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# The Solari Report

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## Rethinking Intelligence with Lynne McTaggart



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**C. AUSTIN FITTS:** Okay, so let me turn to our interview with Lynne McTaggart. As I said before, I interviewed Lynne earlier this week from London. She's the author of a series of books: *The Field*, then *The Intention Experiment*, and finally her most recent, *The Bond*, subtitled "Connecting through the Space Between Us." Lynne has done a remarkable job of translating very important and cutting edge scientific research and making it not only possible for the lay reader to understand it, but integrating research from many different fields to help us understand how this research applies to our everyday life, and it's really a remarkable achievement.

And her work really picks up on some of the conversations we had last year with Adam Trombly, Dr. William Tiller, and Foster Gamble, the producer of *Thrive*. With no further ado, let us now begin the interview with Lynne McTaggart.

It's my pleasure to welcome today to the Solari Report Lynne McTaggart who comes to us from London. And I've asked her to start by talking a little bit about her background and how she came to be an author and then to write *The Field*. So Lynne, welcome, and thank you so much for agreeing to join us on the Solari Report.

**LYNNE MCTAGGART:** Oh, it's my pleasure. Thank you! I got started in *The Field* really because I edit a newsletter called "What Doctors Don't Tell You," soon to be a magazine, by the way – an international magazine, we're thrilled to say. And every month, we look at what works and what doesn't work in medicine and better alternatives. And in the course of doing that in the early 90s, I kept coming across a lot of good studies – really good scientific studies of things like spiritual healing.

And that just set me back a bit, and I kept thinking to myself, "Well, if you can have a thought, send it to somebody else and make that person



better,” which is basically what spiritual healing, “then this really undermines everything we think about of the way the world works.” So I wanted to find out how this could be – you know, how this could work. And I also was a little distrustful of some of the terms being used at the time – things like “subtle energy.”

I kept thinking, “Well, if you can make somebody better with your thoughts, there’s nothing subtle about this. This is pretty powerful!” So how does it work? And I thought I would probably just speak to some frontier scientists – I have a background in investigative reporting, so I’m used to really in-depth reporting, and I thought, “Well, I’ll just speak to these guys, and they’ll tell me how it works. They’ll tell me there’s something like human energy fields around, write up the book, and that’ll be that.”

And I was completely unprepared for what I found, which was a bunch of scientists on the brink of a complete revolution in our understanding of the way the world works and the way we work. And so I was astonished by that and also astonished by the work I’d taken on because these scientists speak in code. They talk in math, basically, and so it’s hard for them to talk about their work to the general public. So I realized I was going to have to be an interpreter, and that was daunting.

But another even more daunting idea was that scientists don’t like to venture outside of their own patch – their area of experimentation – and speculate about what this all means. And I realized with kind of growing alarm that that job was going to have to be left to me. So I wrote *The Field*, and *The Field* is really about the fact that we are insubstantial as individuals. We’re part of this vast energy field – this vast quantum field. And that led me – really thinking about that led me to the other work that I’ve done since – the other books I’ve done since.

**C. AUSTIN FITTS:** *The Field* for me was a remarkable experience. I read it when it first came out, and I’ve been struggling to try and find and understand many of the things you write about. And trying to understand the scientists for me was very, very difficult and time-consuming, but also trying to integrate it. And of course, you described



much that I had not found. And so your – you know, sometimes I think the – you can't underestimate the power of a good translator, because your writing is very beautiful.

It's very clear, and you integrate tremendous things from physics, things from psychology, things from biology, and it's really remarkable. The book is so clear and so well written that you make it seem easy. But having struggled with it before you published the book, I have to say it's really quite remarkable.

**“It's very clear, and you integrate tremendous things from physics, things from psychology, things from biology, and it's really remarkable.”**

**LYNNE MCTAGGART:** Oh, thank you very much. It was a hard book to write. Of all the books I have done, these last three have been hard books to write because it is trying to not only interpret, but trying to synthesize all of this work and to basically say, “Well, what does this really mean about who we are and also how we're supposed to live?” And that was the real interest I had ultimately. *The Field* made me question how we live today because we live according to a couple of basic assumptions that have come to us via science, and they are (a) the fact that we are all individuals, and we've really got that ever since the days of Isaac Newton.

