

## Transcript of Audio Interview with Dr. Bruce Lipton & Dr. Darren Weissman 2008

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

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

Welcome Darren. Welcome Bruce.

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

**Bruce Lipton:** Thanks Heather.

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

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

&, at the same time, I was also being introduced to the world of science, & what I loved about the world of science is that a scientific truth is valid on the side of the planet at the same time it's valid on the other side of the planet. It doesn't make a difference where you come from; a scientific truth is really a truth. So I really shied away from the whole world of spirituality & dug deep into the world of science &, in that process, really was programmed with a conventional scientific belief that a human body was more or less a biochemical machine controlled by genes. &, as a result of that, it really gave us the kind of concept that we're more or less victims of our biology, & that genes apparently control our traits; & we get genes at the moment of conception & apparently, as far as we know, we don't have any voice in selecting those particular genes; & these genes that we get we can't even change really.

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

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

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

So here I am dealing with thousands of genetically identical cells. The earliest experiments I split the population of cells into three different groups & inoculated each of these different populations into a different Petri dish, so I'd have three Petri dishes. & the difference between the Petri dishes is that the growth medium had slightly different constituents in it from one dish to the next to the next.

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

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

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

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

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

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

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

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

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

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

**Heather:** Right.

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

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

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

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

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

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

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

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

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

We don't see the symptoms as that. We just say, oh, that's just passing stuff that's going on in your life. It's like, no, if I was really given a good driver education course that said, "Pay attention to those symptoms, because those are the gauges that are telling you about the response of your body" – & the emotions & the symptoms – actually both of those – are feedback to the biology.

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

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

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

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

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

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

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

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

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

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

& what's interesting is I always say to somebody – I said, "I appreciate that you want the pain to go away. I appreciate that you don't want your body to talk with cancer. I appreciate that you don't want autoimmune disease, or the spiraling bipolar, depression, anxiety going on. I appreciate that." However, you always make an intention about where you're going rather than what you're getting rid of, because the intention that a person creates becomes that vibration or that harmonic that matches a pattern that's going on in the subconscious mind.

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

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

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

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

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

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

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

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

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

& I'm very excited just to be able to share this with people, because when somebody wakes up, when somebody realizes – I had a woman who came in to see me this morning that I was working with. She weighs almost 400 pounds & she – this is my third time seeing her, & she's been suffering with obesity & suffering with – today she came on in, I said, "How you doing?" She goes, "I'm just so excited because my life has changed," because she realizes what got her to this place of self-destruction isn't who she is; it's who she was, & she didn't know that until we actually threw her the first lifeline. & now we've done three sessions & this woman is in her power, & we're educating her with acts of self-love, educating her with water, & food, & sleep, & exercise, & owning her power.

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

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

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

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

& the guy will say, “I control my life.” Well then, all of a sudden, I say, “You know, that “I” that you're talking about that your personal source, your identity, that's part of what we call your conscious mind, & it's very different than what we call the subconscious mind.”

The conscious mind is a relatively small addition to the brain that evolved rather recently & has provided for what we call consciousness. The conscious mind is very critical. The conscious mind is the mind that's connected with our source, our identity, our spirit &, most importantly, this is the mind that has reasoning & logic to it. & – & this is the clear one – the conscious mind has your wishes, & your desires, & your aspirations for life; those are part of your conscious mind.

So, Heather, if I say, “What do you want outta life? Tell me what you want,” the answers you're gonna give me are gonna come from your conscious mind. This is the mind that we say, “This is what I want out of my life, & this is where I'm navigating my life, & I wanna get this.” & it turns out, in spite of my navigating, I have trouble getting there if I ever do.

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

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

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

Well, here's the most important clue to that. I'll give an analogy story 'cause it'll make sense to a lot of people. I buy you a brand-new iPod. You open up the box, you take the iPod out, you push “play.” Nothing happens. & the reason is you didn't program anything in there. That's why nothing can play.

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

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

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

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

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

& why is that relevant? Because we bought their truths & their programs, & then put it into our habit subconscious mind. & so, 95 percent of the day the fundamental programs we're operating from are not the wishes, & desires, & aspirations that we hold in our conscious mind. They're the programs that were installed by other people into our subconscious mind.

