

Chapter 1



*Just because you believe it,
doesn't mean it's true*

“Whether you believe you can or
you can't, you're right”.

-Henry Ford

Just because you believe it doesn't mean it's true

If you believed you only had one month to live, how would you live your life? Would you savor each and every moment of each day or would you worry with each passing moment that you had one less moment to live?

Beliefs are the maps with which we travel.

In *Autobiography of a Yogi* (1974), Paramahansa Yogananda recounts his meeting with a policeman¹. The policeman was in pursuit of a robber and murderer who disguised himself as a holy man.

One day, the policeman came upon a man who fit the description of the thief and called for him to halt. The man continued to walk away, at which point the policeman grabbed an axe and practically severed the suspect's arm.

The man turned and calmly told the policeman that he was not the man for whom he was searching. He then took his arm, which was gushing blood, and put it back into its socket. The policeman saw that the arm stuck in place and the bleeding stopped.

It turns out that the man the policeman had assaulted was, in fact, a holy man and not the thief. Several days later, the holy man summoned the policeman and showed him that his arm had completely healed with barely a scar.

What would the holy man have to believe to achieve such a miraculous healing?

Some years ago, I purchased an Energy Focus Machine. The machine is designed to raise a person's energy. You put your bare feet onto the machine's metallic plate and then hold onto its ring bulb with your two hands. The bulb contains inert gases and when electrified, it passes energy into your physical body. My experience with the machine is that it increases my energy.

My pal Patricia and I took the machine to a clairvoyant friend to have him try it and relate his experience. After he'd been on the machine for a couple of minutes he disappeared before my eyes. I turned to Patricia and asked her what she was seeing and she declared that our clairvoyant friend was no longer visible.

1. Yogananda, P., *Autobiography of a Yogi*, pp.37-8 (1947).

At this juncture, the clairvoyant's wife told us not to be alarmed as he did such things all the time. Shortly thereafter, he reappeared. Skeptics will immediately allege that Patricia and I were hallucinating or were subjected to some sort of magic trick or misdirection. Why is this? It's because the skeptics have a belief that it isn't possible for someone to disappear and then reappear. So the holy man can heal his severed arm in days because he believes he can and the skeptic looks to disprove it because he believes it cannot be done.

In the spring of 2008, I was in the audience for the presentation by a world-renowned physicist who told the audience he believes in String Theory, despite admitting there currently is no concrete evidence supporting the theory as being true. His explanation for believing it is true, is that it fits the circumstances, and, if true, answers many questions which have puzzled physicists for nearly a century.²

On the other hand, he was dismissive that humans could influence machines. He was adamant about this, despite the research conducted by Robert Jahn³ and Brenda Dunne of PEAR laboratories at Princeton University. Jahn, has shown statistical evidence that humans can influence Random Event Generator machines.⁴ By combining all the results of more than 800 experiments conducted by 68 investigators over 20 years they concluded that the odds of the

2. Greene, B., "*The Fabric of Reality: Space Time and the Texture of Reality*" Lecture from the podium. Energy, Intent and Healing: 18th Annual Conference. The International Society for the Study of Subtle Energies and Energetic Medicine. Colorado, June 21, 2008.

3. Robert Jahn, a distinguished applied physicist working with advanced space propulsion systems and high temperature plasma dynamics has dedicated more that 15 years to the Princeton Engineering Anomalies Research (PEAR) project.

4. Princeton Engineering Anomalies Research (PEAR) has conducted 27 years of experimental research into a broad range of consciousness related physical anomalies including human/machine interactions. In these studies "sophisticated machines which produce strictly random data, display increases in information content that can only be attributed to the consciousness of their human operators". Princeton Engineering Anomalies Research website: <http://www.princeton.edu/>.

results being random were a trillion to one.⁵

This seems strong evidence that humans can influence machines.

The presenter's response to this information was that he personally knew other scientists he trusted who were unsuccessful in replicating the PEAR results. Some might argue that the presenter's position is quite incongruent, given that the physics community has seemingly proven that the beliefs of the observer affect the outcome of experiments.⁶

I feel it safe to suggest that a skeptic's experience of the world will vary considerably from someone who is open-minded to all possibilities. The skeptic may even assume that because they can't do something, it can't be done by anyone.

