



Scripts.com

What The Bleep Do We Know

By Unknown

[Clicks]
[Blows]
[Low Rumbling]
[Low Rumbling]
[Crackling, Rumbling]
[Low Rumbling Continues]
[Crackling, Rumbling]
[Chattering, Faint]
[Man] What's going on,
and why am I here?
[Explosion]
- Where do we come from?
- What do quantum physics--
- Immense quantum mechanical isotopes.
- Physics of possibility.
Quantum mechanics allows--
[Woman]
Supreme mind.
- Brain is capable of millions--
- A neural net.
- Cascade of biochemical--
- An emotional response--
Molecules--
The brain does not know
the difference between...
what it sees in its environment
and what it remembers.
We are running
the holodeck.
Whatever way we observe
the world around us--
[Woman] So how can you continue
to see the world as real...
if the self that is determining it
to be real is intangible?
[Popping]
[Brakes Squealing]
[Woman] Are all realities
existing simultaneously?
Is there a possibility...
that all potentials
exist side by side?
Have you ever seen yourself through the eyes
of someone else that you have become...

and looked at yourself through the eyes
of the ultimate observer?

[Man]

Who are we?

Where do we come from,
what should we do...

and where are we going?

Why are we here? Well,
that is the ultimate question, isn't it?

What is reality?

What I thought was unreal,
now for me...

seems in some ways to be more real
than what I think to be real...

which seems now more
to be unreal.

You can't explain it, um...

and anybody who gets

too lost in try--

anybody who spends too much time
trying to explain it...

is likely to get lost forever
down the rabbit hole of mysteriousness.

I think the more you look
at quantum physics...

the more mysterious

and wondrous it becomes.

Quantum physics...

very succinctly speaking...

is a physics of possibilities.

These are questions--

These are addressing questions, um,
of how the world feels to us...

of-of whether there's a difference
between the way the world feels to us...

and the way it really is.

Have you ever thought about
what thoughts are made of?

I think some of the things
we're seeing with the children today...

is a sign that the culture
is in the wrong paradigm...

and not appreciating
the power of thought.

Every age, every generation
has its built-in assumptions--
That the world is flat,
or that the world is round, et cetera.
There are hundreds
of hidden assumptions...
things we take for granted,
that may or may not be true.
Of course, in the vast majority of cases,
historically, these things aren't true.
So presumably,
if history is any guide...
much about what we take for granted
about the world simply isn't true.
But we're locked into these precepts
without even knowing it of ten times.
That's a paradigm.
Modern materialism...
strips people of the need
to feel responsible...
and often enough,
so does religion.
But I think if you take quantum mechanics
seriously enough...
it puts the responsibility
squarely in your lap.
And it doesn't give answers
that are clear-cut...
and comforting.
It says, yes, the world is
a very big place. It's very mysterious.
Mechanism is not the answer, but I'm not
gonna tell you what the answer is...
because you're old enough
to decide for yourself.
Is everyone a mystery?
Is everyone an enigma?
They most certainly are.
Asking yourself these deeper questions
opens up new ways of being in the world.
It brings in
a breath of fresh air.
It makes life more joyful.
The real trick to life

is not to be in the know...
but be in the mystery.
[Beeping, Chittering]
[Man Narrating] Why do we keep
re-creating the same reality?
Why do we keep having
the same relationships?
Why do we keep getting
the same jobs...
over and over again?
In this infinite sea of potentials
that exist around us...
how come we keep re-creating
the same realities?
Isn't it amazing that we have options
and potentials that exist...
but we're unaware of them?
Is it possible that we're so conditioned
to our daily lives...
so conditioned to the way
we create our lives...
that we buy the idea that
we have no control at all?
We've been conditioned
to believe...
that the external world is more real
than the internal world.
This new model of science
says just the opposite--
It says what's happening within us
will create what's happening outside of us.
There's a physical reality
that is absolutely rock-solid...
and yet... it only--
If you wanna put it this way,
it only comes into existence...
when it bumps up against
some other piece of physical reality.
That other piece may be us, and of course,
we're partial to those moments...
but it doesn't
have to be either.
You know, it could be just
some incidental rock comes flying along...

and interacts with
this fuzzy mass of stuff...
and sure enough, it provokes it
into a particular state of existence.
There were philosophers in the past
that said, 'Look, if I kick a rock...
'and I hurt my toe, that's real.
'I feel that. It feels real.
It's vivid.
And that means
that it's reality.'
But it's still an experience, and it's still
this person's perception of it being real.
Scientific experiments have shown
that if we take a person and, uh...
hook their brains up to certain PET scans
or computer technology...
and ask them to look at
a certain object...
and they watch,
certain areas of the brain light up.
And then they've asked them
to close their eyes...
and now imagine
that same object.
And when they imagine
that same object...
it produced the same areas
of the brain to light up...
as if they were actually
visually looking at it.
So it caused scientists to
back up and ask this question.
So who sees then? Does the brain see?
Or do the eyes see?
And what is reality? Is reality
what we're seeing with our brain...
or is reality what
we're seeing with our eyes?
And the truth is is that the brain
does not know the difference...
between what it sees in its environment
and what it remembers...
because the same specific

neural nets are then firing.

So then it asks the question.:

What is reality?

[Woman] We're bombarded
by huge amounts of information...
and it's coming into our body,
and we're processing it--
coming in through our sense organs,
and it's percolating up and up...
- and at each step
we're eliminating information.

- [Jingling]

And finally, what is bubbling up
to consciousness is...
the one that's
the most self-serving.

[Man] The brain processes
but we're only aware
of 2,000 of those.

But our awareness of those 2,000 bits
of information...
are just about the environment,
our body and about time.

[Rattles]

[Man] We're living in a world where
all we see is the tip of the iceberg--
the classical tip of an immense
quantum mechanical iceberg.

- Hey, wow! You got a lot of shots to develop?

- No.

Oh, bummer.

Well, I'll catch you later.

[Door Opens, Closes]

[Man] If the brain is processing
and our awareness
is only on 2,000--

- [Hits Ground]

- that means reality's happening
in the brain all the time.

It's receiving that information,
and yet we haven't integrated it.

The eyes are like the lens.

But the tape that's really
seeing is the back of the brain.

It's called the visual cortex.
It's right back here.
It's like this camera
and its tape.
Did you know that the brain imprints
what it has the ability to see?
This is important.

For example:

This camera is seeing
a lot more around me...
than what is here...
because it is-- has no objection
and no judgment.
The only movie that's playing
in the brain...
is what we have
the ability to see.
So is it possible our eyes,
our cameras...
see more than what our brain...
has the ability
to consciously project?

[Woman]

Well, the way our brain is wired up...
we only see what
we believe is possible.
Um, we match patterns
that already...
uh, exist within ourselves
through conditioning.
So, a wonderful story
that I believe is true...
is that when the Indians--
the Native American Indians...
on the Caribbean Islands saw
Columbus's ships approaching...
they couldn't see them at all.
Because it was so...
unlike anything they had ever seen before,
they couldn't see it.

[Man] When Columbus's armada
landed in the Caribbean...
none of the natives

were able to see the ships...
even though they existed
on the horizon.

