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Quantum entanglement, Mystery of Destiny, Free Will - Dr David Hamilton, Glasgow, Scotland

Guest: Dr. David Hamilton

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LILOU: Hello my juicy co-creators! Lilou here on the juicy living tour Europe. Today I'm with Dr. David Hamilton here in Glasgow in your home, nearly your home town in Scotland.

DAVID: It's my home town in Scotland, yeah.

LILOU: So, I know you find him cute. I know you love his accent and I know you find his thoughts absolutely fascinating. I love your research. I've enjoyed so much our last interview over skype, maybe 2 years ago.

DAVID: Yeah, 2 years ago, yeah. It was so much fun actually. This is even better because now it's live.

LILOU: Yes.

DAVID: Yeah.

LILOU: In person and this is quite special because this weekend, you're at the I Can Do It conference. It's a big one.

DAVID: Yeah. I'm so excited because it's my first really big conference in Scotland. I used to be a scientist and I resigned my job about 2 years ago really and to go and this kind of thing and most of talks have been around neurology and all in England and I've been in the States but I've never done a big, big conference in Scotland but I visualized this a bit 10 years ago and it's funny because I visualized myself speaking right after Wayne Dyer and at the I Can Do It tomorrow, I'm right after Wayne Dyer. I also visualized the [??], let's see if that happens as well.

LILOU: Yeah. And Wayne is so amazing to be surrounded by powerful, inspirational speakers and researchers. What a blessing and you definitely deserve that spot.

DAVID: Thanks very much. I'm really looking forward to it. I love talking about the power of the mind and how we can, our thinking and our beliefs and our hopes and dreams can actually be shipped in the



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world through what we intend and also through the [??] of the body as well, how we shift the chemistry of our lives, the events, the circumstances, and the relationships, etc, but also we shift the chemistry, the health of the body through the repossession of our minds.

LILOU: Yeah. [??] about your background, let's recap because you came out of the pharmaceutical industry, you gave up your salary, you gave up all that kind of prestigious state, [??] status within the normal society to really live what your heart felt like living and to prove something else.

DAVID: Yeah, yeah. I did a PhD in the city actually in Glasgow and it was organic chemistry which is the building up of molecules, so you stick atoms together. And I worked in a pharmaceutical industry developing drugs for cancer and cardiovascular disease but I became so fascinated with the placebo effect and cardiovascular drugs which is my main field. There were times when, and you could see this in the literature, there are times where the difference between the drug and the placebo is very small. Hundreds of people are getting better, thousands often depending on the size of the trial, are making improvements on placebos which were made of chalk, blackboard chalk, sugar. Only because they think they're getting the drug. So seeing that type of thing repeat itself in the industry, I just thought, I'm so interested in this, it was a no brainer. I feel like for me, I could no longer work in a job what I was doing something that wasn't my passion. So I just decided to resign and go and start researching and writing about the ability of the mind and to shift the health of the body and shift the circumstances of our lives and I've written 7 books broadly on the whole topic from different angles.

LILOU: Things in life don't always go according to plan. Like my microphone right now is upside down. I might gonna restart this interview because my microphone is upside down. I'm nuts. I'm enjoying this. This is our interview. This is our moment. you're heading next to your parents and tomorrow you have your conference. We have to face those moments. I know that your latest book, remind us the title.

DAVID: It's called Has Your Life Mapped Out.

LILOU: Has Your Life Mapped Out and that's coming out on the first of October.

DAVID: First of October, yeah.

LILOU: Do you speak also about that because you deal with destiny, free will, there are those incidents, those moments, those challenges, big, small where we can feel more or less uncomfortable, did you figure out some things on how to deal with those?

