

FOUNDATION FOR MIND-BEING RESEARCH

FMBR Monthly Meetings

TIME: 8PM, 4th Friday of the month

PLACE: (New Meeting Location – Map Below)
Christ Episcopal Church
1040 Border Road, Los Altos, CA

COST: Free to members, \$15.00 Admission
\$5.00 Students with ID

Donations to the Foundation are tax deductible.

Meeting Directions

From Hwy 101:

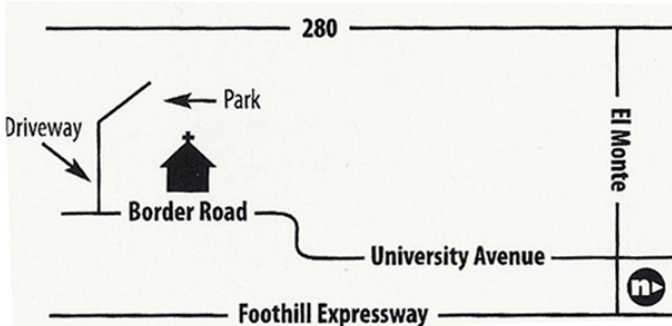
1. Take the San Antonio Road exit into Mtn. View.
2. Continue on San Antonio Road past Camino Real to Foothill Expressway (approximately 4 miles).
3. Turn left on Foothill Expressway.
4. Turn right at the first corner onto El Monte Road.
5. Turn left at the first stop light onto University Ave until it ends, then follow the University Avenue instructions below.

From Hwy 280:

1. Take the El Monte/Moody Road exit in Los Altos.
2. Turn on El Monte toward SF Bay.
3. Turn right at the stop light onto University Ave until it ends, and then follow the University Avenue instructions below.

From University/Anita Avenue:

1. On Anita Ave, take an immediate left onto Border Road for 1-1/2 blocks.
2. Pass the junction with Border Hill Dr., then turn right at the first large driveway and go up the road on the **LEFT SIDE** to the church parking lot. (Sign will say Church Office).
3. Park in the large lot at the TOP of the slope.
4. FMBR meets in the bldg. on the left, opposite the main door to the church sanctuary.



Nov. 28, 2008 Meeting

Spontaneous Evolution: Our Positive Future Now Dr. Bruce Lipton

Amazon.com Editorial Review: We've all heard of people who experience a seemingly miraculous recovery from illness--but can the same thing happen for our whole world? According to pioneering biologist Bruce H. Lipton, it's not only possible, but it is already happening. In his newest audio release, *Spontaneous Evolution: Our Positive Future and How to Get There from Here*, this world-renowned expert in the emerging science of epigenetics reveals how our changing understanding of biology will help us navigate this turbulent period in our planet's history, and how each of us can participate in this global shift. In collaboration with political scientist Steve Bhaerman, Dr. Lipton invites listeners to explore: 1) Toppling the "unquestionable" pillars of biology: a startling re-examination of random evolution, survival of the fittest, the role of DNA, and the relationship between mind and matter, 2) How our beliefs about nature and human nature shape our politics, culture, and individual lives, and 3) A prescription for change: how each of us can become active members of the "immune system" of the planet. The experts agree: humankind is at a crossroads. What is the key to healing our planet? As Dr. Lipton and Steve Bhaerman explain, by changing the old beliefs that got us where we are today, we can trigger the spontaneous evolution of our species that will usher in a brighter future.

(For January speaker, see FMBR News on Page 3)

About the Author

Bruce H. Lipton, Ph.D. began his scientific career as a cell biologist. He received his Ph.D. Degree from the University of Virginia at Charlottesville before joining the Department of Anatomy at the University of Wisconsin's School of Medicine in 1973. In 1982, Dr. Lipton began examining the principles of quantum physics and how they might be integrated into his understanding of the cell's information processing systems. He produced breakthrough studies on the cell membrane, which revealed that this outer layer of the cell was an organic homologue of a computer chip, the cell's equivalent of a brain. His research at Stanford University's School of Medicine, between 1987 and 1992, revealed that the environment, operating through the membrane, controlled the behavior and physiology of the cell, turning genes on and off. His discoveries, which ran counter to the established scientific view that life is controlled by the genes, presaged one of today's most important fields of study, the science of epigenetics. Two major scientific publications derived from these studies defined the molecular pathways connecting the mind and body. Many subsequent papers by other researchers have since validated his concepts and ideas.

