

The Bleeping Herald

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June, 2006

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From the Filmmakers

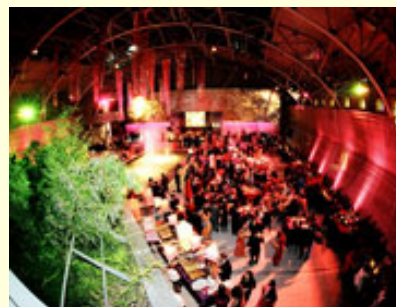
Will Arntz reveals the nerdy side of his personality - the side that's responsible for making the 3 Disk Set of *Down the Rabbit Hole* a DVD techno-breakthrough and a *quantum* experience where the viewer gets to affect how the movie plays!

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Articles this issue

- **An Interview with David Simon, MD** - The Co- Founder, CEO and Medical Director of the Chopra Center for Wellbeing talks about life's lessons, his new book, and some simple ways of committing to happiness and health. [Link](#)
- **Infamous Ships and inattentional blindness** - There is growing evidence from cognitive studies that humans really don't see a lot of what's going on around them! [Link](#)
- **Global healing starts with us** - The Quest for Global Healing Conference and an inside look at the lives and motivations of some of the world's leading peace activists. [Link](#)
- **Drinking water is an act of love** - We say we'll do anything to evolve and grow and get healthy. But sometimes the simplest things are the biggest acts of self-love. [Link](#)



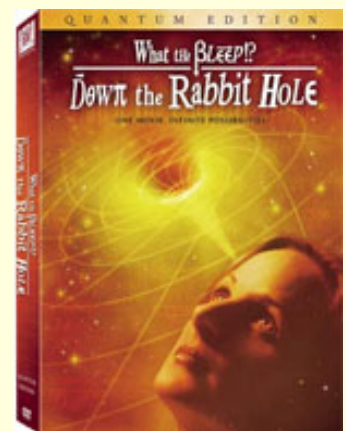
Come celebrate BLEEP FEST with us!

Join us **August 12, 2006** for a one day festival celebrating the release of the 5-hour DVD "Rabbit Hole" and the 2-CD **Soundtrack** from *What the BLEEP Do We Know!?* at the magnificent California Science Center in Los Angeles. Hosted by BLEEP star Elaine Hendrix, with guest speaker Dr. Joe Dispenza, the BLEEP FEST also includes live music performances from soundtrack artists Patrick O'Hearn, John Serrie, Bosenendorfer performer Alan Roubik, Lili Haydn and Gordie Grobelny; DVD

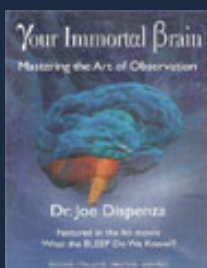
and book signings by filmmakers Will Arntz and Betsy Chasse; and a delicious selection of service and food vendors and more! Interested in booth space? [Click here](#)

Get a Jump on *What the BLEEP – Down the Rabbit*

Hole! This six-sided, 3 DVD **Quantum Edition** of *Down the Rabbit Hole*, with its nearly **15 hours of bonus interview material** will not be available until August 1, 2006. But you can **save over 25% NOW** off the already amazing list price of \$26.98 on this multi-disc **Quantum Edition!** Place an advance order from now through the month of July at The Bleep Store www.bleepstore.com or call toll free at 877-740-8924. Your **Quantum Edition** will be shipped August 1, 2006 - the date of its official release!



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From the Filmmakers

Revenge of the Nerds – Part N...



It's our time – Nerds of the World Unite!

It's not usual reading, but a few years ago I got looking at the specs for the Operating System that's in a normal DVD player. Sure enough it was a primitive little OS that could do some cool stuff.

Meanwhile, on planet Earth, we were doing Q&A's in theaters after BLEEP screenings, and people kept asking for more and more information. So one night I shot off my mouth about how we were going to program the DVD player to allow you to choose "how far down the Rabbit Hole to go." People loved it. I was now envisioning linked lists (remember this is a nerdy article) that would dynamically restructure the movie based on the user specified parameters.

Sure enough, the DVD OS had a random number generator which could (metaphorically) spin the dice and dynamically make choices. But it turned out that there wasn't enough memory to do linked lists. Hmm...

Then we ran into Dr. Dean Radin. Dean's research into consciousness effecting random number generators (showcased in the Rabbit Hole movies) quickly put the notion of linked lists to rest. What his research said, plain and simple, is that one's intent could push random quantum events out of randomness! Kind of like how one's consciousness can manipulate those I Ching coins into an alignment with the unseen realities....The realities of future and change...

This was getting interesting indeed. It was time to talk with the real DVD authoring nerds. The questions were:

1. Could we set it so only a certain percentage of interviews on any one subject would play?
2. Could we make it so that the DVD player randomly chooses which of those interviews to play and in what order?

Of course the *really* big question the average real DVD authoring nerds couldn't answer was: 3. Given the above, is it the DVD player or the viewer that chooses which selections play at any given time?

The answers were "yes" to questions 1 and 2. We're all still chewing on number 3.

So - enter the *Quantum Edition of Down the Rabbit Hole*. Basically you set the Quantum Play Mode switches, then let the film play. It can be different every time. It can be 30 minutes, or 5 hours long.

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Interview with David Simon, MD

Co- Founder, CEO and Medical Director of the Chopra Center for Wellbeing and author of *The Ten Commitments*

WTB – How did you come up with the idea about commitment as a book subject?

SIMON –There were three threads that got woven together. The first came from family experience. I have two girls ages four and eight. Like every parent, we are constantly trying to figure out ways to get them to do what we believe is good for them - for example, getting to bed early to get enough rest. And the dynamics go something like this... “Sarah, get ready for bed.” And when she doesn’t get ready for bed it progresses to “Sarah, can you please get ready for bed now.” And it keeps escalating until you start to go into commandment mode which is basically something like, “If you don’t get ready for bed right now...” where there’s always an implied threat. And I realized that the more we escalated in terms of demand or commandment, the less likely they were to succumb.



Because what happens when you get into that commandment mindset, is that it naturally generates resistance because it lowers our self-esteem. So as I was watching this process play out, I began looking for creative ways to encourage them to take more responsibility for their own choices and do what was good for them. So I changed the dynamics to something like “Remember last night you didn’t get to bed early, and how tired you were in the morning? And remember you’ve got things I want to do...” you know, appealing to the higher self rather than treating children as secondary or second-class beings.

And then I also realized that in a lot of ways, the way that I learned about God was sort of as a projection of my parents. And that if your parents say, “If you don’t clean your room, you don’t get to go play outside” it really translates into a model for “If you don’t do this, God is going to punish you.” And I realized that model is part of the reason I, and so many of my colleagues didn’t find deep nourishment in our Western spiritual tradition. It was all about command under threat of punishment.

