

EPISODE 182

[INTRODUCTION]

[0:00:02.6] PF: Welcome to Live Happy Now. This is your host, Paula Felps, thanking you for joining us today. This week, we have a really special episode. We're talking with Dawson Church whose groundbreaking book, *The Genie in Your Genes*, explains the link between emotions and genetics. In his new book, *Mind to Matter*, Dawson looks at the science of achieving peak mental states and shows a scientific research behind how the energy around us shapes our physical health and what we can do to change our state for a happier and healthier life.

[INTERVIEW]

[0:00:32.5] PF: Dawson, thank you so much for joining us today on Live Happy Now, it's really an honor to have you on the show today.

[0:00:38.7] DC: Thanks Paula, it's a pleasure to be here.

[0:00:40.6] PF: You know, your book *Mind to Matter* is absolutely one of the most interesting books I have read all year and there's so many different things that we could talk about with this. But I think one thing that's just so interesting is that you talk about how energy fields shape matter and to start this conversation. I wondered if you could give us an example of what that means and how that works in our everyday lives?

[0:01:06.2] DC: Energy fields are invisible and so it's tempting as we go about our daily lives to discount them and not understand or appreciate the extent of which they're affecting us and affecting matter. But just the way a fish is in a water and unaware of the water and yet, without the water there's no fish, in the same way, energy fields permeate and influence every single part of our lives. Just for instance, one example from the end of my book, *Mind to Matter*, is the earth's geomagnetic field. So the earth is a huge magnet, has a north and south pole, which you measure with a compass and so this big giant magnet we live on has a stone field around it just a way a bar magnet you may have seen in school that organizes iron filings and [inaudible].

It's organizing environments, all around it all the time. So one of the ways this has shown up in science recently, for example, is that now we have Google Earth and we can have these satellites and images from very high up in the sky and looking down on earth, researches have noticed that herds of cows tend to orient themselves with their heads toward magnetic north, we didn't know that 10 years ago, we now see that.

We are now measuring how all kinds of creatures from bumble bees, to birds, to dolphins use electromagnetism, use these fields, use the earth's fields, all the fields are the objects around them to navigate sometimes thousands of miles and so these fields are all around us, shaping and affecting us every day.

The biggest, strongest field of a human body is the heart's field. It's so strong, it's literally organizing matter three yards or three meters away from your body. This book is all about starting to notice those fields, notice the way we shape those fields, and then using those fields consciously rather than accidentally for creation.

[0:03:15.9] PF: How do we use those? How do we even one, become more aware of what that energy field is around us? Because it sounds so much like science fiction. I know it's science but when you start talking about this to someone, it sounds like something we would see in a movie. How do we identify what that energy field is around us and begin to use that?

[0:03:37.0] DC: One of the most dramatic examples for me is all the stories of healing in the book and so, the book is of course a science book, popular science book, it explains things very clearly to people on what the science is. But, it's much more; it has a rather hundred stories of people who apply these principles in their lives. I'll give you an example of somebody who changed their field. She's writing a book about this and I actually wrote the forward to her book so I'm already acquainted the details of her story.

March of last year, she was diagnosed with metastasized breast cancer. She had a large lump in her right breast, the cancerous tissue was about five centimeters around, about two inches big. So it was a big mass in her right breast, showed up on a routine mammogram screening and the cancer had metastasized to her lymph nodes under her right arm and also, thermography scans found other traces of cancer in her body.

One scan found that there were three spots on her right lung as well. So it looked now as if the cancer had left the primary site, primary tumor in her right breast, had moved to the lymph nodes and lymph nodes normally carry lymphatic fluid, which is very clear. So on a scan, they should look like hollow little balls, balloons and instead, hers were all filled up and swollen with increased blood supply, all these are signs of cancer.

Additionally, she was panicked, she also went and got a gene test and emailed me and said, "Dawson, I've had these gene test and it's shown that I have eight defective genes, all of which predisposed me to breast cancer." Now, she has this belief that she also has this genetic predisposition to breast cancer. But she decided to not rush into conventional therapy. In fact, she didn't even get a biopsy. She declined a biopsy and monitored her progress only using scans, scanning technology, which is quite well developed nowadays.