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From the Editor

By the time this newsletter reaches you, elections will be over and you will have made your choices based on either fear and hate, or hope and change. When confronted with a constant barrage of war and terrorism, hope and change always seem very idealistic. As a flower child of the '60s, I was extremely idealistic and always thought that the world would be a better place if everyone got along and we stopped bombing each other to death. That was 40 years ago. Some of us tuned in, turned on, and dropped in, in hopes that we could change the status quo from the inside out. I know better now. Wishing, hoping, and fighting the system don't create lasting public policy change. What we didn't realize is that old systems must die before new ideas can come to fruition and become permanent structures. I've also learned that living in fear and constant dread of a potential terrorist attack, which is what I and everyone here in the U.S. have been exposed to over the last 7 years, is not what I want to focus on--not now or anytime in the future.

Since 9/11/01, I keep going back to 40 years ago. I keep thinking, what was so special about the '60s and early '70s that has me reassessing that period of time? How can I possibly use this knowledge to propel me into a more positive future? In answer, I keep coming back to hope and change; the hope that because those of us who lived in the '60s now understand how public policy and public opinion operate, we can now bring about that change with understanding, clarity, and purpose.

The elections are over but rather than live in fear and terror, I cling to hope and change. As far as my mental health and this country's mental health, I don't believe we have any better choice. We either go down the dark path of fear and despair, or we start to build our future by falling back on the visions and beliefs that we held in the '60s; this time bringing them to fruition using the knowledge, wisdom, experience, and buying power that we gained as a result of our lessons and diverse journeys.

What is Sufism?

Bill Gough

This summer I went onto the Sufi web site of Shaykh Taner Ansari – a member of FMBR. The question that was being addressed was “What is Sufism?” I responded by asking the question: How does Sufism address the issue of uncertainty in the universe? To the question I attached my FMBR editorial, *The Trickster* (www.fmbr.org/editorial/edit03_04/edit4-jan04.htm), which discusses how uncertainty has become a proven aspect of modern physics. The following is a thoughtful response from a Sufi living in Mexico, Mohammad Locks, which I believe will interest FMBR members. (Note: the following text has been edited for clarity).

Bill Gough wonders how Sufism addresses the issue of “uncertainty” in the universe and then he goes on to explain very nicely how Sufism deals with the question.

Physics and Sufism are basically the same thing, the only difference being the methodology. Sufism is the science of reality. When we explain what Sufism is to someone, we need to tell how Allah explained the realities of existence to one prophet after another – he didn't explain or give him a “religion” but rather provided the science of how things work and how people can function best within that structure.

But then the prophet died and people invented what we know as religion and complicated things (Note: The Arabic word “din” in the Qur'an, which is most often translated as religion, really has a much broader meaning: it also means way of being or acting). But while he was alive the prophet taught the Truth in two ways: one way was through rules and rituals (which eventually became the formal religion) and the other way was to experience the reality of the truth, for those people who weren't satisfied with second-hand information. It's similar to Moses (peace be upon him), who came down from the mountain with the stone tablets and Ten Commandments (the formal religion), but who also brought another teaching (called variously oral, occult, esoteric), which is the science of the essence or deeper meaning of the superficial teaching of the “religion”. That teaching, which the prophets taught to their close companions, became Kabbalah, Gnosis, and now Sufism. This system was then passed on “orally” from teacher (Shaykh), to student (murid), to this day.

In formal religion, the information is exterior: the spoken word, books, and rituals. Although esoteric systems also take advantage of the exterior form (sharia), the information is essentially interior and passed from teacher to student by way of the heart. The “oral” part of the teaching is in the way of practices or methods by which the student can make the interior connection. Sufism and physics are part of the same thing, one being an extension of the other. (Cont'd on next page)

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What is Sufism? (Cont'd)

Take for example "uncertainty". It has been proven in physics and other branches of science, such as meteorology, that nothing can be predicted with complete certainty due to the interconnectedness of everything, including the predictor and his intentions.