The reason that they never saw
the ships was because...
they had no knowledge in their brains,
or no experience, that clipper ships existed.

So the shaman starts to notice that
there's ripples out in the ocean,
but he sees no ship...

but he starts to wonder
what's causing the effect.

So every day he goes out
and looks and looks and looks.

And after a period of time,
he's able to see the ships.

And once he sees the ships, he tells
everybody else that ships exist out there.

Because everybody trusted and believed
in him, they saw them also.

[Explosion]

[Man] We create reality.

We're reality-producing machines.

We create the effects of reality
all the time.

[Man] We always perceive something
after reflection in the mirror of memory.

- [Screaming]

- [Gasps]

- [Shutter Clicks]

As far as whether or not we're just living
in a big holodeck or not...

it's a question we don't necessarily
have a good answer to.

I think this is a big philosophical problem
we have to deal with...

in terms of what science
can say about our world...

because we are always
the observer in science.

So we are still
always constrained...

by what is ultimately coming
into the human brain...

that allows us to see and
perceive the things we do.
So it is conceivable that all of this
really is just a great illusion...
that we have no way of really getting
outside of to see what is really out there.
Your brain doesn't know the difference
between what's taking place out there...
and what's taking place in here.
There is no ''out there'' out there
independent of what's going on in here.
You okay? I heard you scream earlier.
Was it another dream?
- [Mouths Words]
- You were an Indian...
watching Columbus's ship
materialize out of thin air.
Wow.
And this medicine man
kept hitting you.
[Gasps] Cool. That's--
Hey, maybe it was a past life
or a parallel reality...
or a future life.
Get real.
Or maybe that dream was trying
to tell you the truth.
I guess it just depends
on what you think is real.
Maybe you should try
different anxiety pills.
My pills are fine, okay?
Thank you.
Well, I have to go get dressed.
Mmm. I hope you
feel better, Amanda.
[Door Closes]
God, Amanda.
You can be such an asshole.
[Sighs]
[Man] There actually are choices
in the direction of how a life can go...
that are contingent upon
small-level quantum effects...

not being washed out.
First of all, let's talk
about the subatomic world...
and then we'll talk about what
it's telling us about reality.
The first thing I wanna tell you
about the subatomic world...
is it's totally a fantasy created by
mad physicists trying to figure out...
what the heck is goin' on
when they do these little experiments.
By little experiments, I mean big energy
in little spaces in little pieces of time.
It gets pretty nutty
at that realm of things...
and so subatomic physics was invented
to try to figure that all out.
We need a new science down there,
and it's called quantum physics...
and it is subject to a whole
range of debatable hypotheses...
thoughts, feelings, intuitions
as to what the heck is really going on.
Matter is not what we have
long thought it to be.
Uh-- To the scientists, matter has always
been thought of as sort of the ultimate...
in that which is static
and predictable.
Within all the atoms and molecules,
all the space within them...
the particles take up
an insignificant amount of the--
of the volume of an atom or molecule,
the fundamental particles.
The rest of it is vacuum.
What seems to happen is that particles
appear and disappear all the time.
So where do they go
when they're not here?
Now, that question is tricky.
I'm gonna give you two answers--
Answer number one:
They go into

an alternative universe...
where the people in that universe
are asking the same question...
about those particles when
they come into our universe.
They say, ''Where do they go?''
[Chuckles]
[Man] There's a great mystery called
the mystery of the direction of time.
There's a certain sense in which the
fundamental laws of physics that we have...
don't make any interesting distinctions,
say, between past and future.
Um, for example, it's a puzzle from the standpoint
of the fundamental laws of physics...
why we should be able to...
um, remember the past, um...
and not have the same kind
of epistemic access to the future.
It's a puzzle from the standpoint
of these laws...
why we should think something like
by acting now...
we can affect the future
but not the past.
These things-- that we have a different kind
of epistemic access to the past and future...
that we have a different kind
of control by acting now...
over the future
than we do over the past...
these things are so fundamental
to the way we experience the world...
that, um-- um--
that it seems to me,
not to be curious about them is to be...
you know, three-quarters
of the way to being dead.
Wanna shoot some hoops?
Now, you don't have
to be like that.
Come on and play.
Look. He likes you.
Don't you have time for

a little one-on-one?
How long has it been
since you played?
[Chuckles] Come on.
You got the ball. Take a shot.
No, no, no, milady.
Not from there. It's out-of-bounds.
You gotta be on the court
to be in play.
[Sighs]
Welcome to Duke Reginald's
Court of Unending Possibilities.
[Sighs]
- [Grunts]
- Court rules-- Gotta sink the last one.
- That hurt.
- It never touched you.
- Right.
- And it's not solid.
This ball is mostly empty.
In fact, the universe
is mostly empty.
[Man] We like to think
of space as empty and matter as solid.
But in fact, there is essentially nothing
to matter whatsoever.
It's completely insubstantial.
Take a look at an atom.
We think of it as
a kind of hard ball.
Then we say,
'Oh, well, not really.
'It's this little tiny point of really
dense matter right at the center...
'surrounded by a kind of
fluffy probability cloud of electrons...
popping in and out
of existence. ''
But then it turns out that
that's not even right.
Even the nucleus,
which we think of as so dense...
pops in and out of existence
just as readily as the electrons do.

The most solid thing you can say
about all this insubstantial matter...
is that it's more like
a thought--
it's like a concentrated bit
of information.

[Man] What makes up things
are not more things...
but what makes up things are
ideas, concepts, information.

[Whooshes]
And like I said,
it never touches.

[Reginald]
Those electrons build up a charge...
and push the other electrons
away before they touch.
So nobody touches nothin'.
Come on. Put your stuff down.
Nobody's gonna take it.
Like I said, this is my court.
It's no problem.

[Sighs]
- How long has it been?
- I'll be late.
It's only in conscious experience
that it seems that we move forward in time.
In quantum theory, you can also
go backwards in time.

[Reginald]
You can always go back in time.

- [Cheering]
- [Shutter Clicking]
[Buzzer Buzzes]
[Cheering Fades]

What's the matter?
Remember, it's empty.
How do you know this shit?
I read Dr. Quantum comics. Everybody thinks
it's just kid stuff, but I know it's real.
That's how I do my magic
on the court.
Yeah, I always choose
the wonder boy first.

- He's got the weirding way.
- Well, Dr. Quantum says everybody's got it.
Everybody's doing it.
Doing it constantly,
each and every time you look.
When you ain't lookin',
it's like a wave.
When you are lookin',
it's like a particle.
When you are not looking,
there are waves of possibility.