And, of course, this was why so many of them, and certainly I, spent the last three plus decades exploring Eastern philosophy.

Another element came from my practice at the Chopra Center. I see patients every day, who come to me with a sense of, “I want to change something in my life.” It could be something on a health level, it could be something on an emotional level, it could be a relationship. It could be that they want to change their point of view so they are not harboring resentment, dread, or whatever. So then the question arose, how am I going to translate that intention or desire into a way of living my life? **Next**

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Interview with David Simon, MD - Page 2

Frequently, particularly with people with more serious challenges, I'll say to my patient, "you can either take steps, or you can take drugs." Say there is someone who is feeling down, and they're still harboring loss from a previous relationship, or they are feeling anxious and not sleeping at night. And they've seen their family doctor, and the doctor says, "I think you should go on antidepressant medication." And yet there is something inside them, at least the ones that come to the Chopra Center, that says there's got to be another way to do this.

Seeing so many people, I realized that so much of what causes human suffering is under our control. We have a choice. If we chose to express who we really are in the world without being restricted by all of these internal, self sabotaging voices, then people can make those changes. They can start exercising, they can start eating healthier, they can start getting to bed earlier, they can stop using alcohol to self-medicate, they can improve the quality of their relationships, they can start finding ways to express more creativity if their jobs aren't allowing them that.

So what I've learned these past 20 plus years, is that the way you start to chart that course towards manifesting your desires really starts with commitment.

The third thread that inspired this book to be written is the essence of my practice for the last 35 years - namely yoga. I've been a yoga and meditation teacher since the early 70s. And yoga means union, integration. It means not rejecting any aspect of life. It's really about eliminating the word "not" from our vocabulary - there is a beautiful poem by Hafiz that says, "I rarely let the word "no" escape from my lips, because I realized that God is shouting yes yes yes to every moment of existence."

And so when I started thinking about it, I realized there's got to be a way to integrate what I've been studying, researching, writing and lecturing on for the past 30 years, with what I learned my first 18 years. And so I went back and started reading about Western philosophy and Judeo-Christian tradition. And I realized that if you had to summarize, or do the Cliff Notes version of everything that presumably Judaism and Christianity has taught us, that it's all in the 10 Commandments. But again, those commandments have such a punitive focus to them that when I saw it I realized, "No wonder we are all resisting them."

So, what I wanted to find out was, coming from a more holistic perspective, was there a deeper truth to the 10 Commandments? Could I be consistent with what I think are the core principles while reframing them in language that is much more empowering to people - particularly those of us who were raised in the Western tradition? So for me this book has been a type of yoga, kind of a reunion of different parts of myself. And I'm finding it incredibly liberating. And I wanted to share that with others who might be in the same situation I was - at a certain point, it felt like I wasn't writing this book anymore. It was more like the book was trying to write itself. And if I kept my ego out of the way, it worked pretty well!

WTB - I'm really captivated by your talk about Commandments. [Next > 1 2 3 4 5](#)

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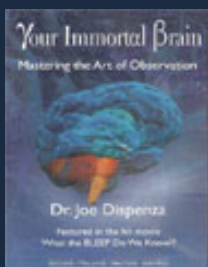
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Interview with David Simon, MD - Page 3

The internalized voices of our parents or teachers etc. are so oppressive, so commanding and demanding. For example, let's talk about weight situation for example. We have this internal commandment that sounds something like, "You *should* lose weight. Or you *need* to lose weight. Or you *have* to lose weight..."

SIMON – Or you *shouldn't* be eating that candy...

WTB – Exactly. And then, of course, comes the internal tag-line, "you fat slob." Reframing the internal command mode that triggers such automatic rebellion against the internal parent...I've never looked at it that way.

SIMON – I think we have this kind of internal conversation going on all the time. "Do this, don't do that. You should do this, you shouldn't do that. You're this, you're not that..." We keep playing to that audience, but that audience is never happy with us. Even if we do get straight A's, the internal audience is still saying things like "Well, what's next?" It drives us neurotic, and cripples our sense of enthusiasm and joyfulness and creativity. And so I think we have to identify that conversation. We have to go beyond it. We have to really ask ourselves "Do I really want to be continually driven by that script that someone else wrote for me?" And it's my experience, and my core belief, that if we can quiet down some of that noise, some of that argument that's going on all the time... Rumi had a great quote, he said. "Who am I in the midst of all this thought traffic?"

Every day I see that if we can quiet down and know who we are in the midst of all our thought traffic, that underneath there is some very beautiful soul that wants us to make good choices – not because we are afraid of punishment, or we are resisting, or there is some carrot being held out - but because "Hey, this is who I am. I want to take good care of my body, because I love life, and life is good; and eating healthy and exercising regularly and sleeping well is important for vitality and creativity ... and I like myself!" Not because of any external mirror, but just because we are looking at ourselves.

It's a very subtle shift – it seems almost too subtle sometimes, but I see it every day when I'm talking to patients about what's really getting in their way. I ask them, "Where did you come from? What would your life be like if you weren't constantly in reference to some external or internal voice? Who do you want to be?" And usually people say something like, "Well, what I really always wanted to do was *this*." And I ask them, "What would it look like if you were doing that?" Suddenly this whole vision, kind of like a seed, just blossoms. And then that becomes the driving force of their lives and motivates change. It becomes our dharma, our purpose for being, not this intense compulsion to please something that can't be pleased.

WTB – Or that we have to rebel against.

SIMON – It's the same thing. Again, I see it so clearly with our children. [Next > 1 2 3 4 5](#)

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Some things come easily to almost everybody. But most stuff we have to work at. And if you're working at something and it's not happening and at the same time you're getting these demanding internal voices - then it's very easy to say, "Forget it. Screw you. I don't want to be a fast runner, or a good gymnast, or get all my spelling words right," or any of that stuff. There is a certain voice that finally comes up as a defense mechanism that is healthy at the time that says, "No, I'm not going to keep living my life so you will approve of me." But if it's not conscious, then often that voice degenerates into, "I'm going to smoke cigarettes. I don't care what you say. I'm going to eat junk. I don't care what you say," like a little kid that just wants to declare their independence through defiance. At a certain point we have to say, "I'm not going to play to that audience - desperately trying to please it, or defining myself in opposition to it."

WTB - Which is what Marlee does in the bathtub scene in the movie. She reframes everything.

SIMON - I was thinking, as I was coming in to do this interview, about how does any of this connect with the brilliance of *What the BLEEP!?* And what I realized is that, the kind of Newtonian model of life, which says everything is basically material and physical and predictable and linear, has really dominated our psychology as well. As a result, people think of themselves as separated things, isolated, independent, not capable of learning new things, predictable, you know, the old "You can't teach an old dog new tricks." That is how a lot of us were raised.