DAVID: Absolutely. Yeah. In fact, I'm speaking on that subject at the I Can Do It conference in London the following week after the Glasgow one. I talk about how, why things, some things just happen. Why is it that you meet particular people in your life? Why some moments are significant for a reason. And I



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think, I really do believe that there are deeper forces. I think we have this idea especially when we read all about the law attraction, we have this idea that life is a blank canvas so we think, I'm on a boat, that's a metaphor I often use, I'm on a canoe, a small boat on a river and I have a paddle and my paddle, my mind is a direction of my paddle so I can paddle to the left or the right or most people [??] circle, round and round again. But what we forget is that the river actually has a current and sometimes the river is taking us to particular people and even taking us to particular events and I wouldn't necessarily say it's an absolute given, some of these circumstances [??], but I would say there's a high likelihood that regardless of the choices we make, we will probably end up there. I think there's a deep, I refer to as a magnetic attraction, a very deep level of reality where people, some people are strongly interconnected and you could be brought on different parts of the world, different countries, different times but as you go through your life, that connection begins to get stronger and stronger so you find yourself without even thinking about it, you end up in the same place at the same time. And I think soul mates meet in this kind of way. I'm just not referring to soul mates but the people that are important in your life for a number of different reasons, for a particular job, for a particular change in your life, for example, I think there are certain things and even just small things that don't have any great meaning but important in that moment. could I share with you an example actually?

LILOU: Yeah. Are we talking of quantum entanglement?

DAVID: Yeah. I was [??] an aspect of quantum entanglement. I would say quantum entanglement is a shadow of something much more deeper, a lot more profound where the interconnectedness is not necessarily through quarks and plutons and electrons but the interconnectedness is through some facet of consciousness itself. So I would say entanglement is a shadow of that deeper more profound connection. And to just give you an example of not a ground breaking thing but how certain things can happen weirdly. Couple of years ago, my partner, Elizabeth, and I went to New York City and I've been speaking [??] center in New York. And we've never been in New York so we thought, let's check out the city. So Elizabeth and I were walking one day and we got lost. And Elizabeth had written this book, a comedy book called God Must be a Man. All the things that women have to go through that man don't. and just really poking fun at the whole thing that women have a harder thing than man just a comedy way. And she thought, I'd love to ask John Rivers to read this book. Every author, when you write a book for the first time, you would love to have it seen by other authors and lots of people asked me to read their books and stuff and I do what I can. And Elizabeth thought, I'd love to talk to John Rivers, but we thought we don't know John Rivers. So anyway, an hour or so later, we're wandering through New York, we probably travelled about a mile completely lost, no idea where we were, walking along the street and we noticed this lovely big apartment complex. And Elizabeth said that really beautiful standing and the architecture, a car pulled up alongside of us, we looked then and John Rivers was in the car. We thought, wow, how is that possible? And I think maybe of the people watching us right now can relate to



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this in their life some of these seemingly bizarre synchronistic event and I think that they happen because a deep level, certain things that are certain significant moments. So people and events are entangled, a very deep level of reality and it's such a strong powerful connection that the chances are regardless of the choices you make you'll probably end up there, that or there or both so those particular people in our lives and that's as I said, that's [??] soul mates but also much broader than this. The people who are important for a reason, a season or a life time as they. There's many, many interconnections. Interconnections are very subtle, they're there for a very important reason and that's like an elastic band that's invisible, a magnetic attraction that just gradually pulls us through time and space to be in the right the same place at the right particular time.

LILOU: Is that what we call destiny?

DAVID: Yeah. And I would say that it's an aspect of what we call destiny. Yeah.

LILOU: But you speak of destiny versus free will. So there are those events that happen and we can interpret in a different way, we can welcome them, we can say yes or no, we hold back or not.

DAVID: Yeah, yeah. And I would say to use the metaphor of being on the wide river on a small boat with a paddle, there are times in our life where the river has almost no current and we really feel that everything we are doing is our own choices and everything, I think most people can relate to periods of our life we feel everything aspiring, everything I'm trying to do is happening. But other times in our life, we feel no matter what I'm trying to do, I'm up against the wall and I would say that those times are when there's a current in your life and some things can be very important, some days it can be related to our own beliefs in our lives. But many times, there are deeper forces at bay taking us to particular places for particular reasons that we may not understand and most of us do not understand because sometimes it can take us into really difficult experiences in our lives. But I would say that the opportunity there for us is the invitation of your like for us to take the situation and say how can I become more? I think you can interpret any situation any way but I think a healthy way then is to say how can I use the situation to become the best I can be, to become more than I've ever been before and then we give the situation meaning and perhaps that was the whole point of being in that situation is for us to give it meaning in that way and become the person that we need to become for the next phase of our lives.

LILOU: What happens in the brain when we start to make those decisions and really those actions in our life and we say yes to one of the events or we finally to start to do it in a different way, in a more positive way and having those thoughts and moving forward, what happens there?