- [Ball Bouncing]
- When you are looking, there
are particles of experience.
[Man] Aparticle,
which we think of as a solid thing...
really exists in
a so-called 'superposition, '
a spread-out wave
of possible locations...
and it's in all of those
at once.
The instance you check on it...
it snaps into just one
of those possible positions.
[Man]
Quantum superposition implies that...
a particle can be in two or more places
or states simultaneously.
And this is a very bizarre concept, and one
of the hallmarks of the quantum world.
Superheroes use superposition...
with the world being potential strips
of reality until we choose.
Heroes choose what they want--
being in many places at once, experiencing
many possibilities all at once...
and then collapsing on the one.
The question is, how far down
the rabbit hole do you wanna go?
Nice shot.
[Man] How can a system or an object be
in two or more states at the same time?
[Man] How can a system or an object be

in two or more states at the same time?
[Man] It's very easy--
Instead of thinking of things as things.
We all have a habit of thinking that
everything around us is already a thing...
existing without my input,
without my choice.
You have to banish
that kind of thinking.
Instead, you really
have to recognize...
that even the material world
around us--
the chairs, the tables, the rooms,
the carpet-- camera included--
all of these are nothing but
possible movements of consciousness.
And I'm choosing moment to moment
out of those movements...
to bring my actual experience
into manifestation.
This is the only radical thinking
that you need to do.
But it is so radical--
It's so difficult...
because our tendency is that the world
is already out there...
independent of my experience.
It is not. Quantum physics
has been so clear about it.
Heisenberg himself,
codiscoverer of quantum physics...
said atoms are not things,
they're only tendencies.
So, instead of thinking
of things...
you have to think
of possibilities.
They're all possibilities
of consciousness.
You now can see in numerous labs
around the United States...
objects that are large enough
to be seen by the naked eye...

and they are in
two places simultaneously.
- You can actually take a photograph of that.
- [Shutter Clicks]
Now, I suppose if you showed a photograph,
they'd say, ''Oh. Great.
''Here's this nice blob of colored light,
and I see there's...
''a bit of it over here and another bit--
So you've got a picture of two dots.
What's the big deal?''
You say, ''Look right in the chamber.
You can see it right there.''
''I see two things there.''
''No, no. That's not two things--
That's one thing.
It's the same thing in two places.''
I'm not sure that people's
jaw would drop about it...
because I think--
I don't think people
really believe it.
And I don't mean that people say, ''Oh, you're
lying,'' or ''Oh, the scientists are confused.''
I-I think it is so mysterious that you
can't even understand how amazing it is.
And then, furthermore,
you've seen Star Trek and whatnot.
''Beam me up, Scotty.''
So it all seems sort of...
''Oh, well, what does
that really mean?''
But you've gotta really stop and
think about what that means--
That it's the same object
and it's in two places at once.
When people tinker in the lab, and they get
angry about things, and they have lunch...
and they go home
and they lead their lives...
just as though nothing
utterly astounding is happening...
because that's how
you have to go about it--

And yet, there's this
completely amazing magic...
sitting right in front
of your eyes.

[Man] Quantum physics
calculates only possibilities...
but if we accept this,
then the question immediately comes...
who, what, chooses among
these possibilities...
to bring the actual event
of experience?

So we directly, immediately see
that consciousness must be involved.
The observer cannot be ignored.

[Man] We know what an observer does
from a point of view of quantum physics...
but we don't know
who or what the observer actually is.
Doesn't mean we haven't tried to find
an answer. We've looked.
We've gone inside of your head.
We've gone into every orifice you have...
to find something
called an observer.
And there's nobody home.
There's nobody in the brain.
There's nobody in the cortical regions
of the brain.
There's nobody in the subcortical regions
or the limbic regions of the brain.
There's nobody there
called an observer.
And yet, we all have this experience
of being something called an observer...
observing the world out there.
Is this the observer...
and which is so intricate
to understanding...
the wacky, weird world...
of quantum particles
and how they react?
Is this then the observer?

[Man] In my modeling,

the observer is the spirit...
inside the four-layer biobodysuit.
And so, it's like
the ghost in the machine.
It is the consciousness
that's driving the vehicle...
and it is observing
the surround.
The four layers of the biobodysuit
have all kinds of sensory systems...
to pick up signatures
from the surround.
[Horn Honking]
[Dog Barking]
[Woman]
Aw. Good boy.
[Chattering]
[Shutter Clicking]
[Shutter Clicking]
[Shutter Clicking]
[Phone Ringing, Vibrating]
Where the hell are you?
I've got a studio full of people...
but, oh, my God.!
There's no photographer.
Where, oh, where
can she be?
Aliens?
Loch Ness monster?
Or a hot date?
In Washington, D.C., the so-called
murder capital of the world...
there was a big experiment
in the summer of 1993...
where 4,000 volunteers came
from a hundred countries...
to collectively meditate for long periods
of time throughout the day.
It was predicted in advance
that with such a sized group...
you would have a 25% drop
in violent crime...
as defined by the F.B.I.
in Washington that summer.

Well, the chief of police
went on television saying that...
'Look. It's gonna
take two feet of snow...
to reduce crime by 25% in
Washington, D.C. this summer.'
But by the end, the police department became
a collaborator and author of this study...
because the results in fact showed a 25%
drop in violent crime in Washington, D.C....
which we could predict
on the basis of 48 previous studies...
that had already been done
on a smaller scale.
This leads naturally
to wonder do people--
are people affecting the world
of reality that they see?
You betcha they are.
Every single one of us
affects the reality that we see...
even if we try to hide
from that and play victim.
We all are doin' it.
Just tell me
where you are.
Good. But hurry,
will ya, please?
- Because these models
are giving me a headache.
- Ten minutes!
- [Sighs]
- [Rattling]
Oh-- [Muttering]
- [Train Departing]
- [Gasps]
[Woman] Our subway exhibit comes to us
from Japan and Mr. Masaru Emoto.
Mr. Emoto became
terribly interested...
in the molecular structure
of water and what affects it.
Now, water is the most receptive
of the four elements.

Mr. Emoto thought perhaps
it would respond to nonphysical events.
So he set up a series of studies,
applied mental stimuli...
and photographed it with
a dark field microscope.
This first picture is a picture
of water from the Fujiwara Dam.
And this picture
is the same water...
after receiving a blessing
from a Zen Buddhist monk.
Now in this next
series of pictures...
Mr. Emoto printed out words,
taped them to bottles of distilled water...
and left them out overnight.
This first photograph is the picture
of the pure distilled water--
just the essence
of itself.
These subsequent photographs,
as you can see, are each different.
This is the
'Chi of Love.'
And we move along here
to 'Thank You. '
And you can see where he taped that,
uh, to this bottle here.
But if you read Japanese,
you already knew that. [Chuckles]
Now, Mr. Emoto speaks of
the thought or intent...
being the driving force
in all of this.
The science of how that actually
affects the molecules is unknown...
except to the water molecules,
of course.
And it's really fascinating
when you keep in mind...
that 90% of our bodies
are water.
Makes you wonder,

doesn't it?
If thoughts can do that
to water...
imagine what our thoughts
can do to us.
[Train Approaching]
Absolutely thought alone
can completely change the body.
Most people don't affect reality
in a consistent, substantial way...
because they don't
believe they can.
They write an intention...
and then they erase it,
because they think that's silly--
I mean-- I can't do that. And then they
write it again, and then they erase it.
So time average,
it's a very small effect.
And it really comes down to the fact that
they believe they can't do it.
If you accept with every
rudiment of your being...
that you will walk on water,
will it happen?
Yes, it will.
But you know, it's, uh--
it's like positive thinking.
It's a wonderful idea,
positive thinking...
but what it usually means is that I have
a little smear of positive thinking...
covering a whole mass
of negative thinking.
So thinking positive is
not really thinking positive.
It's just disguising the negative thinking
that we have.
When we think of things, then we make
the reality more concrete than it is...
and that's why we become stuck.
We become stuck
in the sameness of reality.
Because if reality is concrete, obviously,