That doesn't mean that everything (or anything) is chaotic or that the universe doesn't follow a perfectly organized plan, only that we don't or can't understand that plan completely. If everything was static for one moment, a scientist could predict with certainty a great number of things. But the world, universe, and existence are moving and changing constantly. Every movement causes a chain reaction that changes everything else such that, as hypothesized, the flapping of the wings of a butterfly in Timbuktu could cause a hurricane on the coast of New York.

The normal scientist receives his information through observation and experiment; the Sufi also observes and experiments but also learns to listen to his heart and receives guidance as well as information internally. Like the quantum physicist, the Sufi knows that the solidness and separation of human beings, as well as everything else, are an illusion –we are all connected and the only thing that separates us is our ego.

Thus, "uncertainty" is in fact an ideal Sufi state. Being uncertain is to accept Allah's plan and be ready to adjust at a moment's notice; to reject the urgings of the nafs (which are always certain). A Sufi is only certain that Allah is in control and that everything that happens is in his (our) best interest.

Mohammad Abdullah Locks al-Ansari (Mexico)

FMBR Annual Holiday Party

**Mark your calendar!!!
Our annual FMBR holiday party is Saturday,
December 13th!**

We will celebrate in style!

- **We need volunteers to help with party plans and organization.**
- **If you are a musician, please volunteer your musical services!**

**If you are available to help, please call:
Marion (650-941-7462) or Mary (650-948-0419).**

Note: There will be no December program.

FMBR News

**January 23 & 24, 2009
Lecture and Workshop**

FMBR welcomes back Dr. Beverly Rubik, biophysicist and President of the Institute for Frontier Science. Dr. Rubik will discuss the biological terrain of the body on Jan. 23rd and then, in a separate workshop on Jan. 24th, she will provide individual measurements of our biological terrain using live blood analysis on a dark field microscope.

On Oct. 1, 2008, membership fees changed to \$50.00. Your membership now includes:

- Free newsletter and monthly lectures
- Discounted workshops
- Invitations to special events
- Reduced price on DVDs:
members \$20/ others \$30

Interested in helping FMBR?

- Can you devote 8 hours a month to perform administrative and other functions?
- Contact us at info@fmbrrg.org. Provide a description of your interests and the must-have skills that you can offer us.

Call for writers:

- Let us hear about your mind-being research and experiences or the experiences of others. You may get published!
- Send all queries to info@fmbrrg.org.

Congratulations to Amber Balk and her husband who had their first baby in September! We will miss Amber while she's on leave of absence and look forward to her return sometime next year!!!

Smart Life Forum

BACK TO OLD LOCATION!!!

**Cubberley Community Center, Room H1
4000 Middlefield Road, Palo Alto. CA
(<http://www.smartlifeforum.org>)**

**Nov. 20 Program: John Gray, PhD
Mars and Venus in Collision: Join renowned author John Gray, as he expands on his previous best-selling book, *Men are from Mars, Women are from Venus.***

INFORMATION ABOUT THE FOUNDATION FOR MIND-BEING RESEARCH

The Foundation for Mind-Being Research was established in 1980 to assist in the evolution of consciousness studies and to help bring this new field into wider recognition as a bona fide science. The interdisciplinary nature of the field is reflected in the activities of the organization and in the breadth of interests of its members who currently represent areas of engineering, science, medicine, the humanities, and the arts. With its major focus on facilitating the development of an integrated model of consciousness, the Foundation provides encouragement and resources to a rather unique group of creative researchers and scientists with the objective of betterment of the individual, the society, and the environment.

Because of the special nature of scientific inquiry in this area, the Foundation is interested in building its regular membership with competent individuals who:

- Are open to a multidisciplinary approach to knowledge
- Recognize they are an integral part of any experiment
- Know and are prepared to extend their own level consciousness

The intention is to develop high standards of credibility in all research activities and publications.

The Foundation is incorporated under the laws of the State of California and operates as a non-profit scientific research organization under IRS code 501(a)2 with tax exempt status under Section 501(c)3.

APPLICATION FORM (Please Print)



Name _____
Address _____
City _____ State _____ Zip _____
Home Phone _____
Work Phone _____
Email _____

I hereby apply for: Membership – \$50/year (Please include a brief description of your professional experience).

Enclosed is my check for: Spouse Associate membership (optional) Name _____

\$ _____ Receive newsletter/meeting announcement only – \$15/year