DAVID: Yeah. The brain, I think many people have this idea that, I'm talking many people [??] that the brain is hard wired. And that's not completely correct. There are parts of the brain that grow according



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to genetic program. Most of the brain is growing and changing constantly as we experience the moments of our lives. So the brain is always changing, in fact, it's called neuroplasticity and the brain will basically grow and change until your last breath. The analogy used to be the brain as you're growing up as a child and as a young adult, the brain is like door and you can meet the door to make the bread [??] then you put it in the oven, that comes out with a crust on it. That analogy's been thrown out the window, nobody knows you never put the door in the oven, so the brain is growing and changing to the, until your last breath and it changes in response to what you learn in your life, your experiences in life, but also changes in response to what you're thinking about, what you're telling yourself to be true, everything that you are thinking, you're visualization for example, powerfully shifts the brain and the area of the brain connected to those parts that we visualize [??] finger moving then the area of the brain connected to the finger will substantially grow and it will continue to grow the more I imaging moving my finger. So as we make different choices in our life and define who we want to be and where we move towards and keep thinking about, then the brain will actually shift itself around [??], telling us what we are seeing to be true, efforts and affirmation for example. So as we embrace the different direction in our life and start to think about it and contemplate it and speak about it and live it so the brain comes with us if you like and it's not necessarily the brain leading us, the brain comes with us, it ships itself to our own decisions and choices.

LILOU: There is, you were working for the pharmaceutical industry, at some point it was no longer possible for you to live and to work for them. There's some people right now on the planet we feel don't hear some of those thoughts and those conversation, they still consider it as new age or as different and thanks to your work, we're bridging it with science and able to explain it. But do you think, some people do want a better life, though, there is this struggle at some point that we face. Yours seem to be quite quick. You had the evidence, you found the evidence but you were open minded enough. How can we throw in ourselves, what's the process into, not just hearing it, but really living it and giving ourselves the chance to live this juicier life.

DAVID: I like that, live this juicier life. I have found that a leap of faith is often necessary. I was in a very well-paid job in the pharmaceutical industry. I've been given a lot of opportunities. What I mean by that is certain people are in companies who have potential to be very, very senior or board of directors or something, I was marked in that capacity and so I was given opportunities that were way above my grade level and I had a fantastic career but I couldn't do it because my heart wasn't in it. But it was scary to see where I'm gonna go to be a public speaker because actually at that time speaking in front of people terrified the life out of me. Me speaking in front of people? The first thing, I was asked to give a talk, I partially wet myself. I was so nervous, really. I think a lot of people watching can relate to that because I was so, so nervous. I had to take a leap of faith and I find in my life when I have even though it's hard, even though I'm terrified, that some part of me knows that it's the right thing to do. I find



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when I take that leap of faith even though it's not easy of first, sometime it is, most of the times not, it always turns out to be the right thing and life becomes much juicier. My life is a million time juicier than it was when I worked in a pharmaceutical. I get to write about the stuff that I wanna write about them, passion of them, I get to speak to audience and inspire people with how powerful they are, how important they are, how much they can ship the destiny of the world by being a good person for example. I could never have allowed to see that in a pharmaceutical industry. That people would have laughed at me. But now I can do it because I want to do it and so I gave myself freedom and leap of faith. Not everyone is in the position where you can do take a leap of faith like that. And I don't think it's a one size fits all in life. What applies to vast amounts of people doesn't necessarily apply to other people and sometimes we just have to find our own way in life. I don't think there's a single solution for everyone. For example, when I was doing my PhD and I was starting to read some books on positive thinking and metaphors and stuff, I'd read some books and people would say, I witnessed one day at the really, I woke up one morning, I was enlightened and I thought, I wanna be enlightened like that. I wanna [??] but it didn't happen. But if I felt there was something wrong with me because I couldn't reach enlightenment over night over 2 hours or something. So for me it was a gradual process and I would say, still a gradual process and I can particularly say there was a day when I took a leap of consciousness [??] has been a very much gradual process. I think that a large part of the population probably evolves and not take a leap. So therefore it's just having faith that no matter what's happening in my life, no matter what choices I make, if I just try to see my life as a continuous, as a series of opportunities for me to be the best I can be. And the best doesn't necessarily mean the strongest, the fastest, in classical terms, but the best being the nicest person, the most compassionate, the most understanding, the most patient, or me it's been the most confident because I didn't grow up being confident. Confidence is one of the most difficult things for me to develop. I'm speaking tomorrow in front of 700 people in Glasgow and a thousand people in London the following and anyone listen to me and I say I have confidence. No way. But yeah, I have to work with this kind of things. It's about taking these situations and say how can I be the next best I can be. And then you don't have to solve all your problems in a day, you cut yourself some slack and you say some days I might not do this well as I would do in other days and you've given yourself the opportunity to go up and down. But the up and down is an [??] trajectory so there will be bad days, there will be good days but overall, over time, you're going in an upward direction. And if you cut yourself that slack, then you don't have to be in a rush to become enlightened, you can just be yourself but just be a good person and if you just be a good person, the most kind and compassionate, gentle with people and empathetic, then you'll always be going in an upward trajectory and deeper forces at bay will present you with opportunities to get there and to be the best that you can be. That's been my personal experience in life.