It's the skeptics in the medical profession who point out that someone who goes into spontaneous remission and instantly heals from cancer is an aberration. They'll point out that most people die from cancer.⁷ Although this may be a sad truth in today's world, it seems to miss the point that the person in spontaneous remission didn't die. Would it not be more progressive to investigate why?

It was Henry Ford who said: "Whether you believe you can or can't, you're right."

When we attend sporting events or Cirque de Soleil performances we see individuals doing things that few in the audience are capable of doing. One thing is for certain: the

cont'd - ~pear/index.html . For a summary of the research conducted at PEAR see: Jahn R., and Brenda Dunne. "The PEAR Proposition" *Journal of Scientific Exploration* 19.2 (2005). pp 195-245.

5. These conclusions were drawn from a meta-analysis study performed by Dr. Dean Radin and Dr. Roger Nelson of Princeton Engineering Anomalies Research (PEAR). See Radin, R., *The Conscious Universe*. (1997) p.140.
6. Quantum mechanics and relativity theory point to the observer as participating in physical reality. In other words the observer cannot observe without altering what he sees. See Chapter 21 for more information on this concept. Also see note 1 in Introduction.
7. The Canadian Cancer Society predicts "an estimated 171,000 new cases of cancer and 75,300 (cancer) deaths will occur in Canada in 2009." Canadian Cancer Society Website. <http://www.cancer.ca>.

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athletes performing the extraordinary are only able to do it because they believe they can. Your beliefs, your maps of your potential, determine what you can and can't achieve.

Science isn't truth. Some two-thirds of the Nobel prizes awarded in medicine and biology were awarded for newly-proven insights which were subsequently disproven.⁸ Of course, a belief that is true for one person may not be true for everyone, but it is still the truth for the person holding the belief.

I opened this chapter with a question. If you believed you had one month to live, would you savor every moment or would you fret as each one ticked by? My answer would be neither. I'd look to change the belief.

To be able to expand the positive possibilities in your life and change your limiting beliefs, it's helpful to know the answers to the following questions:

- (1) What causes the body to age?
- (2) Can you tell me the energy of an emotion? A thought?
- (3) How is the dark created?
- (4) If you think something to yourself does it have any impact?
- (5) Have you considered what you have in common with a spinning top?
- (6) Is it true that you're actually invisible?
- (7) What's the similarity between you and a sugar cube?

8. Nobel Prize winner Dudley Herschbach (1986 Chemistry). "All of science is wrong in that it is not complete. We don't expect it to be complete. We expect that discoveries, new tools and methods will open our eyes to a larger perspective and our old ideas will be recognized as wrong." Excerpt from *Science News Magazine* 176.1 (2009): 32.

- (8) Did you know that you can be very much like dynamite?
- (9) Why does it matter that there is part of you that isn't matter?
- (10) What vibes are going to change your life?
- (11) What's the connection between Julie Andrews and String Theory?
- (12) Was Einstein correct when he said "God doesn't play dice with the universe" or is Stephen Hawking correct when he says, "Not only does God definitely play dice, but he sometimes confuses us by throwing them where they can't be seen" ? Why should you care?
- (13) How can zero be everything in the universe?
- (14) Who am I?

If you don't know the difference between yourself and a sugar cube, then you won't be able to help yourself, much less the planet. Well, there's something on the horizon heading our way and it's not a cup of coffee.

Are you still in the Stillness State? If not, do the breathing exercises and then REFLECT UPON:

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Pure Leadership is about raising your awareness. Awareness is realizing that your beliefs dictate your behaviors, outcomes and experiences. Pure Leadership is about changing your beliefs to generate the experiences and outcomes you want. When something happens in your life, do you reflect on the belief that gave rise to the event in your life? Did you get the outcome you wanted? When you want something to happen in your life, do you take the time to reflect upon the belief necessary for you to achieve it?