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

& the big shock for most people is, as I said – "Joe Six-pack, hey, who's running your life?" "I'm running my life." & then I say, "No. Nope, nope. You're running your life for five percent of the time. Your subconscious is running it for 95 percent of the time." & that individual may say to me, "Oh, I'd be aware if I was obviously sabotaging myself, or cutting my feet off, or if by these behaviors, I'd be aware of it." & then I'd say, "Uh-huh. That's another mistake."

& I usually give this little story in my lectures so people laugh, because almost everyone is familiar with it. I give a story; I say, "You have a friend & you know your friend's parents, & you recognize that your friend displays much of the same behavior that their parent displays. So one day you casually acknowledge to your friend, 'You know, Bill, you're just like your dad.'" & then you have to back away from Bill because he's gonna vent like, 'What, are you crazy? How can you make that comparison? I'm not like my dad.'"

& while most people are very familiar with that, here's the profound nature, the meaning of that. Everyone else can see the Bill behaves like his dad because he got those programs from his dad in his first five years, & they're in his subconscious mind. It's only Bill who doesn't see the program. &

why is that important? Because we rarely observe the unconscious behavior. That's why it's called unconscious.

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

But the key word was "invisible action," & then that leaves the guy on the street thinking, "Geez, my intention was to be healthy, wealthy, & have a wonderful relationship. I'm not getting those, even though that's my intention. Therefore, the universe is against me & I'm a victim." & it's like, "Whoa! Guess what? You did it yourself & you didn't see it because of that unconscious belief."

So, the unconscious beliefs are the programming. They're like driver education. When you get into the car, you don't know how to drive a car; someone's helping you. "Here's how you drive this vehicle." & then they teach you how to drive. Whatever they taught you the way to drive, that's the behavior that's in your subconscious mind. So, why this is relevant, medicine talks about the body of the vehicle, but medicine has inevitably left out for hundreds of years the concept that there's a driver in the vehicle.

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

& so, all of a sudden, we have to bring a driver into the story. Well, again, in my lecture I give a little story. I say, "I sell my standard shift car to a person who doesn't know how to drive stick. They drive it away, the car is jerking & bucking, & they're going down the street. & then they call me two days later & tell me the lemon I sold them, it's got a bad clutch. So I say, 'Take it to the car doctor.' You know, the doctor, he's gonna do a diagnoses. The repairman puts the car up on the lift, looks at it & says, 'Yeah, yeah. You have a clutch dysfunction. & we've got a prescription. We'll replace that clutch for you.' So they put the new clutch in, the guy takes the car out of the shop with a new clutch, jerking, bucking down the street he drives. & then, another week or two later, he comes back in, he says to the repairman, 'You know that clutch you gave me? Take a look at it.' The repairman puts it back on the lift & says, 'Oh, you have chronic clutch dysfunction. & therefore, now we're gonna give you a prescription to get a clutch every two weeks.'"

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

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

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

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

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

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

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

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

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

So, yeah, part of many healing phenomena is that there is then a release of toxins & other aspects that were negative in this healing process. & that's not to be marginalized; that's actually to be welcomed because it says, good, we're getting deeper & we're gonna get more of those.

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

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

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

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

It's interesting. When I used to – I tried this for a period where when I come to the end of the lecture & I say, "Well, if you really understand what I'm talking about & all these mechanisms I've just laid out here, you recognize that you are personally responsible for everything in your life."

Well, you know what was interesting was right up to that moment the audience was like, "Wow! This is great. I love this science. This is really wonderful." Then I say, "You're personally responsible for everything in your life," & just, all of a sudden, they turn on me in a minute. It was just like – they were angry. They were angry because they would stop & look at their lives & go, "I was responsible for that?" & they so denied that, they just let go of the entire method because it was too much to own personal responsibility.

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

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

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

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

Of course nobody knew what they were doing, but if we understand what we're doing now, then what we have an opportunity to do is rewrite the driver education program, rewrite our lives. But, in the process, let go of the guilt that we may have, or the blame that we put onto others, & let go of the things that other people did to us, because they were operating from the same ignorance. The most important thing we really have to do is the concept of forgiveness: forgive ourselves &, most important, you forgive the others because, like ourselves, they didn't know what the heck they were doing either.