That we are individuals in a very well-behaved universe, and that we operate as individual things according to fixed laws in time and space. And the other assumption is that life is essentially a race to the finish line. It's a competitive world out there, and it's survival of the fittest. And there isn't enough out there, so we all have to compete to survive. So those things have really formed essentially our underlying belief system, and from there we've constructed our world.

And after I finished the field, I realized, “My goodness, we have to rethink everything. We've got to build again essentially from scorched ground, you know – blow up our societal creations essentially and start over because we're very different from what we've been told.” And that really means we have to live in a very different way. And of course, we're seeing this now. We're seeing the breakdown of all of our societal



structures.

**C. AUSTIN FITTS:** Right. One of the reasons I valued *The Field* so much is – I was an investment banker, and I did a great deal of work during the 90s to break down the economy with new software tools and databases. And I found that the markets and the economy weren't optimizing around financial returns the way you're taught in business school. In fact, it defied everything I learned in business school. If you looked at a community and how the economy in a community worked or a place, it works very much around clusters of knowledge in culture.

And if you read your book, you go much further than business school into describing how our economic activity really flows, and a lot of it flows around our thoughts, our intentions, our connection, our learning. It's very interesting. So, you know, I came at it from a different place, but it resonated tremendously. And of course, then the more I learned – I read *The Field* and some of your other stuff, it resonated with sort of my day-to-day life and my relationships with family and people.

Well, let's go on to how – were you surprised by the success of *The Field*, because my recollection was it was really a phenomena?

**LYNNE MCTAGGART:** Yes, and it wasn't initially. It just grew over a couple of years. I was surprised. My publishers on both sides of the Atlantic thought it was a special book, but I wasn't really prepared for how many people would feel that it was their bible, and I thought that was really wonderful because it's exactly what you've said – I heard exactly what you said as an economist from people in all kinds of industries, from science and engineers are big fans. The military is a big fan of the book because they've found with people who are suffering from post-traumatic stress disorder the only thing that seems to work are very weird modalities like thought-field therapy and emotional freedom techniques.

And they can't figure out how that works, and so *The Field* gives them a structure for it. And so I find that so many people find *The Field* – so many people from so many diverse modalities and types of therapies and belief systems find *The Field* as their bible. So I was thrilled about that. I



was really thrilled.

**C. AUSTIN FITTS:** So how did that evolve into *The Intention Experiment*? Maybe if you could introduce that book and website and what you've been doing.

**LYNNE MCTAGGART:** Sure. And by the way, for *The Field*, people who want to know anything more can come to my main website, which is [LynneMcTaggart.com](http://LynneMcTaggart.com). For *The Intention Experiment* – after I wrote *The Field*, I was left with a lot of unfinished business – some thoughts having a lot of implications about the fact that thoughts are an actual something with the ability and capacity to affect physical matter.

And the journalist – the sort of no-nonsense investigative journo in me kept thinking to myself, “Well, how far can we take this? If our thoughts can change things, can we cure cancer with our thoughts? Can I use it to fly up to the top of my roof and fix my satellite dish? What can I do with this?” And I was also interested in the philanthropic implications of it because a lot of people had written about the use of intention to manifest stuff for yourself and – you know, to get a better job, and to get a bigger car – and I kept thinking, “Well, if this is so powerful, then we want to use this to clean up the planet, to heal the world.”

So *The Intention Experiment* really came out of interest in looking at how far we can take intention. What's the science of intention? But also what happens when lots of people are thinking the same thought at the same time? I had talked a little bit about that in *The Field*, and I had looked a bit more into this – the idea of group intention – and the evidence was tantalizing, but not conclusive. And so it was my husband who really turned to me one day and said – you know, I couldn't find any evidence about – real powerful evidence about the effect of group intention, and he said, “Well, why don't you do these experiments yourself?”

And that sounded really preposterous because I'm not a scientist. But then when I started to think about it, *The Field* is in 27 languages, so I have lots of readers around the world, and I know lots of scientists from doing these books, and so I thought, “Well, if I put this together, and I



set up periodic experiments on my website, I would have the biggest global laboratory in the world.” And that’s really what we’ve been doing. I mean we’ve run 24 experiments to date and 20 – and 18 – looks like it’s gonna be 19 soon have shown positive demonstrable significant effects in everything from changing the way plants grow to purifying water and even to lowering violence.