LILOU: It's amazing to hear scientific say that.



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DAVID: Yeah, yeah. I would say this is not the kind of conversations I had in the science lab when I was holding cardiovascular/cancer drugs. If I spoke like that, then I would probably have been laughed at or at least people saying that's a lot of rubbish. I think we often have, I call it media skepticism, a media skepticism often occurs from people that know a lot or nothing about what they're skeptic about. They just doesn't sound possible. So having been in that environment, it's helped to be in that environment, then I know how to bridge that gap because I think what's useful so much in this stuff the people in self help and motivation and main bodies and spirituality, if you lock them all together, they have understanding of things and attitudes and beliefs, the material that they use and the things that are beneficial in the understanding would help a larger part of the population. But people looking in from the outside think this is weird, that spiritual stuff, and you have this media skepticism, so why feign myself doing, having worked in a science environment is finding a way to communicate the stuff to this people here. and finding a way to communicate and even they are very technical complex science that's beneficial for human understanding and human growth and explaining it as simple as possible terms so that my mom and dad and my aunty Jean and kids can understand it and that's my thing. Other than my job, that's my thing. It's taking complex stuff and making it sound easy and understandable. I find therefore a bridge that allows these people who ordinarily think this is [??] stuff and [??], wait a minute, I can apply that to my life, I didn't realize there was scientific evidence for it. And I'm finding it's like an explosion of interest and I find myself, I've been interviewed by all the mainstream magazines in the UK, a few months by Good Housekeeping in the US. Kindness, and how kindness and compassion physically impact your blood vessels. 10 years ago, I would never have gotten interviews like that. Now I do it 2 interviews a week at somewhere mostly all these ideas that are decade ago people would have laughed at because all of the things I talk about are now backed up with science and just people don't realize that there's so much science to back up all that stuff and I think it's so exciting because all of a sudden people that can really benefit from the stuff are getting the benefit because they just needed to know that that's stuff and everyone else in the main bodies, they get the evidence so that it confirms them what they've always believed but no one believed them when they talked because I find many people and [??] have friends out here so to speak and these friends here don't necessarily agree and sometimes it's husbands and wives and the wives are here and the husbands are out here and knowing you have the evidence, the husbands and wives are understanding each other better because the husbands are now understanding that the wives were right all along because there's the evidence and I find people see what I'm actually teaching is helping the relationships.

LILOU: I really totally get that. Tell us about some experiences that were made that shows that actually through visualizing and thinking, it changes the brain, it changes the chemicals.

DAVID: Yeah, one of my favorite pieces of research is, it was done by Harvard University and they were demonstrating the concept called neuroplasticity and basically they got volunteers to a certain front of a