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

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

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

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

**Bruce Lipton:** Yeah. & those are the programs that we're in, because once we – if we fall victim to those – the key word is victim, because, in our world, what we basically have is a victim/rescuer duality: that people are victims & they require rescuers. Well, if I program you to be victim & I am the rescuer, what am I doing? I'm programming my business. & so, the reality is I take away your power & tell you, “No, I'm the guy that – you got all these problems, you have to come over here & I'll be the one who fixes you.” & all of a sudden, I've created an allopathic medical community, so to speak, saying, “You can't heal yourself, but I can fix you.”

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

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

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

Up to my epiphany I was operating from my head. I'm a scientist. I work in my head. Day in, day out, 24/7 I'm workin' from my head. The day I got my epiphany it was the most exciting moment of my life because, when this truth came in, it blew open my heart.

**Darren Weissman:** There you go.

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

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

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

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

& it's wonderful because I've been around you, & I was at Hay House when you had your place set up, & people were in there getting experiences & trying LifeLine, just walking into that little zone you could feel right away that there was – in that area where people were working, there was a much higher energy of harmony, & vibration, & love because people were changing their perspective & really recognizing the power of their heart.

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

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

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

**Bruce Lipton:** Absolutely. Great idea.

**Darren Weissman:** Um-hmm.

**Heather:** &, Bruce & Darren, that's one of the things I admire most about the work that both of you are doing, is this changing of the program. & I want to sort of bring it down to a real detail level right now, because right now, speaking of programming, a lot of the messages that we're hearing in the news is about the war, the economy, gas prices, health care costs. It goes on & on & on. All kinds of

things for people to be worried & uncertain right now. What would you tell people about living from the heart through these tough times, versus jumping right back into the conscious mind & into that victim mentality?

**Bruce Lipton:** Well, it's really interesting. What I'm telling people is actually part of a new book that I'm working on, which is called *Spontaneous Evolution*, & the relevance about that, if I give a little story, is before I was talking about cells – they're like miniature people. All the functions in the human body are present, & virtually every cell in your body itself is, in sense, a miniature human living a life in a community that we call a body. & why that's interesting is if I can then say, "Well, imagine yourself being a cell in a community, & then you realize that all the cells have jobs, & they get paid, & they get health care & protection. It's just like living in our world, but underneath the skin."

Well, I take that & I go a little further & say, "Imagine you were a cell in a growing caterpillar, & that you were part of this community of the system – the digestive, the respiratory, all these are made out of millions & millions of cells." So, there's like millions & hundreds of millions of cells, & you're another cell in that community. &, as this caterpillar's growing, everybody's looking around going, "Wow! Business is great. Everybody's working, jobs, everything's cool. We're in a state of growth & harmony." & this caterpillar's growing, & growing, & growing; everybody gets excited.

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

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

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

Well, what's going on right now is a very serious reality of a change in civilization. Absolutely, the civilization as we know it is coming to an end, & it's necessary to come to an end because the belief systems that drive our civilization are driving us to a point of extinction. We're destroying our environment & our world & ourselves in this process. & so, the belief systems that we've held up to now are actually taking us to the brink of destruction, & what you see in the destruction is the system saying it cannot go this way anymore.

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

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

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

& so, you might go out there & go, “Oh, oh, I'm afraid of all this.”

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

& the work that LifeLine is so important for right now is the facilitation to get us from previous civilization belief systems & reprogram these beliefs to provide for that new, evolving, & much more superior organism that's right on our doorstep. So, when people are out there, you can focus on the destruction, but then you're really missing – the symptoms of a destruction are symptoms. They're telling us there's another way of living, & when we get to that way of living we're gonna really thrive on this planet.

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

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

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

**Bruce Lipton:** I second that emotion.

**Darren Weissman:** (Laughter)

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

& in one of the things, Darren, that you say in *The Power of Infinite Love & Gratitude*, I once thought that – once I became – once I figured it all out, I'd be all done; there'd be no more pain, fear, or challenges. & you actually have, in the “Nine Rules of Mastering the Game of Life,” that you will experience pain, fear, & challenges. It changed my whole life in thinking about what this being done was all about; that I actually was going through a process of life, & that there was no more reason to fear the things that would come up that I might be afraid of because, if I embrace them with an attitude of gratitude, I am, in fact, in charge.

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

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

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

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

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

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

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

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

**Heather:** Excellent.

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

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

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

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

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

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

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

**Darren Weissman:** Thanks so much.

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

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

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