I am insignificant. I cannot really change it.
But if reality is my possibility--
possibility of consciousness itself--
then immediately comes the question
of how can I change it?
How can I make it better?
How can I make it happier?
You see how we are extending
the image of ourselves?
In the old thinking,
I cannot change anything...
because I don't have
any role at all in reality.
Reality is already there. It's material
objects moving in their own way...
from deterministic laws...
and mathematics determines
what they will do in a given situation.
I, the experiencer,
have no role at all.
In the new view, yes,
mathematics can give us something.
It gives us the possibilities
that all these movements can assume.
But it cannot give us the actual experience
that I'll be having in my consciousness.
I choose that experience.
And therefore, literally,
I create my own reality.
It may sound like a tremendous,
bombastic claim by some New Agey...
without any understanding
of physics whatsoever...
but really quantum physics
is telling us that.
^^^[Electronica]
^^^[Woman Singing
In Foreign Language]
[Door Closes]
Hey!
How was the shoot?
Sucked. [Sighs]
- ^^ [Continues]
- [Stomps]

Your boss called.

He's worried about you.

^^ [Ends]

Amanda, I wanna thank you
for letting me stay here.

I know I'm a bit much sometimes...

and that it's been tough after Bob and all.

[Raspberries, Laughs]

And, um, you've just
been so wonderful.

I mean, I make a mess and--

Well, I clean up afterwards,

but it's not really your style.

Sometimes I think

you make me sane.

Me? [Laughs]

The day I make someone sane,
they're in trouble. [Laughs]

Anyway, um...

I made you something
as a thank-you gift.

Open it.

I went through your pictures
and picked my favorite ones.

And it took me forever because there are
so many good ones. [Laughs]

This--

That's for all the wonderful photos
you will be taking.

- Oh!

- I've had a strange day.

Thank you.

[Voices Overlapping, Echoing]

What is my life? Why is your life?

What is the purpose of life?

Where am I going?

What happens when I die?

- Why is there anything at all?

- What is reality?

[Man At Exhibit]

It makes you wonder, doesn't it?

If thoughts can

do that to water...

imagine what our thoughts

can do to us.

[Water Running]

- [Voices Overlapping] These--
- Reality comes down to experiences.
- Is this--
- Successful--

Have you ever thought about
what thoughts are made of?.

Is there a substance of thought?

[Roommate] I guess it just depends on
what you think is real.

[Reginald] The world
being possible timelines of reality...
until we choose.

[Woman] Are all realities in the
quantum field existing simultaneously?

- [Man] My definition of an addiction
is something--

- [Voices Overlapping]
- Something that you can't stop.

- [Man] There are different worlds
in which we live.

There's the macroscopic world that we see.

There's the world of our cells.

There's the world of our atoms.

There's the world of our nuclei.

These are each

totally different worlds.

They have their own language.

They have their own mathematics.

They're not just smaller--

Each is totally different.

But they're complementary,

because I am my atoms...

but I am also my cells.

I'm also my

macroscopic physiology.

It's all true.

They're just different levels of truth.

The deepest level of truth uncovered

by science and by philosophy...

is the fundamental truth

of unity.

At that deepest subnuclear level

of our reality...
you and I are literally one--
[Echoing]
one-- one-- one--
- [Birds Twittering]
- I wake up in the morning...
and I consciously create my day
the way I want it to happen.
Now, sometimes...
because my mind is examining
all the things that I need to get done...
it takes me a little bit to settle down
and get to the point...
of where I am actually
intentionally creating my day.
But here's the thing.
When I create my day...
and out of nowhere
little things happen...
that are so unexplainable...
I know that they are the process
or the result of my creation.
And the more I do that,
the more I build a neural net in my brain...
that I accept that
that's possible...
it gives me the power and the incentive
to do it the next day.
^^^[Man Singing]
[Woman] In addiction,
we have a supreme, beautiful opportunity...
to decipher
the difference between...
our intangibility of
our nobleness of character...
and the day-to-day business
of how that character is revealed...
in a three-dimensional world
through our bodies.
^^^[Singing Continues]
[Shutter Clicks]
- [Shutter Clicks]
- ^^^[Recessional]
- I hate weddings.

- [Woman] And what we will learn...
is that addiction is...
the feeling of
a chemical rush...
that is cascaded
through the bodies...
through a whole assortment
of glands and ductless glands...
and through the spinal fluid--
a feeling that
some would call...
a sexual fantasy.
It only takes one sexual fantasy
for a man to have a hard-on.
In other words, it only takes
one thought here...
for a man to have
an erection in his member.
And yet, there was nothing
outside of him that gave him that.
It was what was within him
that gave him that.

- ^^^^[Ends]

- Oh. Oh.

[Chuckles] Hey, Amanda.

I-I didn't know you were there.

Guilty.

A wedding?

Come on, Frank!

[Mouths Words]

This is a good assignment,
if you'd see it that way.

What's to see?

'I do.' They did.

Aw, God, Amanda. I mean,

y-you live in your past...

and everything with you

is about 'what happened.'

You hate churches. You hate weddings.

You hate guys.

[Sighs]

Now I want you to go

scope it out.

Don't need to.

I got married there.
I know. I took the pictures,
remember?
You got too many memories
clouding your vision.
Oh, Amanda, Amanda, Amanda.
You know you're the best
technical photographer I have.
And I wanna have
some great pictures.
You know what?
You need a good Polish wedding.
- And watch out for
those good Catholic boys, huh?
- You mean the priests?
- [Laughs] Come on. Get outta here.
- Bye.
When I was younger, um...
I had lots of ideas
about what God was.
And now I realize
I'm not conscious enough...
to truly understand
what that concept means.
That I am at one with the great being
that made me and brought me here...
and that formed the galaxies
and the universes, et cetera--
how did that get
taken out of religion?
It was not hard.
Most of the problems that religion
and various philosophical movements...
down through the centuries
have produced...
have been errors because
that's where they're started--
That God is a distinct
separate being from us...
to whom I must offer worship,
whom I must cultivate...
humor, please and hope to attain
a reward from at the very end of my life.
That is not what God is.