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piano and go with each of the five finger muscles – plump, plump, plump, plump, plump, plump, plump, plump, plump – repetitively 2 hours, 5 consecutive days, so Monday through Friday. And the image of the brain everyday and they found that the area of the brain connected to the finger muscles began to grow like a muscle. By Friday, it was substantially bigger than it was in the Monday. That's neuroplasticity but the exciting part of the research is a separate group of people, instead of physically playing the notes, they did it in their heads. So they had to imagine playing the notes. So from the same 2 hours on the 5 consecutive days, Monday through Friday, they imagined without moving muscles, they imagined going plump, plump, plump, plump, plump, plump, plump, plump, plump. Amazingly, when the image of the brain everyday, on the Friday, the area of the brain had also massively changed to the same degree. If you placed brain images from those who physically played the notes side by side with those who imagined playing the notes, and mixed them up, you can't tell the difference. So there you have just imagining something as physically changing the structure of the brain and I often see people have just imagining something can do that, what else do you think you're capable of doing? Even in terms of self healing, in terms of the ship in the circumstances of your life, if you can do that, what else are you capable to do? Because [??] that idea that many people have and I grew up with this idea that I thought you have a thought and it's just this forty thing that disappears has no value other than an interpretation of an even in life. Here we now understand that our thought itself has physiological consequences, so rather than thoughts just disappearing being interpretations of things, thoughts physically ship the brain and they physically ship and impact as many of the biological processes in the body and that's a paradigm shift in our understanding of ourselves because all of a sudden we feel I am much more than I thought I was and much more powerful than I ever thought I was.

LILOU: And it's when we're in that state, can we call it a state that then we're connected to something much bigger and we actually get more guidance and help and support?

DAVID: I would absolutely say so. I think when we tap into something that we know is true about ourselves, then we access people another state, another level of consciousness. I believe that very deep level that we are interconnected and that as a field and this is not something that mainstream science would necessarily agree with, but underneath the normal quantum field we call it protons and electron and quarks, it appears and disappears, that is often referred to as a net. I don't necessarily agree with that. And a growing body of scientists also don't necessarily agree because what consciousness is is called the hard problem that no one actually knows. Neuroscientists don't actually know what consciousness is. It's called the hard problem and a growing body of researchers are now suggesting, and I definitely agree with this, that perhaps consciousness is something more fundamental to nature, to reality itself. So underneath the quantum field, rather than being inept, maybe there's a deeper level where consciousness has its domain and therefore what it means, I think of reality at that level like everything's connected like a piece of elastic sheet and if you stretch the elastic up to this size,



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microscopic reality, the big things, then things seem physically spaced, people seem physically separate. But actually you're connected through the elastic. When you get to the deepest level, then we're all interconnected and the elastic itself is a field of consciousness. So everything is interconnected, there's ideas floating between people all the time, we're living in a sea of information much of what is consciousness but we don't really recognize it as such. We dismiss much of the hints that we see in the [??] idea but I think that some things actually work and there's much more magic to life if we open our eyes and allow ourselves to perceive it.

LILOU: You say that once that you feel the universe is living, like a living thing?

DAVID: Yeah, I really do. I feel that the universe is a living thing and there's a background of consciousness even this chair. Clearly not the same type of consciousness that you get with the [??]

LILOU: Hopefully.

DAVID: Yeah, hopefully. It's probably [??]. I agree with you, very good, keep up. Even in a strand of thread that makes up the background of that cloth there, there's consciousness in that, there's consciousness in the atoms but not the same type of consciousness but a background hum, I feel like, and everything must hum or vibrate in a different way but somehow alive and therefore you have this magical world that we live in and far more magical than you ordinarily thought. Everything is alive and interconnected and if we allow ourselves to notice that, then you realize as you take a breath, you're breathing in consciousness and I would go as far as the sea. If this intensity of interconnectedness and oneness, [??] one field, that the universe is one universe if you like or many, many more parallel but if there's one consciousness, then it's love. You would define it as love, interconnectedness, oneness, unity. So therefore every breath you take, you breathe in particles of love. In fact, do you know how many particles in our breath? Just to do a quick calculation, if you breathe a liter of air, so there's 80% nitrogen, 20% oxygen. Each nitrogen atom has, there's 2 nitrogen atoms in a molecule, they have 7 protons, 7 neutrons, 7 electrons, and each atom of nitrogen, there is 6×10^{23} atoms of that in a liter. What that means is there is 6 and 23 zeroes atoms of nitrogen in that space as I breathe out and all of them perhaps are in consciousness. So as I breathe in, I'm breathing, and each liter of breath, I breathe in, I'm breathing in 6 and 23 zeroes atoms of pure consciousness. And it's something to think about the ordinary won't think about. Here's the thing, if you think about knowing, life takes on a magical tent. And you think, every breath is pure consciousness, every breath. When we disconnect ourselves from that and think that everything's just an atom and lifeless, then we miss out on that magic because in believing that, you feel great and you can walk about feeling fantastic and the difference between feeling fantastic and not is actually just what you're accepting as reality. And I love that kind of idea and I think the truth of that is that everything is alive and we're breathing in life, we're breathing all life, we're more than shaping life all of the time. We just don't notice that we're doing it and I like to think



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about that and write about it in that way because it helps people to feel much more important than they ordinarily thought they were and their life has far more value than they ever thought they had in the past.

