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**Extra Credit**

I remember hearing the first stirrings of people when this movie, *What the Bleep Do We Really Know*, was first released in 2004. I was in massage school... a new adventure I had undertaken, having no idea where it was going to take me, what I was going to learn or how much it would change who I was at the core of me. This movie was raved about in my *Touch for Health* class that I was taking from a teacher who was so absolutely brilliant that he had a difficult time teaching the concepts that he was teaching. I spent most of that class completely clueless about *why* I was in that class, *what* I was supposed to be learning and *how* I would be applying it to my work as a massage therapist. I have since come to understand that he was teaching us a very basic version of kinesiology but, because he was not a kinesiologist, he could not call it “kinesiology.” His inability to correctly label what he was teaching added to my inability to absorb because I could not understand.

It was in this class that I first heard the words “quantum physics” and “quantum mechanics.” It was the first time I had ever heard the word “quantum” at all and it sparked my curiosity. When the instructor of this class offered us 25 extra credit points for attending this movie, I knew I was on it. I *needed* those points because my grades were sorely affected by my inability to grasp the concepts he was teaching. (I sure would love to go back and retake that class now that I have a more solid foundation of understanding of anything “quantum.”) It took some doing on my part, though, because this was not a mainstream movie. I had to plan a day of driving to Park City to see one of the two showings up there and I had no idea what I was in for!

Just as happened this time around, when the movie first opened it is portraying the neural pathways and “rabbit holes” of thinking, I got chills and my hair stood on end. The first time I saw this movie – and I ended up going several more times while it was still in the theater – I literally cried with the receiving of answers to questions I did not know I possessed. As I witnessed this movie playing out

before my eyes that first time, I felt myself expand in ways I could never have dreamed imaginable and I felt my brain open up to new possibilities.

Today, as I watch this movie for, perhaps, the millionth time, I was prepared to soak in something new, something deeper, something even more delicious to expand my horizons, yet again. I remember sitting on the edge of my seat that first day and, today, I felt myself sit up taller, expectantly as the words burst onto the screen:

*In the beginning was the Void*  
*Teeming with infinite possibilities*  
*Of which you*  
*Are one...*

As the voices of the “memories” started coming forward and I heard, “The brain does not know the difference between what it sees in its environment and what it remembers...” I felt myself opening even further to the possibilities of what new thing I was going to discover today. I so appreciate the sensory experience of this movie and the way they portray the energy of everything all around her and I love the concept of thinking that all possibilities exist side by side all at the same time.

I appreciate that one of the most impactful opening statements of this movie is spoken by Fred Alan Wolf, “What I thought was unreal, now for me... seems in some ways to be more real than what I think to be real... which seems now more to be unreal.” When I first heard that I felt confused and disoriented because it makes no sense. *However*, after being exposed to quantum thinking and incorporating it in my everyday life, I now understand it. I have actually said a few times to my best friend, “How is it that my life has become like a wild online role playing game, but it’s *really* happening and I *expect* it to happen this way???”

This concept of the mind expanding to accept the once implausible is a perfect example of how powerful the human mind really is. And, for me, watching this movie is about releasing perceptions and preconceived notions. It is about questioning my beliefs and questioning what I once thought to be

possible. It provides the space for bringing in new information and reminds me to release myself from “knowing” everything I feel I need to know.

Today, what jumped out at me in relation to where I am is the quote from the narrator early on in the movie:

“Is it possible that we're so conditioned to our daily lives, so conditioned to the way we create our lives, that we buy the idea that we have no control at all? We've been conditioned to believe that the external world is more real than the internal world... what's happening within us will create what's happening outside of us.”

In speaking about the Native American shaman who could see the ripples on the ocean caused by the ships that no one can see, this movie addresses the process of conditioning the human mind to believe only what it can identify. With days of persistence, he witnesses the ripples on the ocean and waits for an answer about what is causing those ripples. He waits patiently to understand something he has never witnessed before, something he has no language for understanding. And then, suddenly, he is able to see the ships. He conditioned his mind to accept the new reality.

I am really appreciating this assignment as being another reminder of how powerful my brain truly is. Listening to Dr. Joe Dispenza's comments regarding how he creates his days inspired me, yet again. His words have been transcribed as follows:

“I wake up in the morning and I consciously create my day the way I want it to happen. Now sometimes, because my mind is examining all the things that I need to get done, it takes me a little bit to settle down and get to the point of where I'm actually intentionally creating my day. But here's the thing: When I create my day and out of nowhere little things happen that are so unexplainable, I know that they are the process or the result of my creation. And the more I do that, the more I build a neural net in my brain that I accept that that's possible. (This) gives me the power and the incentive to do it the next day.

“...if we're consciously designing our destiny, and if we're consciously, from a spiritual standpoint, throwing in with the idea that our thoughts can affect our reality or affect our life -- because reality equals life -- then I have this little pact that I have when I create my day. I say, ‘I'm taking this time to create my day and I'm infecting the quantum field. Now if, in fact, the observer's watching me the whole time that I'm doing this and there is a spiritual aspect to myself, then show me a sign today that you paid attention to any one of these things that I created, and bring them in a way that I won't expect, so I'm as surprised at my ability to be able to experience these things. And make it so that I have no doubt that it's come from you.’ I live my life, in a sense, all day long thinking about being a genius or thinking about being the glory and the power of God or thinking about being unconditional love...

“I'll use living as a genius, for example. As I do that during parts of the day, I'll have thoughts that are so amazing, that cause a chill in my physical body and that have come from nowhere. But then I remember that that thought has an associated energy that's produced an effect in my physical body. Now that's a subjective experience, but the truth is that I don't think that, unless I was creating my day to have unlimited thought, that that thought would come.” (I Create My Day, 2004)

With all that being said, the most powerful aspect of this movie for me this time around was the reminder that I am an emotional being and that these emotions are based on my experiences of life. “Our mind actually creates our body,” says the narrator and we are shown how the body responds to our thoughts, how the cells react to peptides and how we come to crave the reactions our cells have when these peptides are released.

I appreciated being reminded that my mindset is what is bombarding my body with positive or negative side effects. If my continual thought process is a negative-based process, I begin to break down, age and disintegrate because my cells are no longer able to take in the necessary nutrients. My cells are on lock down because they have become used to the acidic thoughts of hate and disgust.

“It makes you wonder, doesn’t it? If thoughts can do that to water, imagine what it can do to us.”

This reminder brings me back into alignment with my divine self and encourages me to “dream better” and allow the space for the quantum possibilities of who I truly am. And, like what happens every time I watch this movie, I am reminded that I am a beautiful being that is willing to hold space for incredible things to be made known to me. I am willing to continually look for new possibilities and to go within myself, into my core beliefs and to uproot them, go through the chemical withdrawal of the once addicting patterns of my thoughts and to be available for the new thought patterns.

I am willing to look at the world differently. I am willing to continue watching the “ripples” while not understanding what I am seeing, until I do. I am willing to allow my concept of God to continually evolve and be in the abstract so that I can see myself through God’s eyes. I am willing to allow my old concepts about how I have viewed my life in this world to fall apart and make way for new, more delicious possibilities of love of my Self, first, and then those around me.

*“...show me a sign today that you paid attention to any one of these things that I created, and bring them in a way that I won't expect, so I'm as surprised at my ability to be able to experience these things. And make it so that I have no doubt that it's come from you...”*

I am the scientist of my own life! I am reminded of all this and *that* is why I love this movie.

#### References:

*I Create My Day*. (2004). Retrieved April 23, 2011, from [www.whatthebleep.com](http://www.whatthebleep.com):  
<http://www.whatthebleep.com/create/>