

*the*  
wisdom  
codes

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*the*  
wisdom  
codes

ancient words  
to rewire our brains  
and heal our hearts

GREGG BRADEN



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# CONTENTS

Preface.....

Introduction

How to Use the Wisdom Codes

The Words Are the Codes

## **PART 1: PROTECTION**

Wisdom Code 1: Psalm 91

Wisdom Code 2: Buddhist Prayer of Refuge

Wisdom Code 3: The Lord's Prayer

Wisdom Code 4: Gayatri Mantra

## **PART 2: FEAR**

Wisdom Code 5: Katha Upanishad

Wisdom Code 6: Pyramid Texts

Wisdom Code 7: Bhagavad Gita

Wisdom Code 8: The Gospel of Peace

## **PART 3: LOSS**

Wisdom Code 9: Otagaki Rengetsu

Wisdom Code 10: Buddha

Wisdom Code 11: Pavamana Mantra

## **PART 4: STRENGTH**

Wisdom Code 12: Beauty Prayer

Wisdom Code 13: Vedic Mantra

Wisdom Code 14: Psalm 23

## **PART 5: LOVE**

Wisdom Code 15: Gospel of Thomas

## **PART 6: THE POWER CODES**

Power Code 1: I Will

Power Code 2: I Am

## **PART 7: THE PARABLES**

Parable 1: The Woman and the Jar

Parable 2: The Poison Arrow

*Acknowledgments*

*References*

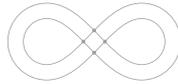
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*Resources*

*About the Author*

*A single word has the power to influence  
the expression of genes that regulate  
physical and emotional stress.*

— ANDREW NEWBERG, M.D., NEUROSCIENTIST,  
AND MARK ROBERT WALDMAN



*I know nothing in the world  
that has as much power as a word.*

— EMILY DICKINSON, POET



# PREFACE



Almost universally we use words to comfort ourselves in times of need. From the Blessing Way prayer used by the Navajo of the American desert Southwest (*Diné* in their own tongue) to honor natural order in times of chaos to the Old Testament Priestly Blessing discovered on two tiny silver scrolls dating to nearly 3,000 years ago, world history is filled with examples of words that have soothed, comforted, and protected us. Individually and collectively, formally and informally, out loud and under our breath, through the ages, we humans have employed special words to help us navigate the difficult moments of life.

If we think of our creations as the expression of ideas that live within us, then our art, film, music, and writing take on a meaning of something more than simple entertainment. Such a relationship between our inner and outer worlds leads us to view our inspiration as consciousness informing itself—reminding us of our untapped possibilities and potential. From this perspective, the spiritual traditions of the past, and the words that preserve them, are living examples that reveal a timeless communication.

In writing *The Wisdom Codes*, I envisioned a collection of trusted words that we've historically turned to in times of need, distilled into an easy-to-read, quick-access, modern-day manual. This group of revered prayers, mantras, chants, and

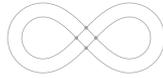
hymns is designed to provide reassurance, protection, and healing when life brings danger, hurt, unspeakable loss, and self-doubt to our doorstep. In such times, even the most well-meaning support of family and friends often falls short of finding its way into the dark void of our emotional abyss. In such times, all we may have is ourselves. And ultimately, that's all we need. Once I understood this simple truth, it made perfect sense that we already have the power to rewire our brains on demand, and in doing so, to choose—to *self-regulate*—the way we respond to life's extremes.

Through consciously applying the word codes of the past to the challenges we face in the moment, we benefit from the wisdom of ancient sages, healers, mystics, and prophets. In doing so, we're no longer victims. We are no longer defined by our circumstances but become masters of our destiny.

And this is the power of the *wisdom codes*. In their presence, we are changed. When we speak the words, either out loud or silently to ourselves, something shifts within us. And that "something" is where the power of words, chemistry, and neurons converge in a beautiful way. We associate the words of the codes with the meaning we give to the words. This association directs our brain cells (neurons) to connect in a precise way that harmonizes our biology with the energy of our emotions. Chemically, we are no longer the same person we were only moments or hours before. And it's that difference that opens the door to new ways of thinking, feeling, and acting when it comes to our losses, fears, and betrayals.