LILOU: You're uploading those little youtube videos with all these facts. You can tune in. what's your youtube channel?

DAVID: It's david.hamilton.phd.

LILOU: And then you're uploading for them for people to see?

DAVID: Yeah, I'm doing lots of new videos. In fact, I'm uploading a series called 'Did you know' and it's fascinating facts and one of my fascinating facts with did you know that in every cell of your body, there's 2 meters of DNA. You have about 50 trillion cells in your body. So a quick calculation tells you that you have enough DNA in your body to stretch on and back 350 times, 350 round trips. Just to put that into perspective, the sun is 93 million miles away, a round trip of 747 and an air bus would take about 50 years. So you have then 40 years round trip, 350 times, that's so much DNA you have inside your body and here's the beauty, what we now understand is we're constantly impacting our genes all the time. In fact, the food that you have has impact, everything is a chemical environment in the body. If you think someone causes you stress, then you impact several hundreds of stress genes. Think of someone you love, you impact several hundred genes of love and compassion, kindness, that kind of thing. But you're impacting this over that vast trillions of miles of DNA's, so you're impacting trillions of miles of DNA and all the 50 trillion cells in your body just by where you're pointing your mind so that the impact you're having and the number of [??] particles and atoms, you're impacting just by thinking love or thinking hate for example is unfathomable but we're doing that all the time. And I like these little fascinating snippets of information that help us to understand that we're far more than we ever thought we were.

LILOU: We're not stuck.

DAVID: Absolutely not. No. only when we, not only, but many things when we think we're stuck, then we have that experience. But I think even when we're stuck, maybe as an invitation to not trying to go anywhere.

LILOU: But we're not even stuck with our genes or DNA.

DAVID: No, absolutely not because you're always evolving but we impact our genes all the time. You can think of genes, it's not a completely accurate analogy, but you can think of them as light bulbs that switch on and off and it's domino effect that causes that but you can activate and deactivate genes just



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by experiences of your life. So thinking of someone you love can activate several hundred genes, thinking of anything, if I visualize myself doing something, you're running a race or moving my fingers or lifting a weight or being very, very confident, so I impact hundreds and hundreds of genes all throughout my DNA that begin to build and initiate biological processes in your body, so building neuroconnections in our brain, change physiological processes in the body so that my body becomes that which I'm imagining but it starts with this effect of your mind at the genetical level. So we're not stuck with the genetic program. This is who you are and this is all that you are. Actually your genes are responding to you what you're thinking about and that is a paradigm shift and understanding as well because your mind shifts the chemists of the brain and body which therefore activates and deactivates the genes. So you're not stuck. With a small percentage of true genetic disorders, everything else, almost everything else is open to being impacted by how we think and how we lead our lives, not just how we think, how we, the food that we eat as well. All of these things, the choices that we make are always impacting ourselves right down beyond the cellular back to the genetic level as well. I think it's a really empowering idea because if you're doing that all the time, then what else are you capable of doing? It's just we don't realize that we're doing that all the time. The moment you realize you're doing it, you suddenly feel empowered because therefore the power is really just with the possession of our mind, [??] mind and therefore there is chemical and genetic consequences as I change the direction of my mind.

LILOU: And knowing once you start to have faith and knowing that you just deserve the best, the most amazing possibility in all those infinite possibilities that exist, there is one that is the ultimate, most fulfilling, and you can choose that path and then the universe backs that up.

