have to do is find yourself an environment that supports you, that sends you environmental signals of how qualified you are, how good you are and all that, rather than the kind of signals from a dysfunctional family, like, “you’re a stupid child” or “you’re not good at these things,” or that you don’t deserve something.

Dennis: Or what you hear in certain chiropractic gatherings nowadays, about the demise of the profession, about how difficult it is to make it right now. That clearly is not true; there never has been a better time to be a Chiropractor.

Bruce: That is, unless your Educated is off. I talk about this in the lecture. I talk about how living systems have an “Innate” and an “Educated.” Innate is always 100% right and 100% right for you. The Educated is where the problems come from. Chiropractic, as a profession, is a living system. What I experience is that Chiropractic, in general, experiences its own subluxations, meaning, that it has an Innate, which is Philosophy. And it has an Educated, all the little details you learn in courses. What has happened is that people have gotten so caught up in, which details are the right or wrong details, that their Educated is in the way of the bigger picture…the Innate, the Philosophy. If everyone would back off their Educated and get back in alignment with their Philosophy, then the Subluxation would disappear and there would be harmony in the field. So, it is interesting, in that Chiropractic is a patient in and of itself.

Dennis: What a brilliant over-riding metaphor! That really takes us to the next topic I would like for us to talk about, which is the Love and Fear Continuum. You made an amazing comment about the relationship between survival and the amount of energy that goes into growth vs. the amount that goes into protection. Would you elaborate on that a bit?

Bruce: Very basically then, if I look at the biological functions, I would tell you is that the simplest thing you can say about any living system is that it has two main behaviors, growth and protection. Both of these are required for survival. The problem is, the system was designed for only short or acute responses of protection and therefore, being in growth most of the time. Yet
the world that we live in has us in such fear of everything that we are spending more and more time in protection. The consequences biologically are, the cells don’t have the luxury to be both in growth and protection. At the simple level, they respond to either the one or the other. If we live in a threatening environment, we send signals to our cells that they need to be in protection. They don’t grow in the aspect and as a result, we start short-changing our physiology by not supporting our own growth and maintenance. You need to grow every day of your life. Every day you are losing billions and billions of cells. If growth is what replaces them and you are in protection, then when you lose those cells, there are no new cells to replace them. And if you stay in protection for some period of time, this chronic nature will cause a depletion of the support of the system. Then, dis-ease is rampant in the biology. It requires that we undo our need for protection. We find that most of these are beliefs and are not really substantiated at all.

**Dennis:** Now comment on the effects of joy and stress on the system you just described.

**Bruce:** The interesting part is that we talk about a continuum with growth on one end and protection at the other end. Stress puts us into protection. When a healer in any way says, all I have to do is just remove the stress, then we have that scale with stress at one end and you remove it. But now, you are in the middle of the scale, at a zero point...one direction is growth and the other is still the stress you just came out of. If you are at zero, you are still not in growth. So the removing of stress without the enhancement of joy, which is the feeling you would have when everything is working in harmony. Joy encourages growth…stress encourages protection. The removal of stress takes you to zero, it doesn’t mean you have any growth but that you just have less stress. Now you are on that very narrow pivot point, zero, which is real close to falling off into dis-ease again. So, you want to enhance the system, you want it to support itself, encourage its growth and maintenance. You need to add something besides just removing stress. You need to add wholeness and wellness back in, which is the wonderful part of chiropractic. It is not just about trying to remove stress, but also about showing a fuller, more whole, more complete picture of how to live.

**Dennis:** Boy, oh boy, we could talk a couple of hours on that one!

**Bruce:** We sure could, maybe twelve, in fact.
Dennis: Yes, in fact, the twelve hours of your complete presentation, which everyone should make it their business to hear…it’s spectacular!

I want you to talk about community. It is critically important. What we have been trying to do at the Masters Circle over the last several years is to create more of a unified front, to create more of a sense of community between chiropractors, even chiropractors who have different viewpoints. We feel there is more commonality than there is difference. You made some very interesting comments about cells deferring their own perspective to become part of a central voice, a central way of looking at things. Please talk about that.

Bruce: As I was talking about, every cell has its own Innate Intelligence, and that survival is based on awareness. So when we look at evolution, as you go up the evolutionary scale you see there is more and more awareness in each system. Well, each system is still made out of cells. Every cell is still the intelligent unit. So, what is the difference between a cell living on its own and a cell living in an organism as a community? What is the difference? The answer is that, when you are alone you only have your own awareness to survive by. When you are in a community, you share awareness, so every member of the community brings in an additional piece of awareness. Since survival is in direct proportion to awareness, then a person who lives alone is threatening their own survival as compared to someone who participates in the community. Why? Because the community enhances the support of all...one for all and all for one, as the nature of the community. Therefore, you get the benefits of being in an environment that provides you with more options, alternatives and visions than the individual itself can find. By coming into a community that endorses and supports and encourages the labors you are involved with, then your work is a lot easier because, with all this additional information being shared through the community, it is not incumbent upon you to carry all the weight anymore.

Dennis: So this is true in microcosm about the Masters Circle, but in macrocosm about the entire chiropractic profession, indeed about the world.

Bruce: About the world, and the nature from anywhere from a cell going into an organism, a human that's in relationship, or a human being a cell in a larger organism or organization...it is all the same thing. That is why Nature has always promoted the formation of communities, because it showed there are limitations on awareness of the individual but no limitations on awareness of groups of individuals. It's as simple as that.
Dennis: Yes! That sounds simple, but amazingly profound. I wish everyone knew what you just said.

Dennis: In finishing up this interview, I would like you to make a comment about where you see the [chiropractic] profession is headed. You have a unique perspective, being a scientist and also being a philosopher. You can see how society will integrate some of the things we are talking about. What do you see for Chiropractic down the road?

Bruce: Well, if they are not self-destructive, which is a possibility the way I have seen it because of the in-fighting and all that. If they are not self-destructive, then they are the wave of the future. Allopaths are the ones who are going to drop by the wayside, because their abilities are highly restricted to trauma cases, and outside of that there is very limited use for them. Since most of us don't have traumas, most of us have experiences where our beliefs and perceptions are altering our physiology and making us sick. This isn't trauma, it just means we have to adjust our beliefs and perceptions, which is part of the whole chiropractic philosophy. I remember a quote from D.D. Palmer when he said, “When a member of society has fallen, call upon an educator to help remove the stumbling block and to teach them.” This is what Chiropractic can offer. It can offer to remove stumbling blocks, but it also has the correct philosophy to be aligned with the science. By following the philosophy and science of Chiropractic, you will then be generating health just by your beliefs and your education— your character when people come into your office. The nature of it is, Chiropractic has the potential to grow and become the center of the health profession.

Dennis: Thank you, Dr. Bruce Lipton, you are one of the most important people going forward in the Chiropractic profession, I thank you so very much for the work that you do.
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