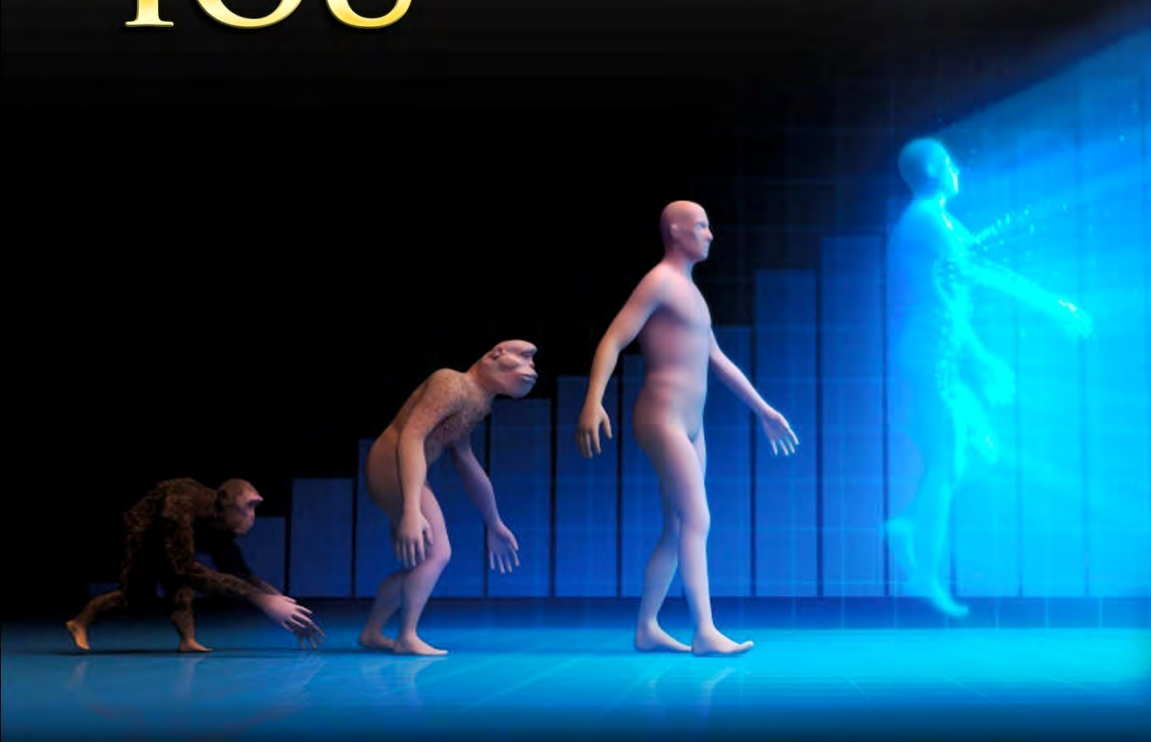


DISCOVER THE INCREDIBLE YOU



Evolve beyond the beliefs
of a dying paradigm & master
yourself on a whole new level...

SAL PARKES

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Preface

I am so pleased to be able to share the information in this eBook with you. It has been put together to inspire and support those who are ready to create a new world by living as the change.

The aim of this eBook is to inform, inspire and support those who believe in a better world and quality of human experience. It's for those who believe that the responsibility of a better world lies in the hands of we the people. As soon as we allow ourselves to see the bigger picture we are more able to take the relevant action within our individual lives which allows us to break free from the imposed limitations of a broken paradigm.

The information which I am about to share with you has been gathered from my personal experiences and several years spent searching for hidden truths and connecting the dots between the apparently unconnected.

In recent years, I came to realise that as we are being kept from the profound truth and understanding of just how incredible we are on so many levels. I can no longer stand the lies and manipulation which create an unjust, imbalanced world of conflict. I believe that we are now being presented with a very rare opportunity to evolve beyond this broken paradigm despite the information being suppressed by society's mainstream authorities and officials.

By the end of this eBook you will have a roadmap inspiring you to see the world and yourself with new eyes. You will also have access to some powerful tools which will assist you in realising and living out your full potential. My hope is that throughout this book, you will feel energised and motivated to commit to your journey of discovering just how incredible you are.

I look forward to sharing in this journey with you.

A handwritten signature in blue ink that reads "Sal Parkes". The signature is fluid and cursive, with the first letters of "Sal" and "Parkes" being significantly larger and more stylized than the rest of the text.