DAVID: Absolutely. And sometimes believing that I deserve that, I grew up in a village in central Scotland, but I didn't really believe that. There was a lot of poverty in the village and I grew up with a lot of ideas, beliefs that most people in the village had, I'm not good enough. Who am I to be speaking on stage with Wayne Dyer, Louise [??] and all that kind of stuff. You don't deserve that. There's a lot of voices that comes up from time to time and you deal with it. But when you rewrite those beliefs with more empowering things, you just do it anyway. But when you rewrite these beliefs with affirmations and identify what's holding us back and do some positive affirmations, I do deserve it, I'm part of the universe and I have a divine right to experience happiness and fulfillment. I've said things like that repetitively, hundreds of times in my life to help to move up a level. And when you do that and you start to accept that maybe I do deserve to have happiness and joy and fulfillment, then we start moving towards it and the circumstances of events seem to happen to us are actually being shipped by us and really walk ourselves and driving as where we believe that that possibility is open to us and if we do, then life can take on again as magical tent where we have the capacity to move where we really wanna go rather than where we think we're just being sent or we have no power over things.



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LILOU: On the cover your latest book, there's a fish jumping out, why is that? Jumping out of this little boat.

DAVID: Yeah, that was because sometimes we feel like we're just in this moment we can't do it. So the fish jumping out of the boat is like saying, a fish jumping out of water experiences a whole new world, we have this capacity to jump out of our boats and experience a whole new world that wasn't open to us before because we didn't know it was possible. So that world can be different for different people, it can be a world you can have, you can experience the fulfillment of your dreams, it may just be something completely different, but because of the limitations, we poison ourselves over what the society tell us about what's possible for us, then we live in this little ball. So it's just a metaphor and it was almost like an affirmation on the front page that says you can jump over the ball.

LILOU: You don't know what's outside.

DAVID: No you don't.

LILOU: That's the fun part.

DAVID: That's the fun part and it's scary sometimes. I've taken many leaps of faith out of the ball. I took a leap of faith, I jumped over the ball when I left the safety and security of the pharmaceutical industry and I'd never been in the world. I went from the safety of high school straight into the university, I got my first class honors, I got offered a job by a very famous professor during summer, I finished, I literally started to work for him right through the summer, I finished on a Friday and started taking my PhD, I finished my PhD 3 years later on a Friday, started the pharmaceutical industry on a Monday. I never been actually out in the world. When you're in pharmaceutical industry and all that, you get looked after, same as at school in the university, you're looked after, really, you're not in the world.

LILOU: No, you're in a system.

DAVID: Yeah, you're in a system. And so I [??] massive leap of faith, I was lost. I actually had no idea. I didn't know that to organize my first public speaking event, I couldn't just go down to human resources and ask them to organize. I had to go find a place to have the event. I had to find out how to advertise. I did talk to people that I'd never really had to do before and it was a huge leap of faith but life has become much more juicy as a consequence.

LILOU: This is a juicy living tour reporting another juicy story. This way.

DAVID: People can just stand in their heads to see that the juice [??].



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LILOU: What's funny is that I know that some of you guys that are really, you know when you have this perfect mind and you're like some people are upsetting on this, but this is a perfect exercise to go beyond the imperfections and yes, sometimes there are sound problems, or yes, sometimes there's a mic problem, but there is what we're saying and what's available right now and how we can open up to what's really available instead of finding excuses.

DAVID: Yeah. And do you know what I found in my life is something that's helping me so many times is the ability to adapt to life because life will not always be exactly as you want it to be. Because I think there are bigger forces at bay shipping us as we grow in our consciousness in our lives. So things will not always be exactly and we want them to be exactly as we want them to be, we're gonna get stuck because we're always gonna be unhappy, that's not exactly is. So a great life is if I can adapt and cut [??] some slack and therefore one of my affirmations has been about this ability to be flexible and adaptable, it means that whatever happens, you'll have an ability to get through, so if your [??] is upside down, so it's upside down and you don't have a problem with that, you're not held back by it, you can just blast on and if you apply that to the wider part of your life, then life is so much easier because we're just allowing ourselves the freedom to adapt.

LILOU: And then we see the beauty in it because of that, I'm not taking as seriously, I'm relaxing and being more into the listening so it's actually more in gratitude, there's a lot of things that are involved in the consequence of us being able to talk as we are and I'm sure this message and you sharing it has a rippling effect that sometimes we can't even think of because as you said there are bigger forces.