**C. AUSTIN FITTS:** Tell us about the lowering violence one, because I’ve read about it, but I didn’t participate.

**LYNNE MCTAGGART:** Well, we did one in 2008 in Sri Lanka, and we ran it for eight days, and I had people from all over the world participating, and at the time there was a 25-year civil war that had been going on with the rebels basically winning, and they had controlled the north. We sent intention for those eight days, and during that time – this is very worrying to us – violence quadrupled, and then it plummeted by something like 80 percent. And the war completely changed direction from that week.

We had scientists – a team of scientists on this, and they analyzed the statistics for it, and they found that just – there was a complete change in what happened during that week and what happened in the war. And then afterward, within a few months the government took over the north which had been controlled by the rebels. And about five months later, this war – this intractable war was over. Now, it was a really bizarre change, and even our statistical – our very mild-mannered statistical professor who was looking at these said, “This is really weird,” because it seemed like that week was a pivotal moment.

So we ran another one this past year in – marking the tenth anniversary of 9/11. We started an eight-day event, once again, at 9/11, and we haven’t finished looking at the data because what we tend to do is like a two-plus-year time analysis. I let about two or three months pass to see what happens, and then we do a whole mapping of what happened before, an analysis of what’s likely to happen next, and then we look at whether we’ve deviated from it. So it becomes a more powerful statistical result than just saying, “Oh, yeah, violence went down the week



afterward, because that could be anything.”

So it's looking very positive, like for the first time the two provinces we sent intention to in Afghanistan this time have had a lowering of violence. And we had a remarkable event. I worked with a guy who is pretty much like the Deepak Chopra of the Middle East, and he invited tens of thousands of Arabs to join with our tens of thousands of westerners. And we had people from 75 countries, including all of the Arab states, participating. So it was an amazing event, and this guy, Salah, who is the Deepak Chopra, began by apologizing on behalf of the Arab countries.

I then responded by apologizing back for the Western countries in our response. So he apologized for 9/11, and I apologized for the very violent response in Afghanistan and Iraq to 9/11, which resulted in the death, detaining, injury or deporting of hundreds of thousands of totally innocent Arabs. So it was a remarkable event. And we're still – we're still number crunching, but it looks very positive.

**C. AUSTIN FITTS:** And how do you measure the – when you crunch the numbers – what's in those numbers? It's just violent events?

**LYNNE MCTAGGART:** No, we look at all casualties, injuries and deaths of both, and with this case we're doing both civilians and the military combined forces. And we look at them from two years back. So we're looking at monthly statistics from two years prior to September 11, 2011 and then the three months afterward, and we create a time analysis. Now I don't do this; a scientist does, and she looks at what should have happened on the base of what did happen. That's a time analysis statistical analysis.

And if we deviate enormously from what is the predicted should have happened, then that becomes something very interesting, just as we did with Sri Lanka.

**“For the first time the two provinces we sent intention to in Afghanistan this time have had a lowering of violence.”**



**C. AUSTIN FITTS:** Now, how did participating in these experiments change you personally? How has it impacted your life, because I would think this would be a very gratifying experience?

**LYNNE MCTAGGART:** Well, yeah, because of the very simple fact that although there was a lot of amazing evidence about the power of intention that I put in *The Intention Experiment*, you know, there was only tantalizing evidence, nothing conclusive about the power of group intention. So the bottom line was I didn't know it was gonna work. I assumed it was going to work. I suspected it was going to work. All signs pointed to the idea it was going to work, but we didn't know.

And so I was surprised and delighted, and so were the scientists I was working with. They'd all seen the power of intention, but we didn't know it was going to be this powerful. And I mean remember in all of the cases of the intention experiments we do, we have a target sitting in some laboratory somewhere. So oftentimes it's been the University of Arizona. What we get posted – what we post on our website is a photograph of the target, not the target itself.

So people are sending remote intention from all over the world via their computer screens all at the same time to a picture, basically – to a photograph. And the object itself changes. You know, and we – what we do – for instance, when we were doing the plant experiments, Dr. Gary Schwartz, my scientist, a psychologist at the University of Arizona, created a very well controlled experiment where we had one – we had four possible targets which were sets of seeds. And I chose randomly the seeds we were going to send intention to.

Gary did not know which ones we were – we did until after he'd done his analysis of the effects. So we'd sent intention to the seeds. He'd plant all of the seeds, and water them, and then measure them five days later to see which ones grew the highest. And in every instance it was the – you know, it was the seed sent intention. Now, he didn't know they were the seeds sent intention until after he'd done the measurements. Then I would reveal the target to him. So we were doing this as a blinded experiment, and it – you know, we ran it six times.