And while our changes may be subtle and perhaps will even go unnoticed by those with whom we share our lives, it's precisely these changes that gives us the wisdom, confidence, and power to awaken a deeper power within ourselves.

# INTRODUCTION



We think in words.

We speak in words.

In the silence of our minds, we hear the word-messages of our subconscious thoughts repeating at the dizzying rate of 60,000 to 80,000 times each day, according to scientific estimates. And now new evidence suggests that the power of our words extends far beyond what these statistics have revealed in the past. Recent studies confirm a theory that was first proposed early in the 20th century: that the words of our everyday language directly influence the way our brain “wires” itself when it comes to *how* we think, and even *what* we are capable of thinking about.

## THE DISCOVERY

The discovery of our word-brain relationship is not the product of well-coordinated research in a state-of-the-art laboratory searching for such a mystical-sounding link. Rather it’s the result of an unexpected realization that emerged from an unplanned teaching assignment between 1937 and 1938. It was during this time that American linguist Benjamin Lee Whorf found himself substitute instructing a graduate-level class in Native American linguistics.

While filling in for a colleague who was on a year-long sabbatical, Whorf recognized a previously overlooked nuance in the language of the North American Hopi. Speakers of this language describe the events of everyday life without using—or even *referencing*—the experience of time. In other words, the Hopi language uses words that describe the present moment, and what’s happening in the moment, with no words to directly describe the past or future.

It was this paradigm-altering use of language that led Whorf to the discovery that our words influence the way our neurons connect—a discovery that shattered the scientific beliefs of his day, and remains controversial, as well as acclaimed, today.

## SPEAKING THE MOMENT

The indigenous experience of seeing lightning in the sky is a perfect illustration of Whorf’s discovery. When the Hopi refer to lightning, their language describes it as a verb that’s occurring, rather than a noun for something that exists. They say the equivalent of “It is lightning-ing,” indicating that the lightning is in a *state of being*, rather than observing “the lightning” as a natural object.

In a similar way, when considering the ocean, rather than describing a single wave as the noun *the wave* or *a wave*, the Hopi see the wave as part of an all-inclusive system that is present, alive, and happening in the moment. Their thinking is reflected in the language that describes the experience, and they say, “The wave is wav-ing,” just as a lightning bolt is “lightning-ing.”

## THE WORDS OF A LIVING UNIVERSE

It's these word structures that Whorf believed were responsible for the harmonious way the Hopi think of themselves, structure their lives, and view their relationship to the cosmos. When considering the entirety of creation, for example, they see a living universe of connectivity that emerged long ago from a primal state of harmony. Within this system of oneness, the Hopi view cooperation between people and within nature as everyday expressions of a universal harmony that extends throughout the cosmos.

This life-affirming way of thinking stands in sharp contrast to the conventional scientific perspective that describes the universe as a “dead” system that emerged from a series of random and unbelievably fortunate cosmic events long ago. From this worldview of lucky biology, mainstream science attributes our origin, and continued existence, to the success of competition and what 19th-century naturalist Charles Darwin called *survival of the strongest*—a premise that the best science of the 21st century now tells us simply is not true. New discoveries in biology, as well as other life sciences, now reveal that cooperation, not competition, is the fundamental rule of nature.

## WORDS CAN CHANGE YOUR BRAIN

The implications of the word-life relationship are profound. It appears that the language we use—*the words we choose to describe ourselves and share our thoughts, feelings, emotions, and beliefs*—actually forms the framework for the unity or separation that we experience when we think and solve the problems of everyday life.

These proven word-brain relationships now have opened the door to an even deeper question: Is it possible that by choosing specific words to address the challenges in our lives we could rewire our brains to discover new ways of solving our problems? In other words, can the conscious choice of words and word patterns help us actually to think and feel differently in times of crisis, trauma, loss, and need? The short answer is yes. The long answer is what the rest of this book is all about. As we'll see in the pages that follow, our ancestors held precisely this belief. And beyond simply acknowledging such a powerful bridge between words and biology, they applied their understanding as word codes in their times of need.