Sal Parkes
Founder of LiveAsTheChange.com

Section1: A Dying Paradigm & The Ascent Of The Sovereign Individual

“Freedom means you are unobstructed in living your life as you choose. Anything less is a form of slavery”

- Wayne Dyer

The Evolutionary Challenge

You are probably reading this book because you felt drawn to experience more of something in your life... more fulfilment, understanding, meaning, purpose. Whatever motivated you to read these words is a result of something so much bigger of which you will begin to understand as we journey together through this book.



There is a transition taking place on our planet right now and I refer to this phenomenon as the Global Shift, a time of knowledge and healing which has become a part of our evolutionary challenge. You can't deny that the pressure of our survival is increasing. On a global level we have the increase of international conflicts, natural and manmade disasters, solar storms, economic uncertainty, violence and the depletion of natural resources. We are also witnessing the rise of disease epidemics such as cancer and diabetes as well as a growing divide

between the haves and have not's in society. As if this wasn't enough for us to contend with; this transition is also being felt on a personal level.

Individuals have found they have been facing monumental challenges in their personal lives as they struggle to make sense and cope with upheaval surrounding their:

- Personal identity
- Finances
- Health
- Relationships

Key facets that have made up our identity, for decades in some cases, are being called into question and for many it can be a very unsettling time. I can't tell you how many people I come into contact with who are experiencing significant challenges in one or more of these 4 areas. Through my personal difficulties I discovered I actually had an inner strength I didn't believe was possible. It was this inner resource that allowed me to surmount some of my biggest challenges to date; albeit with the help of some incredible teachers. When I come into contact with people who are experiencing the difficulties associated with our collective evolution, I share with them what I am about to share with you...

“Challenges are our greatest teachers and represent the opportunity for accelerated learning in life. When you're in the middle of an undesirable situation, it's often difficult to picture a happy conclusion. Often it is not until we have passed through the scorching fires and weathered the harshest of storms

that we are able to reflect back on the process with new eyes. Only from an evolved perspective can we recognise the lessons presented within an apparent nightmare. With this clarity comes the recognition that the gift lies the wisdom gained from acknowledging our lessons that come with passing through difficulties. The bigger the challenge, the greater the opportunity presented for self-understanding and transformation. We have to rise to life's lessons and never under-estimate our ability to weather the storm and emerge stronger for it. If we're not learning, growing and evolving then we're dying from the inside out".

The wisdom of the ages passed down through ancient scriptures, artefacts and indigenous traditions have indicated that Earth would experience a period of transition at this current time. Humanity would approach a fork in the road which would present the opportunity for our accelerated evolution and this time has now arrived. Part of this evolutionary challenge is to reclaim the power we lost to the various systems of social control; at the same time to bring to awareness our subconscious programming so that we can attain sovereignty over these hidden parts of our identity. When we make the decision to do this, and it is only a decision, we allow ourselves to expand into a greater sense of self. We become enlightened, powerful and free to consciously choose the ideas and beliefs that direct the patterns of our inner forces.

The Spell Cast On Humanity

Let's ask ourselves a few key questions so we can begin to conceptualise the systems of social control and programming that I'm suggesting.

These systems of social control perpetuate and enforce an "official reality program" upon humanity to the extent that those of us in the West believe we are sovereign beings with individual thoughts and beliefs. In fact the very opposite is true. You may have a hard time accepting that your thoughts and beliefs aren't strictly your own. I certainly did I did when I first came to this realisation. No one wants the embarrassment of discovering that they are being manipulated in such a way that they maybe aren't as sovereign as they had thought. We like to think of ourselves as being in control and fairly switched on but for the majority this is sadly not the case. However with something this important, given the choice between upsetting my ego and living an illusion of freedom, I'd gratefully take a bruised ego any day!

Let's explore how this system of control has weaved its spell on the human population.

You may think that there is nothing amiss with the ideas and beliefs propagated by official outside authorities who maintain *the systems* of today's society.

Authorities such as

- Governments
- Medical experts
- Military experts
- Economic experts
- Science experts
- Religious experts
- Etc...

In fact the very structure of our daily lives relies on these "experts" figuring everything out for us and telling us "how it is" or "the right thing to do". Our ability to look after ourselves is continually

undermined by the overall *system of control* comprised of these various compartmentalised institutions. Through these authorities we have been taught and conditioned NOT to look at the bigger picture, about what reality really means and the purpose our existence may hold. Heaven forbid the implications of people connecting to a deep sense of purpose in their lives and searching out the meaning behind their existence... it could result in people opening their minds to greater possibilities for themselves and opening their hearts to greater meaning in life. If this were the case the system of control would collapse like a house of cards.