That is a blasphemy.
God is such a broad thing...
um, some parts of which--
most of the parts of which...
that are associated
with organized religion...
is something that
I sort of recoil at.
It's something I think has done a lot
of harm to the world, done harm to women...
done harm to oppressed peoples,
done harm to the World Trade Center.
And yet, and the same point...
we have the epitome
of a great science.
The closest science
has ever come...
to explaining Jesus'
interpretation that...
the mustard seed was larger
than the kingdom of heaven...
and the only science that can fit into
that analogy is quantum physics.
Now, we have--
we have great technology...
from antigravity magnets...
and magnetic fields--
zero-point energy--
We have all that, and we still have
this ugly, superstitious...
backwater concept of God.
[Man] People fall into line very readily
when they're threatened...
by these cosmic sentences
of everlasting punishment.
But this is not how God is.
And once you start to question the
traditional images, caricatures of God...
people feel you are
an agnostic or an atheist...
or a subverter
of the social order.
God must be greater than the greatest
of human weaknesses...

and indeed...
the greatness of human skill.
That God must even transcend
our most remarkable...
to emulate nature
in its absolute splendor.
How can any man or woman sin against
such a greatness of mind?
How can any one
little carbon unit...
on Earth in the backwaters of...
indeed, the Milky Way,
the boondocks...
betray God Almighty?
That is impossible.
The height of arrogance
is the height of control...
of those who create God
in their own image.
- [Shutter Clicking]
- [Man] I now present to you...
- Mr. and Mrs. Richard 'Buck' Filipowski.
- ^^^[Recessional]
- [Cheering]
- [Shutter Clicking]
^^^[Continues]
^^^[Ends]
[Woman]
Brain, when it fires its thoughts...
is likened unto the landscape
of a thundercloud.
And the synaptic cleft
is the sky between...
- the storm and the Earth--
the Earth receptor sight.
- [Electricity Crackling]
And you see this
foreboding dark cloud...
boiling in the sky...
and you see electrical impulses
moving through it...
veins of electric light...
and then you see it
hit the ground.

- The brain looks like a thunderstorm--

- [Electricity Crackling]

when it is presenting

a coherent thought.

- So no one is ever seeing the thought.

- [Thunderclap]

What they do see

in neurophysics...

is that they see

a storm raging...

around different quadrants

of the brain.

- [Thunder Rumbling]

- Those are areas that are mapped in the body...

and what a person

must be responding to--

a holographic image--

rage, murder, hate...

compassion, love.

[Man] The brain does not know

the difference between...

what it sees in its environment

and what it remembers...

because the same specific

neural nets are then firing.

The brain is made up of tiny

nerve cells called 'neurons. '

These neurons have tiny

branches that reach out...

and connect to other neurons

to form a neural net.

Each place where they connect

is incubated into a thought or a memory.

Now, the brain builds up all its concepts

by the law of associative memory.

For example, ideas,

thoughts and feelings...

are all constructed and interconnected

in this neural net...

- and all have a possible relationship

with one another.

- [Electricity Crackling]

The concept and the feeling

of love, for instance...

is stored in this
vast neural net.
But we build the concept of love
from many other different ideas.
- Some people have love
connected to disappointment.
- [Moaning]
When they think about love,
they experience the memory of pain...
sorrow, anger
and even rage.
Rage may be linked to hurt,
which may be linked to a person...
which then is
connected back to love.
We build up models of how
we see the world outside of us.
And the more information that we have, the
more we refine our model one way or another.
And what we ultimately do
is tell ourselves a story...
about what the outside world is.
Any information that we process, any information
that we take in from the environment...
is always colored by the experiences
that we've had...
and an emotional response that we're having
to what we're bringing in.
Who is in the driver's seat when we control
our emotions or we respond to our emotions?
We know physiologically that nerve cells
that fire together wire together.
If you practice something over and over,
those nerve cells have a long-term relationship.
If you get angry on a daily basis,
if you get frustrated on a daily basis...
if you suffer
on a daily basis...
if you give reason for
the victimization in your life...
you're rewiring and reintegrating
that neural net on a daily basis...
and that neural net now has
a long-term relationship...

with all those other nerve cells
called an 'identity.'
We also know that nerve cells that don't
fire together no longer wire together.
They lose their
long-term relationship...
because every time
we interrupt...
the thought process that produces
a chemical response in the body--
every time we interrupt it, those nerve
cells that are connected to each other...
start breaking
the long-term relationship.
When we start interrupting
and observing...
not by stimulus and response
and that automatic reaction...
but by observing
the effects it takes...
then we are no longer
the body-mind conscious emotional person...
that's responding to its environment
as if it is automatic.

- ^^^^[Rock]
- [Cheering, Applauding]
^^^[Continues, Indistinct]
[Man] Does that mean
emotions are good or emotions are bad?
No, emotions are designed
so that it reinforces chemically...
something into
long-term memory.
That's why we have them.
All emotion is
is holographically imprinted chemicals.
The most sophisticated pharmacy
in the universe is in here.
[Man] There's a part of the brain
called the hypothalamus...
and the hypothalamus
is like a little mini factory...
and it is a place that
assembles certain chemicals...

that matches certain emotions
that we experience.
And those particular chemicals
are called 'peptides. ''
They're small-chain
amino acid sequences.
The body's basically
a carbon unit...
that makes about 20 different
amino acids altogether...
to formulate its
physical structure.
The body is
a protein-producing machine.
In the hypothalamus, we take
small-chain proteins called peptides...
and we assemble them into certain
neuropeptides or neurohormones...
that match the emotional states
that we experience on a daily basis.
So there's chemicals for anger,
and there's chemicals for sadness...
and there's chemicals
for victimization.
There's chemicals for lust.
There's a chemical that matches...
every emotional state
that we experience.
And the moment that we experience that
emotional state in our body or in our brain...
that hypothalamus will immediately
assemble the peptide...
and then releases it through the pituitary
into the bloodstream.
The moment it makes it
into the bloodstream...
it finds its way to different centers
or different parts of the body.
Now, every single cell
in the body...
- has these receptors on the outside.
- [Shutter Clicking]
[Woman] Now one cell can have
thousands of receptors...

studding its surface,
kind of opening up to the outside world.
And when a peptide
docks on a cell...
it literally, uh,
like a key going into a lock...
sits on the receptor surface
and attaches to it...
and kind of moves
the receptor...
and kind of like a doorbell buzzing,
sends a signal into the cell.

- [Buzzing]

- It's party time!

^^^^[Rock]

[Shutter Clicking]

- [Chattering]

- [Shutter Clicks]

^^^^[Piano]

[Man]

What happens in adulthood...
is that most of us who've had
our glitches along the way...
are operating in
an emotionally detached place...
or we're operating
as if today were yesterday.

- What is it?

- Mixed.

[Man]

In either the disconnected place...
or the overly emotional
reactive place...
because they've gone
to an earlier time in reality...
the person is not operating
as an integrated whole.

^^^^[Rock]

[Shutter Clicks]

[Shutter Clicks]

- ^^^^^[Continues]

- [Shutter Clicking]

Along the outside
of the cell...

are these billions
of receptor sites...
that are really just receivers
of incoming information.
A receptor that has a peptide
sitting in it, um...
changes the cell in many ways.
It sets off a whole cascade
of biochemical events...
some of which wind up with changes
in the actual nucleus of the cell.

- [Shutter Clicks]

- Hi.

When I grow up, I want to become
a photographer just like you.

- Oh?

- Got any tips?

- Take lots of pictures.

- Thanks!

Each cell is
definitely alive...
and, uh, each cell
has a consciousness...
particularly if we define
consciousness...
as the point of view
of an observer.

There is always
the perspective of the cell.

[Male Cell Grumbles]

[Female Cell Murmurs]

[Male Cell #2, Indistinct]

[Woman]

In fact, the cell is...
the smallest unit
of consciousness in the body.