In fact, even when I went to medical school, I realized we were being trained to conceive of human beings as basically a bag of molecules; a very physical thing. So if there was something wrong with you, if you have high blood pressure it's not because you're stressed about your work, it was just because you were producing too many angiotensin molecules. So I would give you an angiotensin converting enzyme inhibitor. If you're having trouble sleeping at night, it's not because your mortgage is too big and you're worried. It's because you aren't producing enough GABA (gamma-aminobutyric acid). So I would prescribe sedative drugs like Valium or Librium, Restoril or something like that. If you are having heartburn, it's not because you've been arguing with your teenager, it's just that you are producing too many hydrochloric acid molecules. If you're feeling depressed it's not because your poor relationships are not nourishing to you; it's not because you haven't found real meaning and purpose in life - it's just that you're not producing enough serotonin. So we teach doctors to give a selective serotonin reuptake inhibitor.

So there's this very Newtonian approach to life based upon this idea that everything is material. But if we really begin to accept that the world is quantum mechanical, and that beyond that molecular mask there is an amazing field of energy and information and even intelligence, then what would it look like if human beings internalized *that* conversation? We would recognize that our intentions, and our attention have power; that ultimately we are not just a skin-encapsulated ego, but that we are this field of intelligence; that we are not predictable and linear and separated, but we embrace uncertainty in our lives. We're creative. [Next > 1 2 3 4 5](#)

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We're infinitely correlated with each other. And I think arriving at this new view starts with commitment.

The Newtonian model is just what we've been handed: This is the clock, it's ticking the way it is, and I can't do anything about it. The quantum mechanical model says, "Wait a minute. This field from which subatomic particles emerge is a field of infinite possibilities." And if you can tap into that, you can create anything you want in your life through the power of your own intention. So I think, what I'm trying to do with this book, and what we're trying to do with all the work at the Chopra Centers, is to help people to try on a new world view - which is very empowering. Because it also it means we're taking increasing responsibility for the reality that we are co-creating between each other; and we're doing it lovingly, as if all things are expressions of our own underlying nature. We care about our environment, because we see it as an extension of ourselves. So I think it has implications and ramifications in many dimensions of life.

DAVID SIMON, M.D. Co- Founder, CEO and Medical Director of the Chopra Center for Wellbeing is a board-certified neurologist and a pioneer in the medical field. His personal mission is to facilitate the integration of complementary and conventional medicine in the 21st Century. Since he began his association with Deepak Chopra, M.D. in the 1980's, Dr. Simon has become one of the nation's foremost authorities on effective and appropriate use of holistic health care practices, specifically Ayurveda, the 5000-year-old healing tradition of India.

Dr. Simon began his career in private practice in neurology, and became Chief of Staff and Medical Director of the Neurological Rehabilitation Center and Clinical Neurophysiology Laboratory at Sharp Cabrillo Hospital. In addition to his responsibilities at the Chopra Center for Wellbeing, he is an assistant clinical professor in the Department of Neurosciences at The University of California, and a much sought-after speaker.

For more information about Dr. Simon's book see [Reviews Section](#). For more information about his work at the Chopra Center for Wellbeing, go to www.chopra.com.

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Infamous ships and inattentional blindness

By Cate Montana

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The most controversial subject brought up in *What the BLEEP Do We Know!?* was not the concept of sub-quantum information as the substrate of all life (Planck Scale); nor was it the idea that quantum physics may have as much to say about God as religion. Nope. As per audience response, it's the ships - those bloomin' invisible ships on the horizon that only the shaman could see.

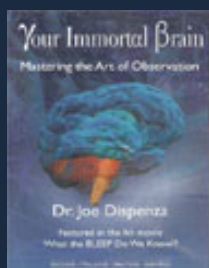
In researching *What the BLEEP!?*, Candace Pert and other scientists related the same story about the pre-Columbus era Caribbean tribe who perceived a disturbance on the ocean's horizon but could not see the clipper ships anchored offshore as an example of how incredibly selective and narrow human perception can be. As disturbing as the thought is, recent studies in cognitive psychology reveal several fascinating aspects to human perception that give the shaman and the invisible ships validation. Inattentional blindness is the most pertinent.

Inattentional blindness is the inability to perceive aspects in a visual scene if they are not being deliberately attended to. In other words, if you're not looking for it, you don't see it. A mundane example is you decide your next car is going to be a blue Prius, or a red Mustang, and you're torn with indecision between the two. All of a sudden as you drive around, blue Priuses and red Mustangs are everywhere. Where did they all come from? The answer is, they were always around, it's just that now your *attention* has turned to them, *poof*, you see them.

In her work with the Achuar tribes in the Amazon, anthropologist and cognitive scientist Dr. Marilyn Schlitz talks about her own experiences with inattentional blindness. On a field trip, she was in a group being lead through the jungle by a native guide. At one point the guide became very excited and kept pointing upwards at the forest canopy.

"Everybody was like, 'Well, that's not a big deal. We're in a rain forest and there are lots of trees. Why is he getting so excited?'" says Schlitz. "But in fact, what he was seeing was a group of howler monkeys up in the treetops, which, to him symbolized food. To us, who were enculturated in the North - we hadn't been trained to perceive them. Food, for us, is the grocery store. [Next > 1 2 3](#)

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I spot the right aisle in the grocery store where I'm going to get what I want, not look at the treetops and see howler monkeys like a hunter.

"Our culture provides meaning structure, and provides an organizing frame for what we should attend to and what we don't attend to. The monkeys had to be pointed out to us. Then, once you see it, it's like, oh yeah, duh. But again, that's taking our attention and moving it to the location where we needed to be perceiving."

Humans beings, in their normal cognitive state, have a limited capacity for [attention](#). In other words, although we are receiving billions of bits of information every second, we actually are only aware of a minute portion - the portion most needed at the moment. For example, driving on the freeway, talking on the cell phone, you are only peripherally aware of your daughter's conversation in the backseat; or as you work at your computer, the room details fade away; as you become more and more focused you may even be startled when a co-worker walks in.

The most famous studies demonstrating inattentional blindness have been conducted by Daniel Simons of the University of Illinois at Urbana-Champaign and Christopher Chabris of Harvard University. In their study, subjects are asked to watch a short video in which two groups of people wearing black and white t-shirts pass a basketball back and forth among themselves. The subjects are told to count how many times the basketball is passed between the people in the white shirts - or some such attention focusing device.

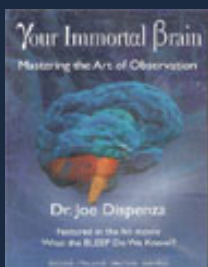
In the midst of the video clip, either a woman holding on open umbrella, or a man dressed in a gorilla suit strolls through the middle of the game and passes out of sight.