To ensure the system's survival, it teaches us from a young age that such questions as the meaning of life are unimportant or unanswerable. Instead we are taught to follow the rules as set by the majority and think as our parents had thought and their parents had thought, perpetuating this deeply embedded subconscious programming throughout generations.

We have to ask ourselves

- Why such censorship exists?
- How did this system of control come to define reality for us and urge us to never define reality for ourselves?
- Who might benefit from teaching generations of people not to question authority or the ideas upheld by authorities?

Conformity: The Jailer of Freedom

If we look at western society, for example the US, UK or Australia, we are meant to be the greatest examples of free citizenry and enterprise, especially the US. However, according to the "official view of things", consensual reality (as perpetuated through mainstream media, politics and our social, business, religious and educational institutions), we are taught that it is acceptable to believe some things as true, others are not; some behaviours as acceptable, others not. We are taught to view our reality and define ourselves in a certain way in order to be acceptable, functional and "normal" within the imposed and perpetuated social boundaries. We are taught from an early age to **CONFORM**.



We then form a belief system built upon a complex network of our social and cultural ideologies. Our

core subconscious belief systems, as dictated by the official view of things, are where all our other beliefs emerge. Because our beliefs operate at a subconscious level most people aren't consciously aware of their belief system and essentially live their lives on autopilot. What this means is that these subconscious programs direct most people's thoughts, actions and behaviours rather than them consciously choosing to direct them. Sadly, the result is a human population that is largely disempowered believing they are the victim of external forces beyond their control. Our subconscious programs dictate the workings of our physical, mental and emotional systems, so in turn we become victimised by the power they have over us. Essentially the human population has become like a herd of sheep unable to think independently outside the pre-determined boundaries and programs of consensual reality.

For the sake of transparency...

Before we go any further, I want to acknowledge that what I have just mentioned and am about to expand on may be uncomfortable to accept. This is perfectly understandable. However, I believe that in order to forever transform the understanding we have of our self and bring about the life experiences we truly desire, we need to get right to the root of the issue. I'm not expecting you to blindly accept these conclusions as that in effect would be selling you another belief system. The purpose behind what I am about to share, is to get you to ask some questions you may have never thought to entertain before. An open mind will be required in order for you get the most value from this eBook. The hope is that the proceeding paragraphs will resonate with you at a level beyond the initial surface reaction; that they will spark your curiosity and urge you to do your own research and reach your own conclusions. The journey of self discovery and mastery becomes so much more rewarding and energising when you connect the dots for yourself. I have put a link at the end of this section which will kick start your pursuit of knowledge and enquiry to assist with your self-mastery.

Capstone Knowledge

As I have observed and reflected on where humanity lost its way, I came to the realisation that society and its systems of control rely on hierarchical pyramid structures of knowledge and ignorance in order to operate and function. The concept of this structure is key if we are to begin to understand how and why the system's programs of disempowerment exist. These structures are everywhere throughout society and no more so than in our main social institutions: government, media, education, military, business, healthcare, food, economy and science.



To make this a bit clearer, we'll take a high level overview of the corporate business structure as an example of this hierarchical pyramid. It makes sense for us to use corporate business as an example of this structure given capitalism currently dictates the activities of our daily lives. We'll start at the top of the hierarchy i.e. the capstone of the pyramid and work our way down to the foundational level.

- Board of directors
- CEO
- Senior directors/presidents
- Senior managers
- Managers
- Supervisors
- Employees



The motivations behind any organisations' strategic decisions are principally acquiring more profit (leverage to expand) more control (larger market share) and therefore more power (influence over the market).