In the recent book *Words Can Change Your Brain*, physician Andrew Newberg, M.D., and co-author Mark Waldman echo Whorf's ideas and tell us precisely what the word-brain connection means. They describe this relationship clearly, stating: "A single word has the power to influence the expression of genes that regulate physical and emotional stress."

Additionally, Newberg and Waldman reveal a relationship between our words and our body that goes *beyond* the level of our genes, to impact our perception of reality itself. The phenomenon begins in the thalamus, a small gland near the center of the brain that relays sensory information to the areas of the brain that interpret, and then act upon, the signals to form our perceptions of the world. They write, "Over time the structure of your thalamus will also change in response to your conscious words, thoughts, and feelings, and we believe that the thalamic changes affect the way in which you perceive reality."

The discoveries they report on have added to a growing body of evidence revealing the power of words and how we may use them to help us in difficult moments.

## THE WISDOM CODES

Whorf's 20th-century discoveries and recent scientific revelations in the fields of neuroscience and biology are telling us the same story. They point to the same relationship. Our words influence the chemistry in our bodies, the neurons in our brains, and the way our neurons connect and "fire" to determine:

- *How* we think of ourselves and solve our problems
- *What* we are even capable of thinking about

These insights give new meaning to the chants, hymns, prayers, and mantras used in the traditions of the past. For thousands of years, precise words and ritual phrases have been spoken from father to son, mother to daughter, shaman to shaman, and healer to healer. And from the time of the earliest writings, these are the messages that were preserved for future generations in the sacred scripts and mysterious glyphs that have withstood the test of time. Today we find the legacy of our ancestors' efforts in some of the most remote, isolated, and hidden locations on earth—monasteries, temples, and tombs that stand as silent repositories of timeless wisdom. We also find this verbal legacy recorded in the sacred literature of the world's most-revered spiritual traditions.

Our ancestors preserved their secrets for the people living in their time, as well as for those living in a future they could only imagine—*for us*. They sensed that future generations would need the same emotional anchors and psychological strength to prevail in the struggles of war, climate extremes, and social chaos that they'd experienced in their day, which they suspected would return. From the ancient Sanskrit Vedas, believed to have originated over 7,000 years

ago, to the Mahabharata, the teachings of the Buddha, the “lost” texts of the Judeo-Christian Bible, and the sacred mysteries of indigenous traditions, the power of the wisdom codes is available for us today if we understand what they mean and how to apply them to our circumstances.

## USING THIS BOOK

As many and varied as life’s tests may seem to be at first glance, a closer look at the challenges that we face reveals a subtle relationship between our experience and our perceptions. The relationship is this: What we often perceive as separate issues are in reality different expressions of the same underlying issue. For example, while we commonly think of anger, jealousy, and criticism as separate issues to be dealt with one by one, each ultimately points to the same core issue: *unresolved fear*. By healing (resolving) our underlying fear, we dismantle the need for safety and the reasons why varied expressions of the same fear may be showing up in our lives.

Our ancestors understood these relationships. They also understood the power of the *cascade effect* in relationships—the healing of many emotions through the resolution of a single core fear. They shared what they discovered as the deep wisdom encoded in the sacred words that have survived the test of time.

With these ideas in mind, I’ve selected a core group of wisdom codes that address the issues that we most commonly face in life. These timeless codes are designed to bring us the greatest strength and the deepest healing, in the quickest way possible.

The first five parts of this book are each dedicated to one of the core issues that challenge us most in life: protection, fear, loss, strength, and love. I’ve included two additional

parts that empower us through their understanding and use. Part Six features the *power codes* “I am” and “I will,” and Part Seven features two parables to remind us of two healing truths about ourselves.