She began to do everything she possibly could to affect her energy. She worked entirely on the level of energy. She did Qigong, Qigong intensive for two weeks, she had energy medicine treatments and she had acupressure treatments using EFT or tapping therapy. She did remote treatments with healers, she cleaned up her diet, she got rid of all the stress in her life and by – now again, this is March she got the diagnosis. By May, her lymph nodes were clear. By April, when they gave her another scan, that whole tumorous mass had shrunk to about, from five centimeters to about 1.4 centimeters. It has shrunk by more than a half and by June, all of her markers came back cancer free.

So she worked entirely at the energy level and it had this profound effect on the matter of her body. So you can't see those fields; it's not like she was looking at something and watching it change. But nonetheless, even though these fields are invisible, they can have dramatic effects on our health and our wellbeing.

[0:06:55.1] PF: That's, the results that you show in your book in the subjects that you talk about, I mean, it's things like AIDS, cancer, very serious conditions that are getting reversed and removed and, you know, one thing we talk about so much at Live Happy, are things like mindfulness and compassion and gratitude and how they can help you live a richer life and have better wellbeing. But you really dig in to it and explain how our thoughts affect us physically.

So how will practicing things like mindfulness or gratitude affect us in our physical space?

[0:07:30.7] DC: It will affect us dramatically and it shows up in terms of disease, vitality, and longevity. One study I quote in the book for example in *Mind to Matter* — in *Mind to Matter* I cover about 400 studies. But I don't bombard you with dry science. These are really living examples of how we can shift all those things.

But in just one of those studies, it showed that optimists live on average, eight years longer than pessimists, Paula. So think about that, just a change of mindset, a change of attitude, living with gratitude, living with optimism is making an enormous difference. That's eight years longer to do whatever your plans are for retirement, play with your grandchildren, or go skiing or travel the world, or volunteer for a charity, whatever it was you had in mind suddenly you now have eight years more to do it and those eight years tend to be much healthier than pessimists.

So that's the dramatic example of how just a mindset, just an attitude change is affecting our health and longevity. Again, there are many other examples in the book but that's just one of those studies.

[0:08:39.9] PF: For people who are born optimists, that's great news, you know? They're happy right now. But what about people who aren't naturally optimistic and people who have to kind of work at it every day?

[0:08:51.9] DC: Well, I'm one of them. That's come naturally to me. When I was a teenager, when I was young, I had a pretty traumatic childhood. When I was in my teenage years, I remember I have this traumatic moment in my life when I was about 15 years old, I was with some family members at a hotel and there was a full length mirror there in one of the hallways and I walk by the full length mirror. I looked at my own face, I just stood there staring at myself and I looked at my face, this is the 15 year old version of Dawson and I said, "That is the saddest face I've ever seen. I'd never seen a saddest face in my life." Because I was just so miserable, I was so emotionally toxic that people avoided me. When I think back to how I was back then, if I'd been the me I am now, I would have avoided me. I was not a naturally happy person and it's taken me a long time to even start to have something like a remotely happy life.

I used to watch happy people, because I knew a few of them, and I thought, "They're just faking it, they don't really feel that way. No one actually feels good about being here on this planet, it's

impossible.” I thought they were just like pretending. Now, of course I know it as a happy person, I’ve shifted, I’ve changed completely. So we can change and what you have to do to shift the needle is you have to practice and the two things that I really – I have about 30 practices in the book that I recommend people try. There’s a chapter, there’s seven chapters in *Mind to Matter* and then after every chapter, there’s a section called, Extended Play.

[0:10:21.6] PF: You’re saying homework, you can tell it’s what it means but I was like, “Oh my gosh, this is a first book since college that I’ve had homework at the end of every chapter.”