In their studies, Simons and Chabris found that, on average, 50% of the subjects didn't see the gorilla or the woman with the umbrella. Literally didn't see it.

I wouldn't have believed this except I was used as a subject, along with 48 other people, at a recent conference at the Institute of Noetic Sciences in Petaluma, CA. As a graphic demonstration of inattentional blindness, Dr. Schlitz, who is VP of research and Education at IONS ran the video clip with the gorilla. She did not explain what she was doing beforehand. She simply instructed us to pay strict attention to the people in the white shirts, and count the number of basketball passes between them. At the end of the clip, she asked "Did anyone see anything unusual?" Out of 48 people in the room, only three people said yes, and recounted seeing the gorilla - which stood about 6 feet tall - and which actually even stopped in the midst of the game, turned and faced the camera and beat on its chest before turning and walking off.

I was one of those that saw the gorilla - but the only reason I saw it was because I got bored counting the passes and stopped focusing on the task. Much to my surprise, seemingly out of nowhere, I saw a gorilla standing large as life in the middle of the game [Next > 1 2 3](#)

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“The guerrilla video makes people angry,” says Schlitz. “We don’t like to think we’re being tricked. And we especially don’t like it if we’re tricking ourselves. I’ve watched people, and they are absolutely convinced that when you show them the gorilla experiment you showed them two different videos. They are 100% convinced that missing something so obvious could not possibly happen.

“Our culture very much emphasizes physical aspects of material reality. And yet the experiments in inattentional blindness and show us that, even at the physical level, we can miss a lot. We do miss a lot. All the time. Everyday.”

For more information on inattentional blindness and a look at some of the video clips used by Simons and Chabris http://viscog.beckman.uiuc.edu/djs_lab/demos.html

Unfortunately once you know what to expect it’s hard not to see what’s going on.

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INSIDE THIS ISSUE:

The quest for global healing starts with each of us

By Katie Elliott



This past month, I had the good fortune to travel to beautiful Bali, where the Quest for Global Healing Conference was held. It was a nicely orchestrated conference held in a magical place. The main message I got from the conference was a simple one: Get your butts up and do something about the world if you don't like what you see. You CAN make a difference, and you don't have to be a superhero, a millionaire, or a genius to do it.

We all have an obligation to ourselves and humanity and the world to take action

towards peace. For some, this could mean doing major tasks that affect huge amounts of people. For others, simply changing their mind's focus and redirecting their energy could be just as important. Just like we learned in the film, *What the Bleep Do We Know!?*, our focus has such a real impact in our lives. We know this and we understand it - but do we really put it into practice everyday?

The conference was an inspiration because here was a group of people dedicated to doing what it takes to create peace. As part of the conference two Nobel Peace Laureates, Betty Williams and Archbishop Desmond Tutu were invited to give a talk for the conference participants. Two very beautiful human beings, they had a lot of motivating messages to share during a panel discussion where they were able to tell a little about themselves and then answer questions. Their stories were quite fascinating.

In 1976 Betty Williams was awarded the Nobel Peace Prize for her work against violence in Northern Ireland. The event most responsible for getting Williams involved in peace activism was a tragedy that happened right in front of her very eyes. On August 10, 1976, a young man was driving by and opened fire on Irish soldiers and in the process was shot to death. His car drove on and killed four young children and seriously wounded the mother of three of the children. It was that event that drew thousands, including Betty Williams, out of silence and into action. Williams co-founded The Movement of the Peace People, an organization which is involved in the betterment of life in Northern Ireland.

Thirty years later, Betty Williams is still going strong in her convictions and her actions towards peace. As the last line of the Declaration of the Peace People states, " We dedicate ourselves to working with our neighbors, near and far, day in and day out, to building that peaceful society in which the tragedies we have known are a bad memory and a continuing warning." (<http://gos.sbc.edu/w/bwilliams.html>) **Next > 1 2 3 4**

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During her talk, Williams was asked what motivates her to make such a difference in people's lives. Her answer was simple. She said she could try to forget about the awful things that were happening around her, or she could take action. She says, "It's like eating Quaker Oats, it's just the right thing to do."

As far as Archbishop Desmond Tutu is concerned, I could sit here and write for days about all he has done. Bishop Tutu is a peace activist from South Africa who was elected as the first black South African Anglican Archbishop of Cape Town. He was awarded the Nobel Peace Prize in 1984 for his work towards solving the problem of apartheid in South Africa. Tutu is also known for coining the term "rainbow nation," which is a term that describes post-1994 South Africa when apartheid rule officially ended after South Africa's first fully-democratic election. President Nelson Mandela used this phrase in his first month of office. "Each of us is as intimately attached to the soil of this beautiful country... a rainbow nation at peace with itself and the world" (http://en.wikipedia.org/wiki/Rainbow_Nation)

At the conference, Tutu was asked the question, "What does it take to be a Nobel Peace Prize winner?" His answer, "You have to have a big nose, an easy name, and sexy legs." When he was able to stop giggling at himself he went on to answer a bit more seriously. "When God grabs you by the scruff of your neck – you've had it. To take action, you have to know where you stand. You have to have a vision and then you have to commit to a result."

Sounds easy enough, right? Ghandi said, "Be the change that you want to see in the world." You don't have to go out and do something in the hopes of receiving the Nobel Peace Prize in order to make a difference. Just start with yourself. Maybe the best thing you can do at this moment is a tiny shift in attitude and eventually who knows what ripple effect that tiny shift in attitude can have on the people around you and so on.

Later on in the week Desmond Tutu said something else that stuck with me. He said, "We have to keep dancing in the face of insurmountable odds. We must refuse to succumb to the world of death and despondence and negativity. All we need is energy, idealism, and the capacity to dream." We are all amazing individuals, we all have gifts and talents. No one is just here by accident. It's time to take responsibility for what goes on around us and put our talents and gifts to work. Just by starting with ourselves, we can make big changes in the world by actually being those changes that we want to see.

Another group at the conference that made a lasting impression was the panel of filmmakers the conference brought in to talk about their production experiences. The panel consisted of six filmmakers, including Will Arntz representing the *What the BLEEP!?* crew. Each gave their testimonials on how and why they did all they did to make some pretty touching and brilliant movies.

One of the filmmakers, Jane Walters, was at the conference representing a film called *Bali: Hope in Paradise*, winner for Best International Documentary at the 2004 New York Independent Film & Video Festival. [Next > 1 2 3 4](#)

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The way Walters got started on her project was very similar to the way Betty Williams did. She lives in Bali and was there when the first round of bombings took place. She grabbed her camera and got right in the middle of everything. She also came across two children orphaned during the bombings. But in the midst of all the horror and sadness, Walters also witnessed the rise of heroes. This was a story she felt needed to be told and that is just what she did in her film.