I'm hungry!

- ^^^^ [Disco]

- Oh. Yeah.

- ^^^^ [Disco]

- Oh. Yeah.

[Male Cell] Oh,yeah.!

- We've commandeered an entire serving platter.

- [Belching]

[Grunts]

[Exhales]

- ^^^^[Dance]

- [Grunts]

Yeah! Keep it coming.

Keep it coming. Yeah.

- Delicious.

- Oh, yeah. Oh.

[Belches]

Well, my definition of an addiction

is something really simple:

something that you can't stop.

^^^[Continues]

Don't make me suffer please.

Oh, I hurt!

[Gasping]

[Man] We bring to ourselves
situations that will fulfill...

the biochemical craving

of the cells of our body...

by creating situations that

meet our chemical needs.

It always happens to me.

- Every day!

- Why me?

And the addict will always

need a little bit more...

in order to get a rush or a high

of what they're looking for chemically.

Don't tell me to calm down!

You're always bossing me around.

So my definition really means that if you
can't control your emotional state...

you must be addicted to it.

Oh, I knew

this was gonna happen.

That's not what we agreed upon.!

You're not going to screw me--

[Man]

Why don't you read the contract?

- You won't do anything, so I will.

- No, no, ma'am.

Don't dip your half-eaten shrimp
back into the cocktail sauce.

Screw you and your health codes!
I am the bride's sister.
I'll stick my ass in the cocktail sauce
if I damn well please.
What are you standing there for? Get out and
serve. Make sure everybody has a full platter.
Fun, fun, fun.!

Listen, Steven.
You won't do anything
about it, so--

[Girl's Voice]
I want to be a photographer just like you.

[Man Shouting, Indistinct]
[People Shouting, Murmuring]
- ^^^^ [Continues]
- [Belches]
[Shutter Clicking]
^^^[Ends]

So how can anyone really say
they're in love with a specific person...
for example?
They're only in love
with the anticipation...
of the emotions
they're addicted to.
Because the same person could fall out
of favor the next week by not complying.
My goodness, doesn't that
change the landscape...
of our emotional outlook
on personal needs and identities?
^^^[Rock]
- [Moaning]
- [Grunts]
Oh, yeah.
Oh!
- [Shutter Clicks]
- Amanda!
^^^[Continues]
- [Needle Scratches]
- How can you not fucking see?
No! No, no, no, no.
You got the--
the punch line wrong.

It's a--
It's a photographer's joke.
Go on about your, uh--
- Uh, music?
- ^^^^[Rock]
Are-- Are you okay?
Well, I--
I saw that groom
fucking some girl!
Uh, when?
Just now!
I was with the, uh--
the groom--
Hey, I can read lips!
Uh, I'm sorry. Uh, I was
with the groom just now.
Yeah, he loves Paulette.
- Where?
- [Mouthing Words]
[Woman Laughs]
- [Laughs]
- [Man Clears Throat]
Polacks-- They all
look the same in a tux.
You're not Polish,
are-- Uh, hi.
- Thanks. Here.
- [Exhales]
This-- This'll help.
- Oh, thank you.
- No problem. [Clears Throat]
That was in my mouth.
Forget it.
^^^[Continues]
[Exhales]
So, what's your name?
- Elliot. Hi.
- Yeah.
- It's a--
- I'm Amanda.
Hey, Amanda. I should've
asked you what your name--
- You photograph a lot of weddings?
- Yeah. I hate it.

I'm doing the thing again
with my hands. I'm sorry.
We are emotions
and emotions are us.
Again I can't separate
emotions.
When you consider that, um...
every aspect
of your digestion...
every sphincter
that opens and closes...
every group of cells that
come in for nourishment...
and then moves out to, um...
heal something
or repair something--
Those are all under the influence
of the molecules of emotion.
I mean,
it's this total buzz.
[Man]
So you ask if emotions are bad.
Emotions are not bad.
They're life.
They color the richness of our experience.
It's our addiction that's the problem.
The thing that most people
don't realize is that...
when they understand
that they are addicted to emotions--
- Another drink?
- [Man] it's not just psychological.
It's biochemical.
Think about this.
Heroin uses the same receptor mechanisms
on the cells...
that our emotional
chemicals use.
It's easy to see then that
if we can be addicted to heroin...
then we can be addicted
to any neural peptide, any emotion.
- To the groom!
- To the groom.

Whoo!

- What's up, guys?

- What's up, man?

- Hello.

- What do we need?

- Some foxes.

- Who put out.

Yeah, baby!

Cheers.

So--

[Woman] The relevant search command
that's going on...

is related to finding
a certain emotional state.

I mean, we can't even
direct our eyes...

without having
an emotional aspect to it.

[Cow Moos]

[Dog Barks]

[Cow Moos]

Oh. Oh, gosh.

She wouldn't fall for me.

Oh, mama! Whoo!

What the hell

are you waitin'for?

Come on, ya little pussies!

Geez! I can't believe you guys!

What are you-- Ooh.! Come on. Come on.

Just get the hell out of the way.

[Exhales]

Hi there, honey!

Come on, baby.

You know you want it.

Oh, don't give me that look.

Now...

what about people

who are addicted to sex?

[Male Cell Muttering]

Whoa!

- Whew.!

- Hello there, big boy.

Is there a rocket in your pocket,
or are you just happy to see me?

[Giggling]
[Giggling Continues]
[Wolf Whistle]
^ The lights are on ^
^^But you're not home ^^
^^ Your mind is not your own ^^
- Yeow!
- ^^ Your heart sweats ^^
^^ Your body shakes ^^
^^ Your kiss is what it takes ^^
^^ You can't sleep, oh ^^
^^ You can't eat ^^
^^ There's no doubt
you're in deep ^^
^^ Your throat is tight
You can't breathe ^^
^^Another kiss
is all you need ^^
^^ Whoa,you like to think ^^
^^ That you're immune
to the stuff ^^
- ^^ Oh,yeah ^^
- [Cells Muttering]
^^It's closer to the truth
to say you can't get enough ^^
^^ You know you're gonna have to face it
You're addicted to love ^^
^^ You see the signs
but you can't read ^^
^^ You're running at
a different speed ^^
- ^^ Your heart beats in double time ^^
- Snap out of it! Over here!
^^Another kiss
and you'll be mine ^^
^^A one-track mind
You can't be saved ^^
^ Oblivion is all you crave ^
^^If there's some ^^
- I want to hear some--
- Hold on.
Would you not touch anything?
That's very expensive equipment. All right?
^^ Whoa,you like to think ^^

^ That you're immune
to the stuff ^
^ Oh, yeah ^
- [Belches]
- I want to hear some polka music, okay?
These people want to hear some polka music.
You can't have a Polish wedding...
- without polka music.!
- ^ Might as well face it
You're addicted to love ^
^ Might as well face it
You're-- ^^
No! Would you leave it alone?
Keep your-- [Bleeps]
How can you have a Polish wedding
without any-- [Bleeps] Polish music?
- Get your-- [Bleeps] hands off my equipment!
- [Gasping]
- [Train Whistle Blows]
- Like I said before...
it ain't a Polish wedding
without a polka!
^^^^[Polka]
^^^^[Ends]
^^^^[Slow Rock]
[Crowd Chattering, Applauding]
[Woman]
Our mind literally creates our body.
So it all starts in the cell.
The cell is a protein-producing machine...
but it gets its signal
from the brain.
One of the things about receptors is
they change in their sensitivity.
If a given receptor for a given drug
or internal juice...
is being bombarded for a long time
at a high intensity...
it will literally shrink up.
There will be less of them.
Or it will be hooked up
in such a way...
that it is desensitized
or downregulated.