At the top of the hierarchy you have the board of directors who make up a comparatively tiny number when compared to the entire organisation. They make the strategic decisions and have access to privileged market information which they may share with the directors of the company. Together the board and directors determine the best direction for the organisation to take. The guys in the board room have what I call "Capstone Knowledge". The relatively tiny few at the top of the pyramid structure who have full knowledge and vision of the organisation and marketplace so can therefore determine which direction the organisation needs to go in to achieve their goals. After collecting and acquiring market information obtained from the lower levels of the pyramid, the board make informed decisions which will allow for them to increase profits so they can expand and control more of the market. The CEO is then responsible for taking the company towards these goals and his senior directors do the same within their respective area of responsibility (marketing, risk and compliance, finance etc). The senior managers within these respective areas then make the necessary changes at the operational level to meet the boardroom agenda. However, as you travel down the organisational hierarchy each level is privy to less knowledge than the level above. For example by the time the agenda reaches the functional workforce at the base of the structure (who make up a majority of the organisation), they have little, if any idea of how their individual responsibilities relate to the purpose of the agenda set in the boardroom. Very few think to question the impact of their individual responsibility on the bigger picture as we have been conditioned not to question authority and those in positions of perceived power.

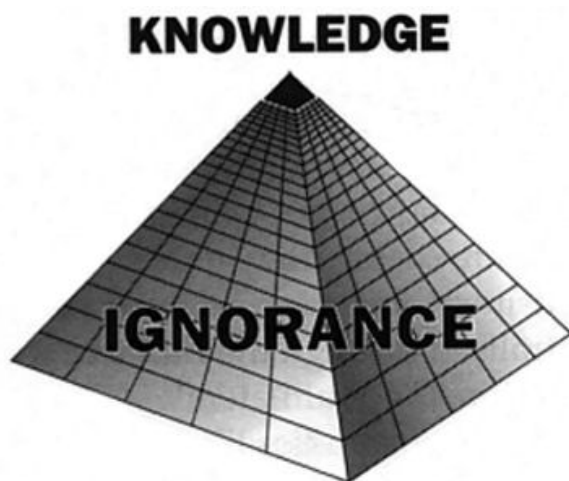
Just to summarise the above:

- Within all hierarchical structures, knowledge is compartmentalised: Those at the top are in full knowledge of what is going on within the organisation and its market place. Whereas those beneath are kept ignorant of the purpose behind the organisations' agenda and remain isolated from the areas outside of their responsibility.
- The percentage of those in 'full knowledge' of what is happening and the direction of the organisation (i.e. the capstone of the pyramid) make up a tiny percentage compared to the vast majority beneath which hold them at the top - i.e. only a few hold full knowledge of the bigger picture.

I recognise this is a very simplistic example but it really doesn't need to be complex unless you want to prevent people from understanding what really matters, after all they could start asking all sorts of awkward questions, a bit like we're doing now! The example has been applied to a corporate structure but really can be applied to any of society's institutions, organisations and social systems where profit, power and control are a motive. Once we get our heads round it, the principle is actually quite straight forward however the implications for our physical, mental, emotional and spiritual wellbeing are profound.

Holographic Pyramids: Structures of A Broken Paradigm

The hierarchical structure of knowledge and ignorance permeates all levels of our human experience across individuals – communities – regions – nations – continents – worldwide. In effect it is



holographic, the same structure can be found on all scales throughout society, from the small and groups of people to powerful transnational organisations and institutions. From now on I will refer to these hierarchical structures as 'Holographic Pyramids' whereby the very same structure can be found within and across all areas used to maintain order in society. This is how society has been structured throughout history; it's how the masses have always been controlled. Only a select privileged few have full knowledge of the bigger picture, direction and agenda imposed on

the majority within a given organisation/community/society/nation. This is achieved by withholding knowledge that would allow full understanding at the lower levels of the Holographic Pyramid. Many would argue that our knowledge as a species has expanded over the centuries so how are we being kept in ignorance? While our intelligence seems to have evolved in many ways since our predecessors, unfortunately the same can't be said for our wisdom and wellbeing as a whole. The consensual opinion is that our standard of living has greatly improved over the past century which gives the illusion that we have evolved. Yes, we have more freedom and privileges than previous generations but has the quality of our lives improved?? Increase of cancer, mental illness, stress, depression, addiction, suicide, apathy, violence, corruption – it's a heavy price to pay for the privilege of being able to consume more material items which we have been conditioned to believe reflects our personal evolution!

What is important to take away from this sub-section is that throughout history, there has always been a hierarchy of knowledge and subsequent ignorance in human civilisation. The idea of a global pyramid structure of control is difficult to comprehend as it's been complicated by compartmentalised institutions in society which appear completely independent of one another. They are actually interdependent at the highest levels within the respective institutions. The control system's agenda is to keep humanity distracted, ignorant and placated so they are happy to continue to serve and operate within the imposed limitations. In the meantime those with Capstone Knowledge benefit from the ignorance of the masses in terms of profit, power and control. It is our ignorance that allows for the system to expand and impose itself on increasing areas of our lives through its various institutions.