One thing all the filmmakers had in common: They all took major leaps of faith and worked hard to get information they strongly believed in out to the public. They didn't always know where the money was coming from. For some it was out of their own pockets. They learned much as they went along and were all deeply touched by their projects. What I got from them was that you have to believe your cause that much and love it that much so that nothing gets in your way.

I had the opportunity to speak with Rochelle Marmorstein with Lighthouse Films Inc. at the conference. She was there with a film crew working on a documentary showing current events focused on peace. It wasn't until a few days later that the importance of what she was documenting really made it's impression on me.

Sitting outside one morning looking at the beautiful Balinese landscape, I randomly picked up the newspaper sitting on the table in front of me. I rarely read newspapers or watch the news because it's usually so depressing and gives me such a feeling of hopelessness. Sure enough, as I flipped through the pages of the paper, 99% of the headlines were negative:

"Protest in Jakarta Over Labor Law Turns Violent."

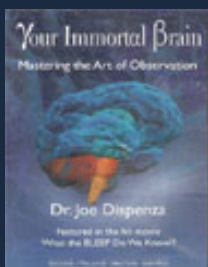
"New Taliban Threat in Afghan South."

"Armenian Jet Crashes in Black Sea; 113 Killed" and on and on and on until it makes it hard to remember all the good things that are taking place and all the wonderful people there are in the world. Fortunately there are people like _____ whose mission it is to keep reminding us.

Before my trip, when I told people that I was going to Bali they were shocked. "You're going there! Haven't you been watching the news? Don't you know what's going on over there right now? Well, you'd better be very careful, that's for sure."

But for all those terrible warnings, I found that Bali and the Balinese people were wonderful. It is a place with such loving and peaceful people. In fact, when all the bombings happened in Bali a few years ago, and this peaceful, beautiful place was targeted, no one could understand it. But here's the great thing about the Balinese people - when all this occurred, the Balinese asked themselves, "What did *we* do to have this happen to us?" For them it wasn't a matter of "How dare you do this to us? You will pay!" Rather they looked within to discover what was it that *they* did. [Next > 1 2 3 4](#)

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Very interesting way to look at it don't you think? What if Americans as a whole had asked the same question when September 11 th occurred? Maybe we'd be closer to understanding what we've done to be the target of hatred and attack. Maybe we'd be closer to changing that.

What would happen if the world stopped focusing so much on all the bad stuff and focused instead on all the good? What would happen if TV devoted itself to positive, progressive stories about all the wonderful people, events, businesses and programs going on everywhere? Would more people become more positive and lead happier, less fear- filled lives? Would more people become inspired to take action of their own or take part in the wonderful things that are going on?

I don't believe that living life like an ostrich, with our heads in the sand is the answer. But could we be a bit more conscious about what we allow into our heads and hearts? If we start there, we're on our way to being the change we want to see in the world.

For more information please go to: <http://www.questforglobalhealing.org/>

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Drinking water as an act of love

Part two: Water for Thought ©

By Jaime Zaragoza



When you hear the word dehydration, what is the first thought that comes to mind? Probably not heart attacks. However, in 1999 over 530,000 people died from coronary heart “dis-ease” and statistically, over half of them had no previous history or symptoms of these conditions.

According to the Agency for Healthcare Research & Quality, (2002) almost 20 million Americans have such ailments, and the annual cost for treating coronary heart conditions is over \$68 billion.

These figures do not include many of the expenses for drugs to lower cholesterol or blood pressure. About 37 million Americans have high blood pressure. To put this into perspective, about 11 million Americans receive cancer care, with an annual cost of \$48 billion. Hypertension alone has an annual price tag of \$32.5 billion, and this includes \$17 billion just for drugs.

There is, however, something very simple we can do for ourselves to cut down on the risk of coronary conditions. According to the study “Water, Other Fluids and Fatal Coronary Disease,” people who drink five or more glasses of plain water a day (not tea, not coffee, not scotch & water!) have a much lower risk of fatal coronary heart disease compared to those who drink less than two glasses per day. The study also shows that by drinking more water, healthy people can reduce their risk of dying from a heart attack by 50% or even more.

This is highly significant, especially when compared to other well-known preventive measures including stopping smoking, lowering cholesterol levels, increasing exercise or maintaining ideal weight. Looked at another way, it’s *possible* that not drinking enough water can be more harmful than smoking! The study also shows that individuals with high intake (5 or more glasses a day) of fluids other than water showed a greatly increased risk of coronary heart disease.

Symptoms of dehydration generally become noticeable after 2% of one's normal water volume has been lost. Initially one may experience thirst and discomfort, possibly along with loss of appetite and dry skin. Keep in mind that thirst as an indicator of dehydration it is not an early warning sign because by the time you feel thirsty, you might already be dehydrated. Other symptoms of dehydration include: feeling dizzy and lightheaded, having a dry or sticky mouth, producing less urine and darker urine. Athletes may suffer a loss of performance of up to 50%, low endurance, rapid heart rates, elevated body temperatures, rapid onset of fatigue and joint pain.

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Drinking plenty of water is a simple lifestyle change that anybody can adopt. It is also clear that this practice has the potential of saving tens of thousands of lives each year and saving billions in "health care" costs.

So whether you go camping in the high desert looking for solitude, or hike the local urban jungle looking for the latest at Victoria's Secret, remember that carrying water for your journey and drinking it along the way might be the ultimate act of love for your heart.

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American Journal of Epidemiology 2002 by the Johns Hopkins Bloomberg School of Public Health. (Vol. 155, No.9)



Jaime Zaragoza is President of Zunami Corporation which produces Zunami™, a highly purified water effective for accelerated hydration. For information contact www.zunami.com

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Health Matters

by Dr. Gordie



Electromagnetic (EM) Pollution

Nature is a tough environment. Survival of the fittest has provided species with a process of selecting the strongest and most adaptable to continue propagating. Man, from a biological perspective, is no exception to this. From an “intelligent” perspective we have technologically manipulated our environment to hopefully reduce these survival threats and allow us free time to think. Time and space to explore the great questions like those asked in “The Bleep”.

With the development of science and technology we have improved our lifestyles and lifespan considerably. One only needs to look back to the Industrial Revolution to see how quickly things can change. Beginning in mid 1700’s, life went from basically from agriculture to cities based on manufacturing. The rapid changes also brought unseen difficulties. As lifestyles changed so did the demand for energy, and with it increased use of coal and oil as power sources.