And every single time it worked. So this is the thing. I think he was stunned by this, too, because as I say, we're sending intention first of all remotely and then to a photograph of an object that is thousands of miles away from all the people sending intention.

**C. AUSTIN FITTS:** Right!

**LYNNE MCTAGGART:** So yeah, I was pretty blown away by it.

**C. AUSTIN FITTS:** Now, was the experiment and the results of the experiment what then inspired you to write *The Bond*?

**LYNNE MCTAGGART:** Well, I had – after writing *The Field*, as I mentioned, I really knew that I needed to look at how we live and maybe how we're supposed to live. And I think what really inspired me to write *The Bond* was the mess we're in. That was one of the big reasons. Watching the collapse of so many of our institutions – I basically sold the book a month after the stock market crash in 2008.

**C. AUSTIN FITTS:** Oh, okay.

**LYNNE MCTAGGART:** So I started because I thought, “Well, this is just the beginning of this. This is the beginning of the end of days for these systems.” And I think we're at the end of capitalism here as we know it. And so I started thinking about that, and I started thinking about why we're in the mess we're in, and it came down to the fact that we're living according to a paradigm that essentially boils down to, “I win; you lose.”

And that we're operating according to the idea that in every area of our lives, whether it's in education or business or our financial model, our neighborhoods, even our relationships are all about this false sense that we need to dominate each other and that we can only win by somebody else losing. And I really wanted to ask a basic question. You know, is this the way we're supposed to live? Was this the way we were designed to live? And if not, how were we supposed to be, and what are we supposed to do about it? So that really became *The Bond*, is “how else should we live?”



**C. AUSTIN FITTS:** Well, let's just open up and start going through *The Bond*. The subtitle on *The Bond* is "Connecting the Space Between Us," and I just have to read this because –

**LYNNE MCTAGGART:** "Connecting through the Space Between Us."

**C. AUSTIN FITTS:** I'm sorry. Did I – "Connecting through the Space" – I have to read the quote that you use which I thought was remarkable. Thank you – from Arthur Miller, and this is the quote at the front of the book, "Everything was being destroyed, but it seemed to me that one new thing was made: a kind of responsibility, man for man, to bring that onto the earth again like some kind of monument, and everyone could feel it standing there behind him, and it would make a difference to him." And that's really what you've done. You know, it's quite remarkable.

**LYNNE MCTAGGART:** Oh, well – thank you.

**C. AUSTIN FITTS:** So let's start through *The Bond*, and maybe if you could talk a little bit about the super-organism?

**LYNNE MCTAGGART:** Sure – well, as I said earlier in our interview, you know, we proceed on a premise – a series of premises about who we are. And lots of things write the story that we live by – you know, religion, philosophy – but the biggest author really is science. The biggest author for us in the west – you know, science tells us who we are, and from there we determine how to live, and science has essentially told us that we are individuals, that the world is filled with individual, self-contained things, and that those things are in competition with each other.

So I wanted to look at this a little further. So that breaks down into basically about four different ideas: the world's made of things, I am an individual, and my biology demonstrates this, and my thoughts are my own, and my actions are my own. When I started looking at this from a subatomic point of view and looking at smaller and smaller pieces of the universe, which is what scientists like to do – they like to take apart the universe like a great big radio and look for the smallest pieces because



they think then they can define the big pieces – and the more you look, the more you find more and more subatomic particles.

And the reason they really can't be identified is because as any quantum physicist will tell you, the smallest elements of the universe, subatomic particles, aren't things at all. They're not those little billiard balls as demonstrated in chemistry or physics classes. They are a vibrating packet of energy trading energy with other vibrating packets of energy almost like an endless game of tennis. And so the universe isn't a thing at all: it's a relationship. It's a relationship between subatomic particles, and it's a relationship between subatomic particles and this background energy field.

So that we see mimicked in all of the universe.

We now know that our biology, for instance, is hugely affected, and our DNA, which we think is the thing that creates us from inside out, is actually only like the keys of a piano. They sit there very statically, and they only get played by environmental influences: the water we drink, the air we breathe, the food we eat, the friends we have – the sum total of how we live our lives. All of this determines whether a little quartet sitting above each gene turns on or off that gene. So what this really says is that we don't get developed from inside out.