Consider, it would be near enough impossible to get the human population to agree to serving this system if it were transparent and sought our permission for participation. Just imagine it...

“Excuse me sir/madam we need your help. We have a system in place to withhold life altering knowledge from the human population, principally for our own self interests of profit, power and control. In effect all we need is for you to agree to a form of economic slavery which will allow us to expand our level of control into greater areas of the world and your life. Essentially you would be contributing to this agenda in the form of taxation and working for organisations that are integral to this system. We expect you to fully immerse yourself in the system as soon as you have finished being programmed to see the world as we want you to (i.e. when school finishes). You will then be able to buy trinkets and entertain yourself with trivialities from the money you earn which will make you feel good and give you a sense of accomplishment, importance and social identity. In order to survive in the system the likelihood is that you will have to get into debt by borrowing money that doesn’t exist and never will. Oh, and did we mention that we will have to charge you interest on borrowing this non-existent money, we call it leverage.



All we want in exchange for this experienced illusion of freedom is for you to continue serving the system until you’re no longer capable of serving it. At this point, depending on how proficiently you have served us, you may get to retire and spend some of your later years having the freedom to live as you wish, albeit still within our imposed limitations. However we must warn you that this outcome is unlikely as statistics show that most will spend their retirement in poverty and as many as 80% will leave this world without ever accomplishing their dreams. We’d like to extend a formal invitation to you, what do you say...are you up for it?”

Society wouldn’t quite exist in the same way would it?!

You can’t physically control 7 billion people and get them to comply with a system that is not remotely in their interest. The only way this is possible is by subtly controlling their perception of reality and themselves so they willingly acquiesce with the system of control and its agenda.

This is the primary function of our mainstream media which includes TV, movies, newspapers, magazines, radio is to feed us a mediated version of reality that suits the system of control. They propagate and circulate mainstream beliefs and perspectives that serve the control system’s desire to promote ignorance amongst the population whilst satisfying their insatiable hunger for profit, power and control. It’s interesting to note, that at the time of writing this plans are being put into place to regulate and monitor the internet. The government have openly admitted to the public that they are losing control of the information battle (people in their millions are being drawn to alternative media to find out what’s really going on in the world) and this can’t be allowed to happen if the people are to be kept asleep and in servitude. So the threat of cyber attacks is being sold to the public in order to justify a reason to monitor and censor information on the web. Fairly soon web surfing will no longer be a private activity and sites posing as a threat (to the system) can be closed down under the new internet censorship laws that would be signed into place. This would potentially include alternative news sources

that are exposing and de-compartmentalising the global system of control and its infringement on human freedom.

Time For A Reality Check



Let's examine this a bit closer to home. We just need to look at our daily newspapers and television broadcasts or the values of our local business school. Our mainstream program tells us that everywhere we are helpless and victimised by forces beyond our control. That the world is a harsh, cruel place of limited resources for which we must compete, that our bodies are vulnerable and unable to protect themselves against disease, that humanity is chaotic and sinful and human nature cannot be trusted. Through constant repetition we are trained to believe that there is never "enough" and we must always need more, and that we are never enough... Not pretty enough, smart enough, strong enough, fast enough, powerful enough, wealthy enough or good enough – no wonder society is frustrated.

We are taught, just as our parents were, that all that we are is what exists between the top of our heads and our toes. All this time we have been trained to doubt the self, fear the self, punish the self and to place our trust in the authorities and experts outside of ourselves. A paradox exists in that we are taught to yearn for power yet to question our ability to handle it wisely. Emotion is a power which is inherently ours so for that reason we are taught to negate, fear, devalue, disown and discredit intuitive perception and knowledge. Hmm... does it sound like our mainstream institutions are designed to help us to become empowered or free. This programming has led us to the situation where the majority believe that what is on the outside is more important than what is on the inside. We are continually encouraged to distract ourselves with the "more important" external aspects of reality.

Are we encouraged by our mainstream program to look within for answers, to discover our own innate power to create change in our lives or to spend time exploring the great phenomenon that exists between our ears?! The average person is too busy, overburdened or distracted to take time to explore the self; everything else seems "more important". And many are far too intellectually smug to admit the self is a great unknown and too frightened to approach the concept with an open mind.