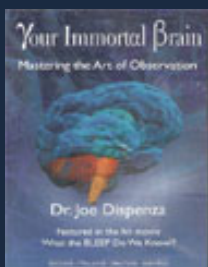
We are all aware of the harmful effects of burning fossil fuels, both to our bodies and the environment. Many people have died as a result of exposures to chemicals whose effects were not known at that time. Today, we are supposed to be protected by laws against improper usage of many chemicals by agencies like the EPA. The companies that use the chemicals are supposed to be held responsible for their proper removal. But that doesn’t mean we are not exposed to high levels of pollutants every day.

What chemicals are safe and in what levels of exposure? This is a point that is constantly debated between health proponents and big business. The EPA is supposed to set standards from the known information about the health risks of various chemicals and substances. However, I find it interesting that when it comes to environmental exposure of potentially deadly substances, history shows that it is only after significant disease outbreaks or deaths occur that action is taken.

Which brings me to my real point about an invisible source of pollution: Electromagnetic radiation. We have a lot of knowledge about ionizing radiation. This is the kind of radiation that knocks electrons out of orbit and causes cancer, genetic malformations, and deaths. Nuclear bombs release that kind of radiation. X-rays are strong ionizing rays that can have a deleterious effect, and yet with current technical knowledge we have the ability to take x-ray pictures to help diagnose health conditions. X-ray machines and their use are under strict regulated control by people with adequate training. And then there are the high microwave frequencies that can have thermal effects, such as a microwave cooking food.

In the lower frequency range like ELF(0-1000 hertz), [Next > 1 2](#)

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RF (radio frequency; 1000 hertz-.8 G-hertz) and low microwave (.8 G-hertz to 1 G-hertz) there is substantial argument as to whether or not there is a “biological effect” from these frequencies. And yet studies have shown that exposure to ELF’s do have effects on cell biology - it’s just that not everyone is in agreement as to whether these effects are harmful or not.

The government standards for output of cell phones and other ELF devices is limited to only thermal effects. Cellular changes in DNA repair ability, intercellular communication ability, and cellular enzyme synthesis, just to mention a few, have not even been considered by lawmakers. Are we in the midst of another increase in the “pollution revolution”? Yes, we are.

As an Applied Kinesiologist with a true interest in health and science, I have the good fortune to be able to test “stressors” to the body and help find ways to combat these stressors. Many times something tests as a threat, and yet we do not yet know why it is damaging at a cellular level. Personally, I’ve been searching for ways of protecting against this growing source of pollution.

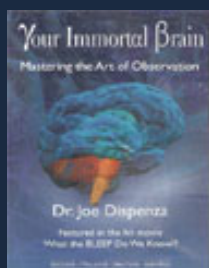
I have seen many people, at various conferences and expos, testing the effects of some device or equipment on people, and selling devices that supposedly mitigate the harmful effects of ELF exposure. Sometimes the testing appears valid and other times not. There are products, like the [Q-Link](#) and [Teslar watch](#) for example, that seem to test well in aiding the bio-system in dealing with ELF’s. Up to now there is only one company that I am aware of, [EMX](#), that is working on technology that actually changes the ELF field to eliminate its harm. The ultimate goal is to reduce or eliminate cellular effects, as well as the subtle and powerful bio-field effects.

There is no question that ELF’s are here to stay. The best bet for the public in the future is to stay informed and don’t expect truth from what big businesses is saying.

Dr. Gordie. www.drgordie.com

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Movie Review: *The Peaceful Warrior*

Review by Cate Montana



When the quasi-autobiographical book *Way of the Peaceful Warrior* by Dan Millman came out in 1980, it made a quiet splash into the New Age community. But the perennial wisdom of the book and its magically weaving themes of the wise mentor, shattered dreams, resurrection, and the inspiring power of Presence gave it well-deserved longevity. It was a book you could love, with lessons you could reliably draw upon over the years.

That it took years to bring to the screen is a story in its own right. Producer Mark Amin picked up the book from a roommate in 1996 at a retreat and never put it down - not even after he finished reading. But, as is often the situation with movies of a more spiritual nature, it proved difficult to get the backing.

“It has been a seven-year road,” says Amin. “It didn't fit the Hollywood formula. We couldn't get it financed until literally our rights were running out. And we patched together financing combination of German tax shelters, a sale to Blockbuster, which at that time was financing theatrical films, and some of our own money. We finally went into production last year, and shot it.”

Picking up the story with Dan's mysterious introduction to a solitary, late-night gas station attendant he dubs Socrates, *Peaceful Warrior* follows Dan's exploits as a rising gymnastics star at the University of California, Berkeley.

Brilliant, brash and callously focused on success, Dan knows he is destined for Olympic Gold in men's gymnastics, and thinks this is the only thing that will bring him true happiness in life. Subconsciously however, he's looking for a whole new game - a whole new realm of meaning. Inner impulses - and a few astonishing feats by an otherwise non-descript Socrates - lead him to accept the mechanic as his teacher. Socrates, he decides, will be his secret weapon in blowing away the competition and garnering the gold.

What follows is a delightful, somber and terrifying journey through a human psyche enmeshed in its delusions of self-importance and its illusions about reality.

Gruff, often deadpan and serious, Nick Nolte is excellent as Socrates, and the whole screen lights up when the deep waters of his character's humor surface. Scott Mechlowicz is appropriately intense and earnest as Dan, and the gymnastic sequences are truly inspiring.

Does Dan succeed at his dream? Well, without giving anything away, let's just say that

Peaceful Warrior, the movie, makes it clear it's the journey that counts, not the destination. [Next >](#)

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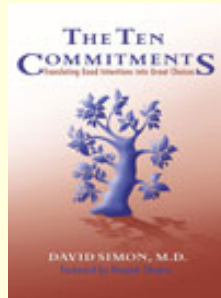
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Book review: *The Ten Commitments*

By **David Simon, MD**

Review by Katie Elliott



Anybody out there want to live life addicted to the same boring emotions, repeating the same old habits, reacting to the same internal voices, and living in a rut? Didn't think so. But finding a book that can really make a difference can be tough. Some are too touchy-feely, others are too emotionless, still others are like reading a psychology text. But in the self-help field, *The Ten Commitments* by David Simon MD really stands out.

Simon's book translates the Ten Commandments from the Bible from the mode of authoritarian "have to" into ten commitments we can willingly make to ourselves to live a happier and healthier life. I mean "have to" is all about force. Simon makes it clear that commitment is all about self-love. And who wouldn't want to commit to freedom, authenticity, acceptance, relaxation, wholeness, forgiveness, love, abundance, truth, and peace? He even throws in an extra commitment at the end that would do all of us good - a commitment to celebration! He then sets out to show us how we can turn our good intentions (we all have those!) into great choices.

Even the dedication is great. It reads, "This book is dedicated to my fellow seekers who have Tolerance as their practice, Nature as their house of worship, and A God that answers to all names or none."