For easy and consistent access, each section is arranged in the following format:

- The **wisdom code, power code, or parable** itself: a direct quote from a text, scripture, or revered teaching from our past
- The **use** of the wisdom code: the intended experience that the code is designed to address
- The **source** of the wisdom code with a reference for where you can go to read it directly, or to discover a greater context for yourself
- **Discussion** of the wisdom code: its context, meaning, and how we can apply it in our lives

While this book may be read from cover to cover as a continuous narrative, it is also designed as a manual—a collection of wisdom to have at our fingertips for quick reference and emotional strength.

Through the ancient words of those who have experienced in their lives the same challenges of loss, fear, difficult choices, and deep hurts that you face today, you are bound to those ancestors by the common thread of timeless human experience. It’s in these moments that the centuries between then and now dissolve, and the mastery of the past can become your mastery in the moment. Thank you for exploring the wisdom codes in the pages that follow.

Gregg Braden  
Santa Fe, New Mexico



# HOW TO USE THE WISDOM CODES



In times of need, I invite you to open *The Wisdom Codes*, go to the table of contents, and then explore a section that calls to you or reflects the nature of a challenge that you are facing in the moment.

The steps that follow describe a time-tested sequence for you to apply the wisdom codes and power codes in your life, in the same way that served our ancestors in the past.

**Step 1. Familiarize yourself with the wisdom code you have selected by reading its source and background.** This powerful first step creates an opening that invites the words of the past to serve you in the present. For example, knowing that the same words that protected Moses 3,000 years ago during his perilous journey to receive the Ten Commandments on Mount Sinai are available today gives us a reason to believe that the protection he received in his day is available for us as well.

**Step 2. Shift your focus with the Quick Coherence Technique.** The simple steps of shifting your focus and your breathing, described in the box below, awaken a network of specialized cells in your heart known as *sensory neurites*, which sets a sequence of hormonal and electrical signals in your body into motion and creates an emotional opening for you to embrace a new point of view.

Focusing our awareness in the heart is effective because while the brain typically perceives the world as filled with polarity, such as left/right, good/bad, success/failure, and so on, the heart does not. It is a nonpolar organ. When we embrace word codes from the unified perspective of our heart's intelligence, we give ourselves objectivity and a healthier way of seeing our challenge.

Many of the paradigm-altering discoveries regarding the human heart have been made by scientists at the HeartMath Institute, a pioneering research organization dedicated to understanding the full potential of the human heart. By understanding the conditions of focus and breathing that create harmony in the body (a state known as *psychophysical coherence*), we can create those conditions to optimize the potential of the word codes in our lives. The technique to achieve this harmony is appropriately called the Quick Coherence Technique because it has been refined into two simple steps.

Individually, these steps send signals to the body that relieve stress and optimize our potential for healing. Combined, the technique creates a full-body harmony that we typically experience in life when we feel safe and have a sense of well-being.

## The Quick Coherence Technique

**Begin by shifting to a heart focus and breathe.** Shift your focus from your mind to the area of your heart, and begin to breathe a little slower than usual, as if your breath is coming from your heart. As you slow your breathing, you are sending a signal to your body in general, and your heart specifically, that you are in a place that is safe and it's okay to turn your attention inward.

This step can be a powerful, stand-alone technique unto itself when you're feeling overwhelmed by the day's events or simply desire to be more connected with yourself. It also lays the foundation for Step B as follows.

**Then, activate a positive feeling.** From your heart center, make a sincere attempt to experience a regenerative feeling, such as gratitude, appreciation, or care for someone or something in your life. The key in this step is to first create the feeling to the best of your ability, and then to surrender to the feeling, fully embracing it while allowing it to radiate from your heart to fill your body and permeate your entire being.

The following simple steps create the conditions in your body to optimize the harmony, and the coherence, between your heart and your brain.

*(Adapted by permission from the HeartMath Institute)*

**Step 3. Reread the wisdom code.** From the perspective of heart/brain connection that you created in Step 2, reread the wisdom code that you've chosen, either silently or out loud.