If you reminisce to your school days, you'll recognise that you were trained to accept the perceptions of others as being more valid than your own and to appease at all costs. I am of the belief that our mainstream schools were designed to squelch creativity and personal identity to create "good little students" who obey their teachers and follow the rules. Then we enter an economic structure that further programs us to obey the authorities, work for others and allow them to benefit in unfair proportions from the investments of our energies and labour. Basically we are taught that in order to survive, we must either please others at all costs (because they hold our power) or fight our way through the system to make it (and forcibly reclaim our power).

Sacrifice the self, serve others, work hard, make more, buy more... compete, push produce.

When it's all spelt out like this, it seems like utter madness doesn't it? Yet, these are the hidden belief programs we are encouraged to adopt from cradle to grave. We have even been programmed to create disease in the body and only in recent years have people come out to tell us that we have the power to change the program and make better, healthier idea choices (Big Pharma is on its way to being a trillion dollar industry and its profits depend on our sickness and disease). Why has no one within the

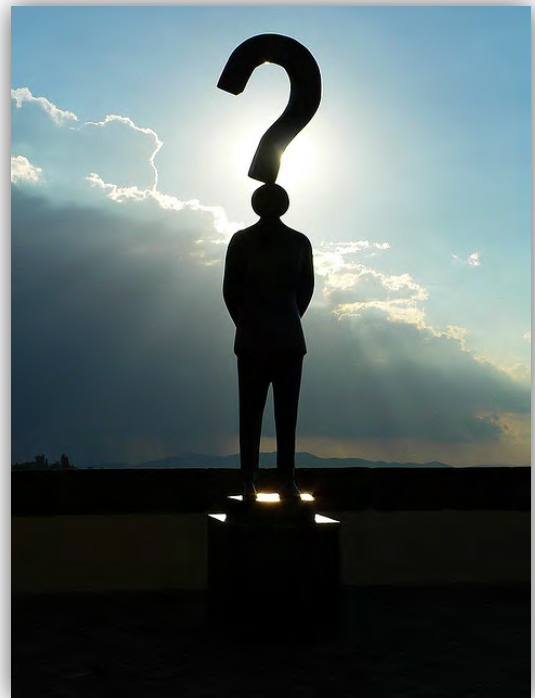
mainstream taught us that thoughts are the foundation of our physical, mental and emotional wellbeing and that ultimately they create our reality?! This is of huge importance to our expression of freedom and it's an empowering concept which we'll delve into in the next section.

The Hope Of A Better World

In relation to what our mainstream consensual reality teaches us, we have to *remind* ourselves of why it is important for us to become self determined if we are to break free from this disempowering program. The hope of a better world for us, our children and future generations depends on it.

Ask yourself...

- Do we learn from childhood that we are incredible beings, here to manifest self sovereignty?
- Are we taught that we are meant to be powerful, fulfilled and free?
- Does our training prepare us to work cooperatively in co-creation with others , or does it teach us to separate from others and compete for limited rewards
- Do the ideas of those around us teach us that the world is a safe and joyful place, or do they suggest that the world is cold and dangerous?
- Are we trained to reach out to our fellow humans in trust, or to be suspicious, protect ourselves and retreat in fear?
- Are we taught to love ourselves, our bodies and others, or to judge and condemn?
- Are we taught the ways of loving, cooperative, co-creative brotherhood in mainstream thought?



I think you'll agree the answer is a categorical no. The absence of these qualities is based on fear and scarcity, the polar opposites of love and abundance – 2 qualities every single person in this world responds to positively on some level. We have been living in an age of fear and darkness because of a lack of knowledge and yet you can sense a collective yearning for this to change. It's far from natural to live a life where dis-ease, disharmony, corruption, violence and injustice are the norm. There has been an explosive growth in alternative media and researchers who have dedicated their lives to exposing the knowledge kept from us have experienced great success in the past few years. This is an extremely positive indication that the wisdom of the ancients is indeed playing out. We are at the early stages of a global shift that is picking up pace as the months go by. Collectively we are starting to seek a deeper understanding of who we are and the world we live in. The system of control can only function on a foundation of ignorance and fear and its days are numbered, the old paradigm is dying despite its increased efforts to retain their control.

Ignorance will give way to knowledge, darkness will give way to light and humanity will awaken from its hypnosis, break free from its shackles and remember who it is. To understand why this is almost a

certainty requires a basic understanding of the principles of energy which we will explore in the next section.