There is an art to writing a book that can truly be of help to people wanting to examine themselves and their lives. We may know enough to see that something in life isn't right, or could be better, but not know what to do to change. David Simon is definitely one of those people who knows how to coach and authentically inspire others.

Personally, I like a bit of the science and psychology behind why, as humans, we do/think/act the way we do. It really helps to understand why we are the way we are, so we can do a better job of rooting out what it is that needs work. In *The Ten Commitments* you get just the right amount of this information. Simon is a doctor, trained in internal medicine and neurology, and has extensive life-long experience in Ayurvedic medicine, yoga and meditation. He knows his stuff! But he doesn't put in so much technical information that you feel like you are studying to get accepted into medical school.

Instead he mostly relies on personal examples from patients and stories that go along with the subject being discussed. These are pertinent, funny, and always easy to relate to. Like most readers, it's always nice for me to hear that I'm not the only one who reacts the way I do to life - and it's nice to know that others have changed their patterns so I can too. Simon has a little story in one of his chapters that stuck with me. I won't write it all out for you here, but the main idea is that a flood

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Numerous times someone comes by to help Sam out, but he stubbornly waits. Finally the water takes him over and he drowns. When he goes to heaven he is upset and asks God what the deal is since he felt he was let down after all. God replies, "Sam, I didn't let you down. First I sent you two guys in a truck, then I sent two guys in a boat, and then I sent two guys in a helicopter. I can't help it that you're so stubborn you're only willing to accept my help *your way*." Now, come on, can't you relate just a little? Me too.

Last but not least, although incredibly informative, *The Ten Commitments* is also a bit fun and light-hearted. And Simon gives plenty of creative ways to change things for the better. One of my favorites is figuring out who/what you want to be, then create a script for this new you, write it down and read it daily. I can do that and have some fun with it too.

The "Ten Commitments" is a good book. It teaches you, guides you and makes you laugh. It reminds you of the things you really want to do but often don't, and gently reframes them so you can embrace change. The way Simon puts it, it's actually even easy. The Ten Commitments is not a list of hard things to commit to. It's not painful work because you get to learn how to better commit to enjoyable things ... like rest and relaxation. So on that note, I will let you read the book for yourself and go take myself a little nap.

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Bleep Groups Update

by Janet Rae



Greetings Everyone,

So what's happening with the Bleep study groups around the world?? One thing is for sure, the growing interest in making known the unknown, studying quantum physics and creating intentions continues to amaze us as requests from around the world for study groups pour in daily.

From "the land down under," William de Ora from Sydney just started a group. And in Noosa, Margo Gibbs just got her group started with a little help from her yoga group in finding interested members.

Brazil is our fastest growing country for interest in Bleep study groups. Diolia Graziano from Sao Paulo is starting up a second group so everyone interested can attend.

In the US, Coral Harris from Omaha, Nebraska has also started a second group in Lincoln. The desire to raise our consciousness knows no boundaries or limits!

We love to highlight a study group each month so you can get ideas on the difference these groups make and what it would be like to part of one. This month's group is from West Hollywood, California and the group coordinator is Carmen Lynne. This is a BLEEP Group that was started several months ago. Carmen wrote the following article to let us know what was happening. Stay tuned for next month, as we have a review of the first ever Bleep Retreat and a special announcement of a new educational conference call series sponsored by the Bleep Study groups!!

Till next month,

Janet Rae,
Bleep Group Coordinator—World Wide

We've had three meetings so far and each meeting has really built upon the one before in a good way, i.e. with an increase in both the number of members and the quality of our connectedness. I am really loving having a group to connect with and feel a part of, as well as the wider group of the whole Bleep "family" around the country. It really feels like a paradigm shift is eminently possible, given the level of positive feeling already generated.

We now have around 30 members (on my email list) with about half of them having shown up to meetings and a regular core of around ten people who've been to every meeting. We rotate the meetings around members' houses, as we are geographically fairly spread out with members in the Valley and Orange County, [Next > 1 2](#)

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The Bleeping Herald

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so the meetings are usually more centrally based in Hollywood.

We have a Yahoo group set up, and we contact each other between meetings whenever there is something we wish to share. We have also attended other events between meetings, such as going to see movies together (Peaceful Warrior and Celestine Prophecy) and going to the Ramtha event in LA.

We have meetings every two weeks, usually on the same night of the week. As to what happens during the meetings, I wanted to leave that very flexible and open so that we can do whatever feels right to us at the time. The first couple of meetings we just shared our thoughts and experiences to get to know each other. I asked everyone to think of an intention they had for themselves so we could support each other in manifesting our intentions. The third meeting we watched a Ramtha video. Our next meeting we plan to bless water for each other (having discovered the Aquamantra site) and we are also intending to try some of Ramtha's "send and receive" psychic exercises and to look at the first section of the Bleep Study Guide. As to future meetings, as I say, I'm leaving that open to see what comes up. I'd like to see what success we have with manifesting our individual intentions and then move on to more of a global intention for the world.

The feel of the meetings is usually very enthusiastic and uplifting. We seem to be at different stages of our journey, and yet I love the way we are all so different and have complementary experiences to share, i.e. we are performers and artists and therapists and healers and scientists and we all have gifts to bring.

All the best

*Carmen Lynne,
LA Bleep Group leader*

If you are interested in finding out more about joining or starting a study group, go to www.whatthebleep.com/group

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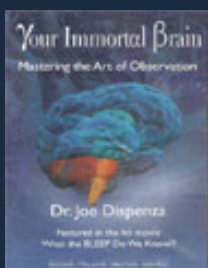
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Dear Editor:

I work at Nanaimo Correctional Centre on Brannen Lake in Nanaimo, British Columbia. NCC is a provincial medium security facility which houses approximately 225 inmates serving prison sentences of 2 years less a day. I was facilitating a week long program I run monthly called CREST (Community Re-entry Education Skills Training). We had 18 clients in attendance and started each day viewing a couple of 'scenes' from WTB, followed by a discussion of the viewing. Today, I was asked by one of my clients "how is it that if we never touch anything (reference to the basketball and electrical charges) that I am able to have my fingerprints picked up by the police" AND "if I believe strong enough that my finger prints will not be detectable will I be able to pick up something without leaving any prints???" I am pleased they are watching this wonderful film and engaging themselves in the 'mystery'...your response to these questions would be helpful to them staying curious. Thanks in advance.

Ralph Motzek, BC, Canada

Ralph - Your clients questions were so excellent I decided to forward them to one of the scientists, Fred Alan Wolf, Ph.D.. His reply is below. As for the second question, I guess the best thing is to contemplate Fred's answer to question #1!

Editor

Dear Ralph,

Yes fingerprints certainly indicate that you touched something! So what could we mean by the remark in the movie? Briefly the word "touch" or the marks our fingers leave on surfaces are simply explained by saying a contact was made between two objects.