So the same amount of drug
or internal juice...
will elicit
a much smaller response.

[Thunderclap]

[Cells Whimpering]

- [Bombs Whistle]

- [Whimpering Continues]

[Machine Gun Fire]

[Gun Fire Continues]

[Screams]

If we're bombarding the cell with
the same attitude and the same chemistry...
over and over again
on a daily basis...

when that cell finally
decides to divide...
when it produces a sister cell
or a daughter cell...
that next cell will have
more receptor sites...

for those particular
emotional neuropeptides...
and less receptor sites...
for vitamins, minerals,
nutrients, fluid exchange...
or even the release
of waste products or toxins.

Now, all aging is the result
of improper protein production.

What happens when we age?

Our skin gets--
loses elasticity.

Well, elastin is a protein.

What happens to our enzymes?

We don't digest as well.

What happens
to our synovial fluid?

Those are proteins that
become brittle and stiff.

What happens to our bones?

They become thin.

So all aging is a result
of improper protein production.

So then the question arises...
does it really matter
what we eat?
And does nutrition
really have an effect...
if the cell doesn't even
have the receptor sites...
after 20 years
of emotional abuse...
to even receive,
or to let in...
the nutrients that are
necessary for its health?
[No Audible Dialogue]
Okay, guys. It's time
for a course correction...
on our trajectory, along
the path of our adventure.
And that course correction is
the movement to a new paradigm...
just an expansion of the old--
just as the universe is larger than
we thought it was in our modeling.
And it's always
larger than we think it is.
I hate you.
[Sighs]
I hate you.
[Screams]
You idiot!
You suck! Look at you!
You're fat! You're ugly!
You are worth nothing!
You're getting old!
I hate you!
[Panting]
[Water Dripping]
It makes you wonder,
doesn't it?
If thoughts
can do that to water...
imagine what our thoughts
can do to us.
[Woman]

No one has ever come along...
and ever given you sufficient,
intelligent knowledge...
about your beautiful self--
how you work
from the inside out.
Why do you have addictions?
Because you have nothing better.
You have dreamt
of nothing better...
because no one has ever
taught you how to dream better.
[Laughing]
[Woman] Do I think that you are bad?
I don't think you're bad.
Do I think you're good?
I don't think you're good either.
I think you're God.
[Laughing Continues]
In general, the field
of psychiatry really doesn't...
allow for enough...
freedom of action
on people's part...
meaning an awful lot of problems--
not all of them, to be sure...
but an awful lot of problems that
get labeled as psychological problems...
really amount to people
making rotten choices.
And they ought to be instructed
to make different ones.
Can I--
Wow. [Laughs]
um, borrow some toothpaste?
Thanks.
[Man]
When I talk about ''we''disappearing...
I don't mean that
we physically disappear.
What I mean is that we move out
of the area of the brain...
that has to do with
our personality...

that has to do with our association
to people, our association to places...
our association to things
and times and events.
We don't exist in the associative centers
in our brain...
that reaffirms our identity
and reaffirms our personality.
For the average person
in the world who lives life...
and considers their life
boring or uninspiring...
it's because they've
made no attempt...
to gain knowledge and information
that will inspire them.
They're so hypnotized
by their environment...
through the media,
through television...
through people living
and creating ideals...
that everybody struggles
to become...
that no one can actually
become...
in terms of physical
appearance...
and definitions
of beauty and valor...
that are all illusions...
that most people surrender
and live their life in mediocracy.
And they may live that life
and the soul may never really--
their desire may never
really rise to the surface...
so they may want to be
something else.
But if it does rise
to the surface...
and, uh, they ask themselves
if there is something more--
Or, why am I here?

What is the purpose of life?
Where am I going?
What happens when I die?
They start to ask
those questions.
They start to flirt and interact
with the perception...
that they may be having
a nervous breakdown...
and in reality, what they're doing is
that their old concepts...
of how they viewed their life and the world
start to fall apart.
We're in completely new
territory in our brain...
and because we're in
completely new territory...
we're rewiring the brain...
literally reconnecting
to a new concept.
Then ultimately it changes us
from the inside out.
If I change my mind,
will I change my choices?
If I change my choices,
will my life change?
Why can't I change?
What am I addicted to?
What will I lose that
I'm chemically attached to...
and what person, place,
thing, time or event...
that I'm chemically attached to
that I don't want to lose...
because I may have to experience
the chemical withdrawal from that?
Hence the human drama.
[Answering Machine Beeps]
Amanda, it's Bob,
and I'm just calling to say...
I hope that
you can come tonight.
I really want to see you.
I, uh, really want to talk to ya.

I know we can work things out.

[Woman]

What's the only planet in the Milky Way...
that has habitation
that is steeped...
in enormous subjugation
of religion?

You know why that is?

It's because people
have set up right and wrong.

[Man] If I do this,
I'm going to get punished by God.

If I do the other thing,
I'm going to get rewarded.

This is a really
poor description...
that tries to map out a path in life
for us to follow...

but with deplorable results.

Because there really is
no such thing as good or bad.

We're judging things far
too superficially that way.

Does that mean you're in favor of sin
and licentiousness and depravity? No.

It simply means
that you need to improve...

your expression and understanding
of what you're dealing with here.

There are things that I do,
and I know they'll evolve me.

There are other things
that will not evolve me.

But it's not good or bad.

There's no God waiting to punish you...
because you did
one or the other.

[Woman]

There is no God condemning people.

Everyone is gods.

At the same time,

God is, um--

is this sort of
placeholder name...

for those parts
of our experience of the world...
which are somehow transcendent,
somehow sublime.
I have no idea what God is.
Yet I have an experience
that God is.
There is something very real
about this presence called God...
although I have no idea
how to define God...
to see God as a person
or a thing.
I can't-- I can't seem
to do it.
It's kind of like asking a human being
to explain what God is...
is similar to asking a fish to explain
the water in which the fish swims.
God is a superposition of
all the spirit from all things.
[Woman]
You are a God in the making...
and you have to walk this path.
But someday, you have
to love the abstract...
as much as you love
the condition of addiction.
The only way that I will
ever be great to myself...
is not what I do to my body...
but what I do to my mind.
[Man] So if we're consciously
designing our destiny...
and if we're consciously,
from a spiritual standpoint...
throwing in
with the idea...
that our thoughts can affect our reality
or affect our life...
'cause reality equals life...
then I have this little pact that I have
when I create my day.
I say, ''I'm taking this time

to create my day...
'and I'm infecting
the quantum field.
'Now, if in fact the observer's watching me
the whole time that I'm doing this...
'and there is a spiritual
aspect to myself...
'then show me a sign today
that you paid attention...
'to any one of these things
that I created...
'and bring them in a way
that I won't expect...
'so I'm as surprised at my ability
to be able to experience these things...
and make it so that I have no doubt
that it's come from you.'
So the brain is capable of millions
of different things...
that people just
really should learn...
how incredible they actually are and
how incredible their minds actually are...
and that not only do they have this
unbelievable thing within their head...
that can do so many things for them
and can help us learn
and can actually change and adapt...
it can make us something better
than what we actually are...
and it can actually help us
to transcend ourselves--
There may be some way
that it can actually take us...
to a higher level
of our existence...
where we can actually understand
the world in a deeper way...
where we can understand our relationship
to things and people in a deeper way...
and we can ultimately make more meaning
for ourselves in our world.
We can show that there's
a spiritual part of our brain...

but it's a part that we all can have access
to and it's something that we can all do.