Without judging the ancient and sometimes awkward grammar, poor sentence structure, or differences in translation, allow the wisdom and the intent of the message to permeate your entire being in the present moment. To the best of your ability, feel the intent as if you're speaking the code, prayer, hymn, or mantra directly from your heart. Ancient

traditions, such as those of the monks in Tibet, typically speak their wisdom codes as they exhale their breath.

Continue speaking or breathing the lines of your wisdom code for a minimum of three minutes. Scientists have found that this is a minimal time for the body to lock in its responses to the emotional shifts that you are creating through the word codes.

**Step 4. Notice how your body feels. Your body will respond quickly to the changes you create in your awareness and your breathing. While these shifts may be subtle at first, they become more apparent as you become more attuned to the sensations.**

- Pay attention to your physical sensations: Do you feel anxious or calm? Nervous or relaxed?
- Pay attention to your emotions: Do you feel fearful or safe? Out of control or in control?

There are no correct or incorrect experiences. The key here is to notice the difference that has occurred since you began the word-code process and now.

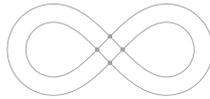
You may repeat this process multiple times a day, including as the first thing you do to begin your day and the last thing you do before you go to sleep at night. As with any other skill, the more you practice creating coherence between your heart and your brain, the easier it becomes to do so. And with that ease, the more natural the experience begins to feel. With growing ease, you'll be able to sustain the heart/brain connection for longer periods of time.

While the scientific studies describe coherence, and why it works as it does, our ancestors didn't need the science to benefit from the harmony that coherence gave them in their lives. They discovered that the techniques of regulating their

breath and creating a heart focus in times of need gave them the edge they needed to survive the extremes of their lives. If you're interested in the scientific details of heart/brain coherence, its discovery, and its applications, please refer to Chapters 1–2 in my 2014 book *Resilience from the Heart* (see Resources).

## PART FIVE

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# love

*Strive to make your love greater than your need  
and let love be the most powerful force in your life.  
Then nothing can overcome you.*

— KATE MCGAHAN,  
HOSPICE COUNSELOR AND SOCIAL WORKER



The human experience of love is described in many ways, and in many places, throughout history. It's typically described, however, as the loss of romantic love, the yearning to recapture a romantic love that's been lost, or a search for the redemption that love makes possible. So, while descriptions of such experiences are plentiful, the perspective that sees love as a primal force that can preserve or destroy our lives is less so. Throughout my adult life, I've found myself returning time and again to the words that are preserved in the Gospel of Thomas to remind myself of love's power as a force that I already possess. For this reason, rather than dilute this section with additional wisdom codes approximating this potential, I've chose to explore the power of love as a single, potent offering that was spoken over 2,000 years ago. I've yet to find an additional wisdom code to match the eloquence, simplicity, and directness of these few, powerful words.

## THE CHOICE OF LOVE

Whether we're dealing with the shared tragedy of world events, such as America's September 11, 2001, or the personal tragedy of loss, the role that we allow love to play in our lives is a choice that we'll make at some point. And while the emotional pain and trauma that results from our losses is universal, the way we address our pain is not.

If we allow the hurt of our trauma to linger unresolved, that hurt can destroy us. It can destroy our health, our relationships, and, in so many ways, our lives. If, on the other hand, we can find the strength to love in the presence of our deepest hurts, we can give new meaning to life's most painful experiences. In doing so, we become better versions of ourselves. We are more healed, more present for our families,

and stronger members of our communities. It's all about the choice we make to love in the presence of our hurt.

## THE PRICE OF LOVE

The power of love to heal, to free us from the burden of hate, and to catapult us beyond our suffering is a theme that has been recognized, analyzed, and shared by the learned masters of the past. The 13th-century Sufi poet Jalāl ad-Dīn ar-Rūmī, known simply as Rumi, beautifully summarized our relationship to this universal force:

*Your task is not to seek for love,*

*but merely to seek and find*

*all the barriers within yourself*

*that you have built against it.*

In these eloquent yet simple words, Rumi reminds us that we already have love, and love's power, within us. Rather than being something that we must search for, locate, and then strive to assimilate into our existence, love is already within us—we're born with love. Our job is to discover everything about ourselves that is *not* love—the relationship walls, emotional blocks, and psychological dams that keep us from accessing our love. When we dissolve these barriers, love is all that remains.