We get built and constructed and become who we are from outside in, by our bond with our environment. And you see this even in –

**C. AUSTIN FITTS:** Yes – things are much more dynamic than we've been led to believe.

**LYNNE MCTAGGART:** Absolutely – and we involve things even millions of miles away in our daily life. The effect of everything is – actually affects everything else, and the most dramatic example of that is the affect of

**“The reason they really can't be identified is because as any quantum physicist will tell you, the smallest elements of the universe, subatomic particles, aren't things at all. They're not those little billiard balls as demonstrated in chemistry or physics classes.”**



the Sun on us. The Sun is a big old ball of gases crossed with a lot of unstable and magnetic fields, and that's a recipe for periodic explosions, and the Sun throws – hurls its gaseous stuff towards Earth. That hits a thing called the geomagnetic shield, which is a donut-shaped shield around the Earth.

And scientists now know – and this isn't astrology; this is hard science. They know that this has a profound effect on living things, and particularly the electrical systems of living things, like the heart and the brain. So when this goes on, our heart attacks increase, our psychiatric visits increase, our epileptic fits increase. We get destabilized, but we now know that this also affects our behavior because there have been some really interesting studies looking at solar cycles and the Sun's – this – all this activity of the Sun operates – waxes and wanes in a periodic cycle of about 11 years.

And when they've looked at stock market activity, for instance, and terrorist activity, for instance, they've found that that waxes and wanes also absolutely in time with the Sun. So stock market activity, which is just human behavioral activity – you know, we're nervous, we sell; we're confident, we buy – all tracks this – you know, tracks that 11-year cycle perfectly. And so it's quite an interesting – what this all suggest is that instead of being an individual – a self-contained individual, you know, if we can be affected by a star millions of miles away that we are essentially an intergalactic super-organism.

You know, we are part of the super-organism, and when we continue to think of ourselves as individuals, we inevitably, invariably steer wrong. When we think of ourselves as a holistic unit, an entity, then we move in the right direction. Then we thrive.

**C. AUSTIN FITTS:** It's a reminder of that old quote, "What we do to the other, we do to ourselves."

**LYNNE MCTAGGART:** Absolutely! But, you know, that's not the way we live our lives right now. We still are set in the old mindset, and so much of what I wanted to write about in the book and I now teach a lot of how



to in my classes – I’ve got tele-classes, and I’ve got new programs on teaching whole organizations how to create a coherence in the organization and then become ambassadors of change – is all about wiping that old hard drive clean of the competitive mindset.

**C. AUSTIN FITTS:** Let’s talk about what you call the “pull to wholeness,” because one of the things you describe in *The Bond* is the extent to which we really are fundamentally cooperative beings, and that’s the basis of our success – that the human race really – we got to where we got by cooperating, and you walk through some of the science. So maybe if we could go into that in just a little bit.

**LYNNE MCTAGGART:** Sure. I mean, we’ve been told by a lot of the very reductive neo-Darwinists that we’re actually born to be selfish, and that nature as Nietzsche put it is a will to power. And I found that that was completely untrue. All of the science, and I looked beyond physics this time – I looked at biology and psychology and anthropology and all of the – economics and all the -ologies – and found that actually nature has a pull to wholeness. Nature has designed us to share, care and be fair, not to compete. And one of the most – the greatest examples of that is our need to belong.

Scientists have demonstrated that we have – that not belonging is probably the worst thing that can happen to a human being. Suicides tend to kill themselves because of what psychologists call “excessive individuation,” and by that they mean they just feel left out. They haven’t connected with the whole, and they’ve found that – I mean, very interesting statistic – only half of heart attack victims have the usual risk factors like high cholesterol or clogged arteries. The rest are simply lonely. They literally die of a broken heart, and conversely scientists have found –

**C. AUSTIN FITTS:** One of my favorite lines from Scripture is, “Guard your heart, for from it flows the wellspring of life,” and your descriptions of the relationship between the health of your heart and the health of your community and connection is just astonishing.



**LYNNE MCTAGGART:** Well, I – it astonished me, too, to realize that community is probably the best drug anybody can take. I mean, aside from protecting against heart attack, having friends and having connection in a community has been demonstrated to be protective against depression, stroke, even the common cold. And they've found just joining a couple of groups can have your risk of dying in the next year – so this is hugely, hugely powerful and demonstrative of our need to belong.

You know, even with Japanese – the Japanese – I thought it was very interesting to see that they are – when they move to the U.S. – the Japanese have low heart disease. But when they move to the U.S., their heart disease oftentimes rises to that of ordinary Americans if they don't connect with their community. If they do, it doesn't matter what they eat, whether it's tofu and sushi or Big Macs and fries. What's really important – the only common denominator for success is community.

