

**Mind Body Bio-Energetics** – Michael doesn't do a workshop on this one but mentions the tape often in other workshops. The first hour of the video is an interview with Bruce Lipton, the second hour is the same interviewer and Michael. They both say the same thing from different perspectives. Bruce is a cell biologist who talks about the study that has shown that when we think a thought we produce a neuropeptide. This travels our system and finds a cell with a matching receptor site. Locks in and the cell duplicates the neuropeptide and we are now living with the chemistry of our thought. This body-mind unit does not know the difference in "who" the thought is about - so think hate toward another person and it is like taking a poison and hoping the other person will die. It won't happen. We get the original of our thoughts. It is all energy – if we don't like the way our life is heading or what we are experiencing then we can change it by changing our mind – that is forgiveness in Aramaic.