

*Module 2*

# Who am I?

There are currently over 15.000 scientists studying the brain.

Until now, no one has been able to explain the connection between the brain and consciousness. It is believed that consciousness is created by the brain, but no one can yet explain how.

When someone looks at your brain, they don't see consciousness. They don't see you. They see an organ that is able to express consciousness. Maybe consciousness is the activity of the brain, just like the software of a computer is expressed by the activity of the hardware. We know so little about this topic.

Our perspective right now is that we are more than our brain because of the following reasons:

1. If we were our brain, our actions would be deterministic, meaning the wiring or the chemicals in our brain would dictate our behaviour. For the most part this is true. But, we also know that a person can make a conscious decision to influence the chemicals in their body or to change how their brain is wired (neuroplasticity).
2. Subjective perception. You and I can look at the same thing and perceive it differently. We don't see things as they are, we see them as we are. On top of that, feelings like LOVE, COMPASSION, or CREATIVITY cannot be measured or quantified. Everyone experiences life in their own way. Science doesn't deny the subjective experience of humans, but it is hard to understand because you can't measure it accurately.
3. The placebo effect. We all heard about people that miraculously cured themselves even though the doctors never gave them a

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*Module 2*

chance. What we find interesting is that animals cannot experience the placebo effect. Have you ever heard of a dog that cured itself of a disease by being happy? Of course not. It seems obvious to all of us that they can't do that. But why? Why are humans the only biological creatures that can experience the placebo and nocebo effects? It must be related to our higher level of consciousness.

We all know that there is something inside us that can influence our health, vitality, and energy levels, but sometimes we deny this truth. We need more evidence to prove it. The fact that we can be aware of our existence is not scientific evidence. We need someone to prove humans are more than biological organisms because of their higher consciousness.

*Notes: Andrei believes humans are more than biological organisms but we may never be able to prove it. He thinks that is a realization each person must come to by introspection. It is a journey inside of us. No one can make this journey for you, but you.*

*Radu believes "the spiritual nature" of humans will be understood scientifically one day. With one condition: if scientists will start studying the mind more closely. He believes most scientists don't even want to consider studying "spiritual experiences" or "psychic powers" because they are associated with religion, and a lot of times fanatics. Science likes hard facts not intimate human experiences. But that is so unfortunate... Because we already have some evidence that humans possess some other, less obvious senses or abilities: we feel when someone looks at us, we can sometimes predict danger, or we can feel another person's mood if they are close to us even without interacting with them. Radu would love for these "mysterious experiences" to be studied more closely because we may discover they are not mysterious at all but have clear biological explanations.*

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Module 2

4. Mind over Matter. A Harvard Study showed that Tibetan Monks can significantly raise the temperature of their fingers, toes and other extremities through meditation alone. We have the ability to drastically influence our body through the use of our mind.

Of course, there are a lot of scientists that support the idea that we are our brain and nothing more. We are all free to choose what to believe, but identifying ourselves with your brain (or what we think) does not help us change. If you believe you are your brain, then that will be the reality for you. Your life is at the mercy of your brain because you will believe the thoughts flying through your brain are who you are. In that case you can't do anything to take charge of your life.

What's interesting is that whatever you believe, it will seem the truth for you. And you will find even more evidence to support your belief system. So, the real problem is not whether we are our brains or not, the problem is **WHAT DO WE CHOOSE TO BELIEVE?** This statement proves once more that we have the power of choice and the way we think actually creates our reality.

Because even if you don't think you create your own reality, you will create a reality where it seems that you do not create your reality, therefore proving that you create your reality.

We know, it's a very convenient argument, but worth thinking about.

So, based on what we discussed so far, let's do the practical exercises:

1. What is helping me become more successful in life: the belief that I can take charge of my brain or the belief that I'm what my brain thinks and I can't change that?

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Module 2

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2. Letting all scientific evidence and spiritual teachings aside, what does my life experience tell me? Do I believe I'm a puppet or I have the power to choose who I am? If so, what experience makes me believe that?

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3. Can you observe your thoughts with your thoughts? This seems impossible. It's like trying to photograph a camera using the camera you want to take a photo of. You cannot photograph the camera with the same camera you use to take the picture. You'll say, well yes you can if you use a mirror. That's true. In order to observe something, the observer must not be part of the object being observed. That's what you do with the mirror, you create an object the camera can look at. This tells you, that if you can observe your thoughts, then there must be something else that does the observing. What do you think that is?

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*Module 2*

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