**C. AUSTIN FITTS:** One of the stories you told – there are many wonderful stories in *The Bond*, but one is about the town in Pennsylvania – I don't remember the name – where they had remarkably superior health statistics because of the bonding of the community? Did I remember that correctly?

**LYNNE MCTAGGART:** Yeah, I mean, and it's a really interesting community which has been written about. But what I found so interesting about it – it was that rich lived side-by-side with poor but didn't flaunt it. And they all worked together. They had been a beleaguered group of Italians who were kind of discriminated against by the Protestants who lived there before them. But they were mainly transplants from the old country, and they all worked together putting flowers around the town. They created their own little band.

They had their own little groups, their Knights of Columbus, and they became a really coherent community flushed with common pride. And also, as I say, the rich decided not to flaunt it, and so there was this real, real connection. And consequently, they had – they were a little bubble that had a very low heart attack risk compared to neighboring



communities. But then as soon as the next generation or so began to live like ordinary Americans and move outside of this little bubble of connection, then their heart attack rate began to mimic that of the rest of the country.

So I think they're a wonderful example of what to do to maintain this kind of community coherence. And, as I say, a real important thing is eliminating the whole thing of flaunting or keeping up with the Jones's.

**“They’re a wonderful example of what to do to maintain this kind of community coherence.”**

**C. AUSTIN FITTS:** Yes, that really was underscored. Envy is bad for your health and bad for community?

**LYNNE MCTAGGART:** Definitely! Definitely – both you – the person doing it and the other person witnessing it.

**C. AUSTIN FITTS:** Let's talk about actions, because I think – as I was going through *The Bond*, I kept thinking, “What are the actions I need to take as a result of this?” So let's just start with you. How has writing the bond changed your life – your behavior? What actions have you taken?

**LYNNE MCTAGGART:** Well, I have put together a whole big program for changing four things, and this is the four things that I felt were really important, and one of them has been really impacted on me. The four things are – in terms of wiping our hard drive clean – the last third of the book – which is how do we see much more holistically? How do we relate much more holistically? So it's not just about, “What's in it for me?” but, “How do I serve?”

How do we connect across what we consider deeper and deeper divides, and how do we take personal responsibility for being the change? I think those were the real important aspects that I've found. And I think what's impacted me most has been – I mean, I've been practicing various techniques for a long time that help me see more holistically. But I think changing the way I relate to people was really important because I found that unconsciously – and all of us have this – even the most spiritual –



so-called spiritual among us are all imbued with this mindset of, “I win; you lose.”

And so it really requires a big paradigm shift of looking at – looking and recognizing – catching yourself when you start labeling people as the other, and you start labeling them according to essentially clichés. You know, because Republicans and Democrats all want mostly the same things. We all want to take care of our children. We all want to not pay too many taxes. We all want the roads to be half-decent. We all want good schools. You know, we all want the same stuff, but we’ve ended up demonizing each other for stupid and trivial reasons oftentimes when there’s so many ways we can make connections.

And I felt that what was really important were techniques that I teach now. I’ve put together a program of how to connect even when you don’t agree, and how not to consider that as a real problem. Consider that a creative solution or the means to a creative solution.

**C. AUSTIN FITTS:** Right – I love the description in *The Bond* of the group that got together to talk about abortion. So you had people on completely opposite sides of the spectrum ideologically, but when they started to get to know each other and communicate, something very powerful and different happens, and –

**LYNNE MCTAGGART:** Absolutely! It was so interesting with that situation because they learned to share deeply and from the heart and not – and to stop demonizing the other, but just to share deeply and listen deeply and not to be afraid of difference. And once they did that, connections started being created. It wasn’t just common ground. It was kind of a superior ground. They – you know, when there were some threats on the Planned Parenthood, it was the pro-life people who tipped off their pro-choice friends, and ultimately, even though they decided and realized that they didn’t agree and they felt very deeply about what they believed in, and maybe it was different, they – you know, they partied together.

They watched each other’s children. They began to love each other, and



that's the point is not being really afraid of difference. We don't have to have the same to be friends.