[0:10:31.0] DC: There’s homework there because I wanted you to practice those stuff. So I give you videos, I give you links, I give you practice exercises to do. So if you just buy the book, I also give you seven free meditations, one for each chapter to accompany those. Those meditations are free, they’re downloadable, you can put them on smart phone, put them on your computer, listen to them, and the whole orientation here is to inspire people to practice these things.

I give you about 30 or so practices but the two that I recommend most, one is a meditation forum called ECOMeditation, E-C-O-Meditation, and I develop this about 10 years ago and it is such – because I thought meditation really hard but this kind of meditation is physically based. You don’t just do certain things with a certain muscle groups, breathe a certain way, count a certain rhythm and suddenly, you’re really deep. So I got an email last week, a woman who said I have two kids, I’m burned out, I’m stressed, I’ve tried to meditate, I just haven’t been able to meditate and I sat down to do your ECOMeditation and in my mind, I thought, “Tony, you’ve tried this a million times before, it’s never worked, you’re going to fail now.” She said that, “As I began to just follow these seven simple steps you gave me and do the exercises, suddenly, I dropped into my heart, I felt bliss, my eyes filled with tears and I was there in that place I wanted to be in for so long.”

She said it was just this beautiful account of her experiences. But then she said, the really important thing for me, which was that, “I am going to do ECOMeditation every day from now on,” and that is what I want to hear. People will be inspired by the science, inspired by the stories but then do those practices. So meditation is one and the other one is EFT, emotional freedom techniques. Tapping, which is tapping through your fingertips at acupuncture points

and that is tremendously potent at relieving stress. I did a lot of research on that in the book that again, I want people to try EFT and then they will feel the way they shift as their body changes.

[0:12:34.2] PF: Once you figure out, “Oh my gosh I really am responsible for how I feel based on how I am reacting to things,” and now we get into that space where when I have a negative thought it’s like, “Oh my gosh what did I just do to myself? How do I get out of this negative thinking?” So what does it do to us when we start – you know we all get into those places where we have the thoughts that make us really glad no one can read our minds. So what do we do with that?

[0:12:59.1] DC: Get out of it as quickly as possible because it is doing enormous damage to your body. If you look at the – I’ve done a lot of research and several randomized controlled trails on the stress hormone, cortisol. So if you just look me up on the medical reference guideline, US government website, PubMed, you will see some of my research and I have done pioneering research in cortisol and Paula when you think of that negative thought, if I have you hooked up to an EEG or an MRI, we see as you think that thought your cortisol level rises, your adrenalin level rises and over time, high cortisol produces damage to the body.

So you are okay if you get scared by a barking dog and you have a spike in cortisol or adrenalin, no problem. It goes down to normal quickly but if you think about the barking dog, if you think about people who have wronged you over and over and over again, if you think about – like right now people are so fixated on what is happening in the political arena.

I had a young woman from Turkey in my last live workshop because I teach live workshops all over the world and I had a young woman from Turkey and she was totally devastated by the election results in Turkey and what she can’t see is if she thinks about that and catastrophizes about that repeatedly, her cortisol levels rise. Now that, again, is okay if it is the barking dog. If you are worried about the election and the president and the corporations and environmental pollution and any one of the other global ills and or bad things in your past, or bad things in your present, or worries about your future then you are driving your cortisol level up high repeatedly and I call it caveman brain. You’re acting like you’re a caveman in the world full of threats when most of the threats are in your mind. So in the book, in *Mind to Matter* I call that “caveman brain” and “caveman brain” does truly terrible things to your body and here is a partial list.

One is it produces a reduction in bone density. In other words like osteoporosis, your bone density volume going down. You have less dense and more brittle bones. Two, you have reduction in muscle mass. Your lean muscle mass in your body diminishes if you have lots of cortisol. Three your skin, you have a loss of skin elasticity. In other words, you got wrinkles and you got more wrinkles and you get wrinkles quicker, much quicker.