[Man]

We have to formulate what we want...

and be so concentrated on it

and so focused on it...

and have so much

of our awareness of it...

that we lose track

of ourselves.

We lose track of time.

We lose track

of our identity.

And the moment we become so involved

in that experience...

that we lose track of ourselves,

we lose track of time...

that picture is the only

picture that's real.

And everybody's had

that experience...

when they've made up their mind

that they've wanted something.

That's quantum physics

in action.

That's manifesting reality.

That's the observer in full effect.

[Man] Your consciousness

influences others around you.

It influences

material properties.

It influences your future.

You are cocreating

your future.

[Man] Show me a sign today

that you paid attention...

to any one of these things

that I created...

and bring them in a way

that I won't expect...

so I'm as surprised at my ability

to be able to experience these things...

and make it so that I have no doubt

that it's come from you.

[Man]

Do we really know each other?

[Man #2]

What is my life?

[Man #3] Consciousness of religion
is something fundamental.

[Woman]

Have you ever seen yourself...
through the eyes of someone else
that you have become?

What an initiation.

Have you ever stopped for a moment
and looked at yourself...
through the eyes
of the ultimate observer?

[Man]

I am much more than I think I am.

I can be much more
even than that.

I can influence
my environment, the people.

I can influence space itself.

I can influence the future.

I am responsible
for all those things.

I and the surround
are not separate.

They're part of one.

I'm connected to it all.

I'm not alone.

Knowing that there's this
interconnectedness of the universe...
that we are all interconnected and that
we are connected to the universe...
at its fundamental level...

I think is as good an explanation
for spirituality as there is.

It is my belief
that our purpose here...
is to develop our gifts
of intentionality...

and learn how to be
effective creators.

We are here to be creators.

We are here
to infiltrate space...
with ideas
and mansions of thought.
We are here to make something
of this life.
To acknowledge
the quantum self...
to acknowledge the place
where we really have choice...
to acknowledge mind--
When that shift of perspective
takes place...
we say that somebody
has been enlightened.
Quantum mechanics allows
for the intangible...
phenomenon of freedom...
to be woven into
human nature.
[Man] Quantum physics,
very succinctly speaking...
is a physics of possibilities.
It opens fundamentally the question
of whose possibilities...
and who chooses
from these possibilities...
to give us the actual event
of experience.
The only answer that is satisfactory
both logically and meaningfully...
is the answer that consciousness
is the ground of all being.
We must pursue knowledge...
without any interference
of our addictions...
and if we can do that,
we will manifest knowledge in reality...
and our bodies
will experience it...
in new ways, in new chemistry,
in new holograms...
new elsewheres of thought...
beyond our wildest dreams.

All of us one day will reach
the level of the avatars...
that we have read about
in history--
the Buddhas and the Jesus.

[Woman]

Welcome to the kingdom of heaven...
without judgment,
without hate...
without testing,
without anything.

That we simply are has allowed
this reality we call real...
from the power
of intangibility...
to pull out of inertness,
action-- chaos--
and hold it into its form...
and we call it matter.

[Ship Horn Blowing]

- [Bell Rings]

- [Bird Squawking]

[Man]

How can we measure the effects?
We get to live our life and see then
if somewhere in our lives...
something's changed.

[Bird Continues Squawking]

[Man]

And then if it has changed...
we become the scientists
to our life...
which is the whole reason
why we're here.

[Bell Rings]

[Horn Blowing]

[Man]

Don't just take it at face value.
Test it out and see
whether it's true.

- Hey, you're back.

- I'm back.

- So you never answered my question.

- What question?

How far down the rabbit hole
do you want to go?
Ponder that for a while.
My name's David Albert.
Um...
I, uh, got a Ph.D.
in theoretical physics.
I studied biochemistry
at Rutgers University...
and then went to chiropractic
college...
at Life University in Atlanta,
Georgia.
My postgraduate training is
in anatomy and physiology...
neurochemistry, neurophysiology
and genetics.
I study quantum physics.
I sometimes teach it.
I have written a book on quantum physics
and many books...
explicating the meaning
of quantum physics.
After my Ph.D. from Harvard,
I went to CERN...
a European laboratory
for particle research...
and then joined faculty
at Stanford.
And my work there has been the development
of unified quantum field theories.
I have about a hundred publications
in this area, but perhaps I'm best known...
for the discovery
of supersymmetric flipped SU5...
grand unified field theory.
I make my living
as an anesthesiologist...
and every day as I put
my patients to sleep...
I kind of wonder where they go and why
they're there in the first place.
That's one of the reasons
that attracted me...

to anesthesia and
the study of consciousness.
My name is Miceal Ledwith...
and for most of my life
I was a professor of theology.
I'm Dr. Daniel Monti.
I'm a physician...
with specialty training in
psychiatry and human behavior.
I'm on the full-time faculty at
the Jefferson Medical College.
I actually got very interested
in studying...
this whole topic of the brain
and spirituality...
because it had to do with the questions
I was asking since I was a child...
about reality and how we understood truth
and what was real.
As I grew up
and as I realized that...
while spirituality was,
in some senses...
a very important part
of trying to find those answers...
science also was
a very crucial part.
I was ultimately looking
for some way...
of bringing those
two forces together.
Well, my name is Candace Pert...
and I'm a professor at Georgetown
in the medical school.
Here we are actually filming
great thinkers.
Everyone in this room
is a great thinker...
now that we got 'em thinking.
That's always a trick,
isn't it?
I should make it clear that
I'm a graduate student in physics.
I'm not a full-fledged

theoretical physicist yet.
Uh, but if fortune
smiles on me...
and I continue to work like a dog on
my problem sets and exams and whatnot...
eventually what I hope
to do with this is--
is to apply fundamental
quantum theory...
to quantum information
processing.
So I decided, well, if I gave up
being department chairman...
and if I gave up all my
professional committees...
and I gave up all my government committees,
I would have a block of time...
that I could put to work.
Of course I gave up
all my power positions...
but you have
to sacrifice something.
I had to keep my day job
because my family needed to be fed.
I presume that you're asking me
how a scientist can sound this wacko...
because I must be sounding
wacko.
It's really an interesting question.
If you study science long enough...
and seriously enough
and dig deeply enough...
if you don't come out feeling
wacko about it...
you haven't understood a thing.