**C. AUSTIN FITTS:** One of the things I see a lot in my work is currently we have a debt-based currency and debt-based economy which tends to promote this win/lose kind of incentive. If we're gonna build an equity-based economy, equity is all about aligning and finding accord, and one of the reasons I so enjoy both *The Field* and *The Bond* is – you know, the question for most of us is, “Okay, well, we're in this debt-based trap. How do we get to something that can build alignment?”

And just having this scientific foundation gives you the confidence to go out and do that, because the practical struggle we deal with with this win/lost stuff that's gotten engineered into so many incentive systems is very, very real. Well, I interrupted you. So go through the four – finish going through the four.

**LYNNE MCTAGGART:** No – so – okay, well – and then as I say – but I thank you for that. And I think that is the real purpose of *The Bond*, which is to rewrite our story. I mean, I felt that was really my first function because I think we have to first rewrite the story of who we are before we can figure out how to live in a new way.

**C. AUSTIN FITTS:** Right, right.

**LYNNE MCTAGGART:** So that was the first purpose of it. Now, the third idea about connecting across deep divides, I was fascinated by one of the most beloved psychological studies of all time that really gave me the idea. It was a – it concerned – it was 1950s. It concerned 22 12-year-old boys who were sent to summer camp in two separate buses, and they were encouraged to have separate identities.

**C. AUSTIN FITTS:** Oh, this is fascinating – yes.

**LYNNE MCTAGGART:** And they were encouraged to have separate identities, separate names. So one chose Rattlers; the other chose Eagles. And they were put in separate houses, and watching all of this were a group of



camp counselors who were actually psychologists in disguise. And they got them involved in neck-and-neck competition and engineered the results so that they would always be very close, one and the other. And they were fighting over much coveted prizes.

Now, after a while, the scientists didn't have to engineer anything because the kids were killing each other. Under these highly competitive circumstances, they were ripping up each other's flags, and invading each other's houses, and stealing each other's presents and prizes, and they just hated each other. And nothing could stop them from hating each other. So the psychologists then engineered a series of crises in the camp that could only be sorted out by the collective efforts of all the boys involved.

So the boys had to work together, for instance, to remove an impediment that had been put in the water supply, and they had to work together to pull a truck out that had fallen into a ditch or that had been placed, essentially, into a ditch. And magic then began to happen. The boys began to eat together. They began to talk to each other and started to become friends with each other, and ultimately unanimously voted to ride home together. And one of the heads of one of the groups – the Rattlers or Eagles – spent all of his prize money on ice creams for the whole group.

So what they engaged in is called a super-ordinate goal. And scientists have seen that whenever this is used, it's the most brilliant thing – and by that, I mean, you know, engaging everyone in a bigger goal that can only be sorted and achieved by the collective efforts of everyone involved. Doing that seems to reach across divides and unite people. And you see it in so many different examples, but when I looked into the science of it, it was very obvious why it worked. The science shows that when we work for a collective purpose, our brainwaves start operating in synchrony.

And there's another bit of evidence, too, looking at studies of Oxford rowers, they show that when they row as a group they have a much higher pain threshold individually than they do when they're rowing on their own.



**C. AUSTIN FITTS:** That was fascinating.

**LYNNE MCTAGGART:** So, you know, working together for a common goal also raises everybody's game. So that seemed to me to be one of the real key elements for reaching across big divides.

**C. AUSTIN FITTS:** And number four?

**LYNNE MCTAGGART:** Number four is taking responsibility to become one of the changes – be the change that you want to see. And I can best illustrate that by the work of Nipun Mehta. Mehta was the prototypical Silicon Valley Turk who was on six figures right after he got out of university. And after a while, he got sickened by the conversations of all of his colleagues. It seemed that all he was hearing about was who was getting the new – the next Mercedes or who had the biggest new stock options. So he decided to do something radical.

**“It seemed that all he was hearing about was who was getting the new – the next Mercedes or who had the biggest new stock options. So he decided to do something radical.”**

He felt he was living in the greediest area of America with the highest per capita income and the lowest level of charitable donation. So he wondered whether or not he could change this culture by creating little acts of generosity and creating a little microcosm of generosity. So he wanted to see if he could do that. So first thing he did was convince his mom to open up her door to 50 strangers every week. This is an amazing mom. And so he would invite 50 people in – anyone.

Anyone – rich, poor – anyone – people he didn't know – and have them come in and meditate together. And then they'd share a conversation, all discuss any old thing, and they'd all get a shot at the mic, and then mom would feed all 50. And this would happen every Wednesday. They did this, and a new batch of 50 would come every single week, and it's gone on for 15 – 16 years now, and no one has stolen so much as a teaspoon – nothing. No incidents whatsoever, and the only fights that ever break out is who's gonna do the dishes because when generosity is the currency



the game starts changing.