It causes skin wrinkling, it causes loss of brain volume in the parts of the brain that handle memory and learning, it affects cognition the parts of the brain that handle executive functioning shrink. It causes a loss of a crucial molecule called telomerase, which is responsible for longevity. It causes a reduction in stem cells, which are responsible for wound repair and rejuvenation. It causes loss of the critical cell repair hormone, DHEA and that's — I've given you like eight things there. There are like 80 bad things that happen to you.

[0:15:59.2] PF: And those are all – none of those are things you're going to say, "That's the one that I want."

[0:16:05.1] DC: That was a good one though, all that produced by negative thinking.

[0:16:09.5] PF: So what is going on with us right now because it seemed like every interview I am doing right now this comes up because we're at a heightened stress response. There is a lot of negativity coming at us and we are absorbing it. So knowing what it's doing to us and then also knowing that changing our energy can change our state, what is it that we are supposed to do with everything that is going on around us right now?

[0:16:35.5] DC: It is like a child you tune into and when I like a music station that you listen to, I will pick something like light Hawaiian music or soft guitar music or inspiring piano music, something like that. I read the economist news magazine, usually once a week. It takes me about two hours to do that. I am then totally caught up at all the important stuff going on in the world and I ignore the other, you know we have many other minutes through that I just don't tune in because that won't make me happy.

What will make me happy is tuning into and again I have a lot in the book on non-local mind and this whole new science that has come out of the last 20 years of emergence and emergence is these huge global fields and the way that processes like flocks of birds and schools of fish,

nature and spring and the seasons, all of these are governed in these emerging – emergence is the emergence of order out of complex natural systems and we're like that.

When we are one with none local mind, when we are one with those emergent processes, we're living synchronously and synchronously it just happened all over the place. When I began writing the book, *Mind to Matter*, I thought of the chapter on synchronicity would be really short and just have stories. But now it is a long chapter with tons of science because there is so much science showing that if you ally yourself with those emerging cycles you live synchronous lives.

So what you want to do is not edict yourself to the news, to the negative input, it was a day of all of these negative music, negative people. If you have negative people in your life honestly it's worth just letting go of them even if they are your best friend. Don't hang out with people who bring you down. Hang out with people who bring you up. If you have negative thoughts in your own head, tap them away. Meditate them away and release them. Don't let them bring you down and now you are changing the channel over and over again.

Suddenly you've become aware where your life is full of beauty and sweetness and delight and magnificence and you are tuned to that channel.

[0:18:35.8] PF: I feel like this book is such a gift because you give us a really rare snapshot into the potential that we have in our own minds and really bring together how all the mindfulness and all of the positive psychology practices come to rest inside of us and have a physical effect on us.

[0:18:52.7] DC: They do, absolutely and you can feel it in fact. I talk a lot in the book about brain wave entrainment and about EEG's what brain waves do and what brain waves are and you don't need an EEG or an MRI to tell when this stuff is working. When you meditate, when you tap, when you do the other 30 practices in the book, just subjectively when you feel good, you're shifting your level of neurotransmitters like dopamine, like serotonin, like GABA, like acetylcholine, like Anandamide.

You are shifting your stress hormones like the reel on the cortisol. You are turning on beneficial hormones like DHDA and that feel good feeling you get when you do it that lady Tony did with her two kids who is burned out who sat down and then suddenly she was in bliss with tears out

of her eyes. When you do that, that feel good feeling means your neurotransmitters are in balance. You are making telomeres. You are making stem cells. You are having balanced brainwaves.

All of these wonderful things are happening in your body and that subjective feeling of wellbeing is your personal EEG, MRI, gene chip, all of those things are — you can't measure them but they are all happening inside of you when you acquire these states.

[END OF INTERVIEW]

[0:20:06.4] PF: That was Dawson Church giving us plenty to think about today. Be sure to visit us as livehappynow.com to get a free download of the first chapter of Dawson's latest book *Mind to Matter*, and if you like what you've heard here today and want to hear more, go to Apple Podcasts or wherever you get your favorite podcast, search for "Live Happy Now" and subscribe today so you'll never miss an episode.

That is all we have time for today, so please join us back here next week and until then, this is Paula Felps reminding you to make every day a happy one.

[END]