At the beginning of this section we identified that...

“Part of our evolutionary challenge is to reclaim the power we lost to the system of control and bring into our awareness our subconscious programming and attain sovereignty over these hidden parts of our identity. When we make the decision to do this, and it is only a decision, we expand into a greater sense of self. We become enlightened, powerful and free to consciously choose the ideas and beliefs that direct the patterns of our inner forces”.

We are each responsible for our personal evolution and with this commitment humanity can heal itself and bring about a world in which:

- Human potential is nurtured rather than having its possibilities limited
- We have a common set of ideas that encourage brotherhood and harmony rather than separation, segregation and power struggles
- We are encouraged to love and honour ourselves and others
- We are taught respect for all life

We are the change the world needs. Up until this point you may have been imagining who is going to be responsible for changing the program of the old paradigm – Governments? Religions? The doctors and scientists? The bureaucracies? These are the very organisations and institutions that stand to benefit the most from the current consensual program of beliefs.

When people can lead themselves they do not need leaders, when people can heal themselves, they do not need healers. When people realise that “God/our creator/universe/source of universal intelligence /spirit” exists within us and that we exist within that force, they will not need others to save them.

A global transition and awakening is taking place, presenting us with the opportunity to discover, comprehend, change and heal the base belief program within ourselves. This is the responsibility of each individual whose life is immersed within and controlled by that program. Each person’s successful liberation from the base program makes it easier for the next person to succeed and together we can create the change we want to see in the world. If at this stage you’re not sure if your contribution can make that much of a difference, it can! Through a phenomenon known as the 100th monkey syndrome...

100th Monkey Syndrome: How Change Happens

(Below excerpt taken from www.i-change.biz)



“The Japanese monkey, Macaca fuscata, had been observed in the wild for a period of over 30 years. In 1952, on the island of Koshima, scientists were providing monkeys with sweet potatoes dropped in the sand. The monkey liked the taste of the raw sweet potatoes, but they found the dirt unpleasant. An 18-month-old female named Imo found she could solve the problem by washing the potatoes in a nearby stream. She taught this trick to her mother. Her playmates also learned

this new way and they taught their mothers too.

This cultural innovation was gradually picked up by various monkeys before the eyes of the scientists. Between 1952 and 1958 all the young monkeys learned to wash the sandy sweet potatoes to make them more palatable. Only the adults who imitated their children learned this social improvement. Other adults kept eating the dirty sweet potatoes.

Then something startling took place. In the autumn of 1958, a certain number of Koshima monkeys were washing sweet potatoes -- the exact number is not known. Let us suppose that when the sun rose one morning there were 99 monkeys on Koshima Island who had learned to wash their sweet potatoes. Let's further suppose that later that morning, the hundredth monkey learned to wash potatoes.

THEN IT HAPPENED! By that evening almost everyone in the tribe was washing sweet potatoes before eating them. The added energy of this hundredth monkey somehow created an ideological breakthrough!

But notice: A most surprising thing observed by these scientists was that the habit of washing sweet potatoes then jumped over the sea...Colonies of monkeys on other islands and the mainland troop of monkeys at Takasakiyama began washing their sweet potatoes. Thus, when a certain critical number achieves an awareness, this new awareness may be communicated from mind to mind."

As we continue to journey through this book, you'll find out how we are part of something so much bigger than ourselves and how you can use this awareness to break free from the disempowering program we've been subjected to and go on to fulfil your potential by living as the incredible you.

[Kick start your research and enquiry here >>>>](#)

Section 2: Evolving Beyond The Limitations Of Our 5 Sense Reality

“There is an orderliness in the universe, there is an unalterable law governing everything and every being that exists or lives. It is no blind law; for no blind law can govern the conduct of living beings.”

- Mahatma Gandhi



As mentioned in the previous section, we have in effect been conditioned to accept that our 5 sense reality is the only reality that exists – all there is to our individual existence is what exists between the top of our heads and the tips of our toes! It suggests that we are individual machines made up of physical parts existing within a big clockwork machine that we know as the universe. According to the 5 sense belief system we have been conditioned to believe that if we can touch it, smell it, see it, taste it, hear it and feel it then it exists and is REAL. Any other subtle

perception that we may experience, for example intuition and an unexplainable feeling of knowing (you know those times that urge you to act against normal logic and reasoning because the feelings are too intense to ignore) is cast off as a coincidence, imagination or if it defies the laws of mainstream physics, a miracle. Considering that a majority of our lives are dictated by unseen phenomena: emotions, intuitions and feelings, surely this is evidence enough to suggest there is more to our human experience than what we perceive through our 5 senses? When we can become open to the fact consensual reality is limiting our potential to access a far more expansive version of reality, a whole new world opens before us... one where anything we desire enters into the realm of possibility. This is what we will now explore in the next leg of our journey into *Discovering the Incredible You*.