So I mean, Mehta does all kinds of refinements. He's put bookshelves up and just filled them with inspirational books, and he just has a sign saying, "Take whatever you want," and now he had more books than he started with, because more people are giving books than taking books. When generosity is the currency, the game starts changing. So Mehta is very interesting to me, again, when I looked at it scientifically.

What happens, and why this happens? And they've shown two things. One is we're hugely affected – and one of the areas that I talk about in *The Bond* is how emotionally contagious we are and behaviorally contagious, but they also find that when we do good deeds, they are also contagious. So if you – for every act of generosity, it actually ripples down social networks. So if you're nice to Jane, she's more likely to be nice to Tom. He's more likely to be nice to Pete. Pete's more likely to be nice to Sam, and so forth.

So you can create this contagion of generosity that can change a culture. And they've also found with scientific studies that all it requires in a culture of greed is one or two people wedded to fairness and wedded to reciprocity to change the whole game and turn it around. So a perfect example of this is a girl called Marie – a woman called Marie. She was in the typical company – you know, typical dog-eat-dog company, and this got tiring to her, so she wanted to see if she could do anything about it.

So she decided to leave change in her Coke – in the company's Coke machine every day with a little sign saying, "Your Coke has been paid for. Keep the spirit alive and pay it forward." This completely freaks out her coworkers. They start creating a kind of a – you know, a spy network to find out who the secret Santa is. So Marie moved floors at this point, and she starts leaving donuts every day with the same sign. You know, it becomes a dinner-table conversation for weeks, and before long it becomes the little impetus that completely changes the culture of that company.

And it's that simple, you know. We're all so connected and



interconnected. We're all so desirous of connecting with each other that all it takes is one or two people to remind us of who we really are to change the game completely.

**C. AUSTIN FITTS:** Well, Lynne, this has been very inspiring. Now, before we end, I would love it if you could – we all know how to buy your books – and again, I want to remind the subscribers these are books you absolutely want to get, you absolutely want to read. You want to have them in your library. You want to share them with your friends. But tell us how we can access the magazine and the teleseminars and keep up with your work on an ongoing basis.

**LYNNE MCTAGGART:** Thank you. If you want to find out more about *The Bond* in our upcoming teleseminars, please visit [TheBond.net](http://TheBond.net) or my major site, [LynneMcTaggart.com](http://LynneMcTaggart.com). For information about “What Doctors Don’t Tell You,” the newsletter and so to be the magazine, please come to [www.WDDTY.com](http://www.WDDTY.com). That’s for “What Doctors Don’t Tell You,” [WDDTY.com](http://WDDTY.com). And finally, if you’d like to be part of our intention experiments, come to [TheIntentionExperiment.com](http://TheIntentionExperiment.com).

**C. AUSTIN FITTS:** Now, what’s the next teleseminar?

**LYNNE MCTAGGART:** My next teleseminar is “Surviving and Thriving in the Post-Recession Economy,” and it’s going to be all about how do we live – how do we start thriving and prospering in this current situation? What do we have to do that’s different, and what do we have to learn about that’s different? And it involves completely changing the way you live and work in the sense of altering what your expectations are and altering the way that you relate to other people. And I’ve been working with a couple of groups, as I say, and we’re finding remarkable things just putting some of these *Bond* practices to work.

**C. AUSTIN FITTS:** That sounds fascinating. Okay – well, books, magazines, teleseminars – there are a lot of ways to plug in. Lynne McTaggart, thank you so much for everything you’re doing. You know, this is all wonderful material and wonderful support for each one of us as we grapple with how to reinvent our lives and reinvent everything. And I



can't tell you what a difference you've made to my life, and I'm sure you're gonna make a big difference to my subscribers. So again, thank you for joining us on the Solari Report. And have just a wonderful day.

**LYNNE MCTAGGART:** Wonderful! Thanks so much. Take care.

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Nothing on The Solari Report should be taken as individual investment advice. Anyone seeking investment advice for his or her personal financial situation is advised to seek out a qualified advisor or advisors and provide as much information as possible to the advisor in order that such advisor can take into account all relevant circumstances, objectives, and risks before rendering an opinion as to the appropriate investment strategy.