DAVID: Absolutely, yeah, so we're allowing ourselves the peace of mind by not fighting against the details and allowing yourself the peace of mind to experience the moment and be grateful. It's so good to spend time everyday just being grateful for stuff and it's a great exercise psychologists give and they call a gratitude intervention, you will only have to spend a couple of minutes making a list of 5-10 things that you're grateful for that happened in the last 24 hours. But the consequences for your happiness is phenomenal. One study just compared people counting their blessings, those people counting their hassles, I've written this in one of my books, why [??] is good for you and it was people, the ones counting their blessings after just a short period of weeks were 25% happier than those counting their hassles and I would say most people count their hassles. We dwell on the stuff that's not working, [??] and we forget to look, to live in the moment and see the people and the blessings and the magical moments. But when we do that, we feel much, much better and the study was just proving a point that gratitude really makes us happier in life.

LILOU: It has a tremendous impact at the end of the day we start thinking of all the things that didn't work versus all the things that worked. How we're gonna wake up the next day. Of course, we're gonna



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wake up much happier the following day especially with the sleep, did you also study that? What happens during the sleep?

DAVID: Yeah, actually, when we sleep, in some ways it's visualization, there's genes that we activate through the sleep. One of them is called the [??] and it's just one of the genes involved in visualization. So it's almost like we're visualizing through our dreams so our brain is actually affected by as we sleep and I would say if you can go to sleep with gratitude, gratitude exercise, I encourage college people to do this gratitude exercise late at night rather than watching the news or reading some negative piece of news on paper or on screen, go to bed having contemplated the gratitudes of the day and you will sleep much better, much better and your brain will start to record things in a different way rather than, so you don't wake up in the morning feeling aggressive and frustrated and worried about stuff, you actually feel, you wake up feeling refreshed. That's been my own experience when I do the gratitude work late at night.

LILOU: Well, thank you so much for all these delicious tips and this conversation and being with you here where actually if you're wondering at the Citizen M Hotel right in the center of Glasgow, this is a really, really cool hotel and lovely owner or manager that allowed us to do this interview from here. I'm very grateful for this conversation, grateful to meet you in person and that we can share this kind of information right now over the internet very fast, quickly even maybe probably by tomorrow when you'll be on stage, I'll surely be there to hear you and to send you good vibes.

DAVID: Thanks very much. All the good vibes I gratefully appreciate. It's been great being here today. I totally enjoyed having this chat. It's been like a friendly chat in this nice hotel. It's great for me because I added something extra special to be back in Glasgow to the city where I did my very first public talk after I left the pharmaceutical industry and it feels like I'm back in the same place but the first talk I did, there was 13 people and 9 of them are family and friends and 3 people came that I met at a café a week before and they only came that didn't have to pay. So only one person came who paid, who'd responded to my 8 weeks of advertising in Glasgow in newspaper and I know I get to speak in the huge conference center in Glasgow in front of 700 people and it's amazing, for me it's destiny to the power of visualizing and following something that you believe in. for me, even though [??] my first public event, technically one person had paid but 13 were there, I didn't lose faith. I said, even though I've left the pharmaceutical industry, I've left a really good job and look what's happening this event's cost me money, I'm gonna be broke in 3 months and I'll have to get a job again. I can't possibly go on like this but I thought that this is important to me and sometimes when we do that, we find a way, there's no always a clear path but if you keep your mind focused on where you want to go, then for me, this is testimony to doing that and normally it hasn't gone in a straight line. I've been up and down and back and front, looked back in myself but ups and downs are normal in life. Some days we think it's gotta go in a straight line, I'll gradually improve, I get to where I wanna be a series of steps. We'll I've never gone a series of



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steps, it's all, some are big, some are small, there's catastrophic falls and drops but it's all part of molding me into the person I need to be to meet this part. I would say, I speak tomorrow, obviously people listen to those [??] past but not for me, it's taken me these many years of ups and downs and growing as a person to be able to stand, to go out right after Wayne Dyer –

LILOU: High five.

DAVID: Yeah and do high five. People say, how do you follow Wayne Dyer? Well it's probably taken me this long and the difficult circumstances in my life so that I could become the person I have to become so that I can do that very thing in front of 700 people in my home town. So I'm so excited, it's testimony to the power of visualization and as I say, not all is a straight line, it's always, it's like a bigger force taking to where you need to be so that you can meet the next part of your life as a person you need to be.

LILOU: Beautiful. Thank you. thank you so much for this delicious time. Much love my beautiful co-creators from Glasgow! Bye-bye!

DAVID: Bye-bye!

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