In the case of fingerprints, actually three objects are involved: the fingers, the ink, and the paper or at a crime scene, the fingers, the oil or dirt from the skin, and the contacted surface. Let's just look at two--the finger and the surface, for what I explain about them holds for any two objects in "contact". When we examine a point of contact very closely we see that there is actually a gap between the two objects at that point. That's because everything is made of atoms and even the atoms which make up an object are not even touching--there is a space between the atoms that is larger than the atoms themselves. Between two objects that space is even larger.

So what gives? We say that there are forces or interactions between objects and these forces are what actually led to the sensation of touch and the marks of fingerprints and all contacts between objects. These forces are mostly governed by electromagnetic light waves that turn into objects called photons. The relation between atoms and photons is a very interesting, and at times mysterious, field of physics called QED (quantum electrodynamics). [Next > 1 2 3 4](#)

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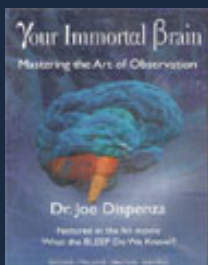
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These photons or particles of light actually are the real touchers here and everywhere. When photons reach objects they change the objects and leave marks. Hence when you are touching anything you really are touching light.

Best Wishes,

Fred Alan Wolf Ph.D. -- <http://www.fredalanwolf.com>
Have Brains / Will Travel
San Francisco

Dear Editor,

With great amazement and disgust I read the article "The Power of Community: How Cuba Survived Peak Oil" by Megan Quinn. Let me just say that as a Cuban who lived under the present communist tyranny for more that 30 years, and who, thanks God, can live in freedom now, I can say that the story presented in this article has nothing to do with the reality of Cuba today. The article sounds more like pure communist propoganda than anything else. If anyone wants to know about the reality of Cuba today, I could recommend many resources, including websites and publications, but if the author needs some pictures from real places and real people in Cuba for her article, perhaps she can just take a look at the following website, for example: <http://www.therealcuba.com/>

Best regards,
Ulysses Castillo
[The Cuban Spiritist Society](#)

Dear Editor:

A year ago I left a message on your web-site saying I was in a remote viewing course and how much I appreciated the movie, "What the Bleep..." Incredibly, my son Patrick, whom I had adopted out to another man 38 years ago because of my PTSD from Viet Nam, contacted me last week stating that he had found my name and address on your web site. It was a true blessing from the universe and a "gift" I wanted to share with all of you. He is a dancer and singer in Branson, Missouri. He has a wife and two young daughters and has sent me pictures of his family. I have done the same. My wife and I will be traveling down to Branson from Shawnee Mission Kansas to catch his show, "The # 1 Hits of the 60's" where he has been a member of the original cast since 2002. I finally get to meet my absent family. Thank you so much for passing back to me my son that I have missed for 38 years.

Sincerely,
Your ever devoted subscriber to your newsletter,
Stephen T. Luton, Shawnee Mission Kansas. [Next > 1 2 3 4](#)

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Cate,

I read with great interest your dialog with Betsy Chasse on 'coherence'. I kept smiling as I read each of you 'speak' and had to shake my head in wonder at the sheer synchronicity of our amazing Universe. I am owner/moderator of the Yahoo E-Group 'what-the-bleep-the-movie' and we have been discussing these very things in our e-group as of late. I just don't ever think we attached the 'title' of coherence to our discussions.

The idea of coherence is one we've discussed on and off in our group and it keeps coming up again and again so I can only assume that it is an important issue that has not yet been resolved in our minds. I too, like Betsy, had an 'I have to change the world' attitude and will admit that in the past I have beaten others over the head with my ideas trying to get them to see the 'right way' that we all should be. Well as you must know that doesn't work (I am glad to report that I now adhere to Mahatma Gandhi's wisdom of 'Be the change you want to see in the world' and have come to realize that all change begins within me). I have adopted the attitude that nobody is right and nobody is wrong and that 'my way' is that only that and is nothing more and it doesn't have to be shared by anyone else. The freedom this affords me is incredible. I have long since ceased arguing my point to the point of self-righteousness and I have long since stopped thinking to myself when I hear/read other people's views, 'Boy are they off base a million miles...how can they think like that?' Letting go of the notion that there is a right and a wrong way to be is most likely the best thing I've ever done for myself. I do see coherence as not a meeting of the minds in total agreement but more as an agreement to disagree respectfully and without judgment of the other person's views/reality. While agreeing to disagree it wouldn't hurt to open our minds to one another. Opening our minds doesn't mean we have to change what we already think but it means that we at least should listen to without judgment what another has to offer.

I also agree with Betsy that we are on the precipice of change... ENORMOUS change. But I do not see the change as everyone seeing things the same way but more as everyone having the open-mindedness to accept that their reality belongs uniquely to them and that there is nothing wrong with other people having their own reality. I suppose tolerance might be the appropriate word but in using the word tolerance it infers that what we are tolerating of others is undesirable and I don't think we should attach that sort of connotation to what others choose as their reality. Bottom line in my opinion is to keep an open dialog along with an open mind. Ignorance is our greatest obstacle in realizing our ONEness. Of course the ONEness issue is a horse of a different color and for another discussion all together.

Keep keeping it real. We are with you there at WTB and appreciate all of your efforts in being the catalyst for exploration of ourselves around the globe and perhaps even throughout the Universe... after all we do exist in a Universe of infinite possibilities, right?

Best Regards,
Cheryl Huerta

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Dear Editor:

I loved What the Bleep, finally after all these years someone put it all together and played it in main stream theatres around the globe. Consciousness must have shifted, thank you all. Regarding the Bleeping Herald this month and your conversation about coherence - have you heard of an organization called Hearthmath ?

If you really want to know what coherence means, or even if you want to see a more expanded picture to What the Bleep, I totally recommend a visit to www.hearthmath.org and look at their research - it's ground breaking and they are proving what mystics throughout the ages have tried to tell us - HeartMath are proving it in real world scientific terms that this world understands.

Stop thinking and feel - is a good way to look at it.....a humanity that seems to have normalized all its warning signs is in grave danger and no movie, no matter how profound, will ever affect a change until the fundamentals are comprehended. That is why we will continue to see so much horror, because we are being challenged to make a shift from head to heart, to balance head and heart to come from our deepest dreams not our deepest fears. This is true coherence, our world is not in coherence not in the slightest.

Regards,
Jenese James Belzer
New Zealand
Aotearoa

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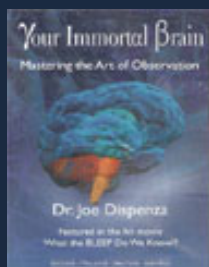
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