How Did Science Come To Dominate The Boundaries Of What We Accept To Be True?

Let's start by hopping in a time machine and going back a few centuries to see how we've got to where we are...

For centuries science has been consumed with searching out the magic formula that controls life. In the 16th century, scientist and mathematician Isaac Newton saw the universe as a great big machine of physical parts which were predictable and mechanistic by nature. He believed you could understand the universe by measuring the physical properties alone. This was the foundation for our current understanding of our world – materialism, which says that physical reality is the only/fundamental reality. As we've established, the scientific technology did not exist back then to measure and understand the invisible information and energy fields we are aware of today. Physics has come to be the parent science which leads the way for all other sciences. Therefore, as the universe was seen as a physical machine made up of physical parts, the rest of the sciences would follow suit and focus and study it's purely physical properties. If we lived in a purely physical universe then it makes sense to look to the physical things within us in order to understand what controls our human lives... what controls us and makes us the way we are.

Science continued to evolve and in 1859 Charles Darwin wrote the 'Origins of Species' where he said that a person's traits were passed down from their parents. He believed something physical was passed down from parents to their child in the form of hereditary traits which controlled the characteristics of that child's life. From this belief science set about on a mission to find out what controls our strengths, intellectual, artistic and physical abilities and what determines our weaknesses such as disease, addictions and challenging mental health.

100 years on from Darwin in 1953, James Watson and Francis Crick hypothesised that the DNA molecule in each of our 50-100 trillion cells, containing our genes, was the governing mechanism that controlled the potential of our lives. From this hypothesis the 'central dogma' of biology was born. It was said our genes control our lives. If you got a 'fat gene', 'happy gene', 'success gene', 'depressed gene', 'alcoholic gene' etc. then that is what you would become. Basically our strengths, weaknesses abilities and potential were all believed to be pre-programmed by our genes – great if you got a good set, pretty miserable if you got a bad set. This became known as *Genetic Determinism* but the problem lies in that, this was NEVER a scientific fact, it was a hypothesis that then became an unquestioned belief like so many areas of our consensual reality.

Why?? Again it comes down to the disempowering agenda of the control system we explored in the previous section. To believe that we are pre-programmed, fixed, physical machines and that we were "born that way" is one of THE most disempowering beliefs that exist. It often leads to a subconscious victim mentality, with no understanding that we are in charge of our destiny and have HUGE potential to change. It also leaves no room for the power of the mind which we'll be looking at shortly.

Fortunately, the current understanding at the leading edge of science shows us a completely different picture of how life works. They have found that our beliefs, attitudes and overall mindset to life are the all-governing factors in what happens in our body and inevitably our life. Reductionist, deterministic science is beginning to lose steam – hurray!

Our genes have very little, if anything to do with our traits, personality, characteristics, abilities and potential. In the Nature vs. Nurture debate, Nurture is king. It is our early programming and the way we update and program our minds which determine the quality and success of our lives. Genes may directly determine simple physical characteristics such as hair or eye colour but they do not determine our psychologies. Dr Andrew Weil, professor and pioneer for complementary medicine studied nearly 1000 adults for a period of 9 years and found that people with high levels of optimism had a 23% lower risk of death from heart related disease and a 55% lower risk of death from other causes when compared to their pessimistic peers. This is a staggering insight as their physiology was not slavishly following the dictates of their genes; instead it was deeply influenced by their state of mind and personality traits.

The bottom line is that our destiny does not lie in our genes but rather in our beliefs and this is incredibly powerful in terms of expressing our full potential in the world.

Beyond Mainstream Science

Mainstream science has become rather dogmatic in its influence over society and cultures. It has become the institution responsible for establishing the boundaries of what it is OK to accept as reality and what it is not. In the early 19th century John Dalton discovered the world's smallest particle – the atom. For a long time consensual belief was that it was indeed the smallest particle that existed; in hindsight, it was all we were capable of measuring at the time. Towards the end of the 19th century and

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