The more we allow love to heal the hurt in our lives, the more we discover the depth of our capacity to love ourselves, as well as other people.

Eleven centuries before the time of Rumi, the power of love was described by another author in compelling and unmistakable terms using words that are as meaningful today as they were at the time of their writing. Among the ancient Gnostic texts that were discovered with the Nag Hammadi Library are passages suggesting that our vulnerability to suffering is the mystical doorway to healing and life. In the Gospel of Thomas, for example, the author describes the power of love as part of a discourse from the master teacher Jesus: “Blessed is the man who has suffered, and found life.”

In another portion of the same teaching, Jesus states: “That which you have will save you if you bring it forth from yourselves.” In this single, concise, and powerful statement, we are reminded that our love is the source of all healing that we may experience. The key, however, is this: *to feel our love, we must be vulnerable to our pain*. It’s through the depth of our hurt that we discover how deeply we can feel. And as we allow ourselves to feel, rather than trying to mask or deny our feelings, we discover our capacity for love.

Simply put, hurt is the price that we sometimes pay to discover that we already have the love we need to heal ourselves. Sometimes, merely knowing of the relationship between wisdom, hurt, and love is enough to catapult us from the pain at one end of our emotional spectrum to the healing that awaits at the other end of the spectrum.

## LOVE AS FORGIVENESS

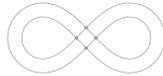
Almost universally, the power of forgiveness has been acknowledged throughout time and across cultures and continents. American writer Ernest Holmes described this power beautifully when he said, “Through the power of love, we can let go of past history and begin again.” Here we’re reminded

that in the depths of our love, and the forgiveness that our love makes possible, is the key to move forward from the emotional burden and atrocities of the past. This is true for individuals and families. It's also true for societies and entire nations. The reason is because what has happened in the past is part of our history today. And unless we discover a way to go backward in time to right the wrongs, and undo the horrors, of the past, our personal and collective history will remain an unalterable part of our memory.

Just to be clear, for the purpose of this discussion, the act of forgiveness is being treated as a personal act that is intended for personal healing. As described beautifully by Andrea Brandt, Ph.D., forgiveness doesn't excuse what another person has done; it doesn't mean that you need to tell another person that he or she is forgiven; it doesn't mean that you should forget what has happened or continue to have strong feelings about a violation of trust or a physical or emotional boundary. And perhaps most importantly, forgiveness isn't for the person that you are forgiving. It's for you. Forgiveness is an act of love that you perform for yourself.

Brandt describes forgiveness beautifully, stating, "By forgiving, you are accepting the reality of what happened and finding a way to live in a state of resolution with it."

# wisdom code 15



## Gospel of Thomas

WISDOM CODE 15: If you bring forth what is within you, what you bring forth will save you. If you do not bring forth what is within you, what you do not bring forth will destroy you.

USE: A reminder that we harbor a force within us whose expression has the power to heal us, yet whose repression has the power to destroy us.

SOURCE: The Gospel of Thomas, discovered in its complete form as part of Egypt's Nag Hammadi Library in 1945

The power of forgiveness is more than an academic exercise. It's real. And it's a power that has been proven time and again in the real world. The choice to love, and the forgiveness that is possible from love, is a common thread that weaves its way through the lives of those who have survived *and transcended* history's atrocities. From today's survivors of unspeakable horrors endured in the Nazi death camps between 1933 and 1945 to hostage negotiator Terry Waite's living 1,763 days of captivity in the hands of Hezbollah extremists and Alison Botha's miraculous survival following being left for dead after the brutal attack that is the subject of the 2016 documentary simply titled *Alison*, forgiveness is the key that has empowered these people, and others, to move forward with their lives after enduring horrors.

## BEYOND THEORY: FORGIVENESS IN ACTION

Eva Mozes Kor, who died at the age of 85, endured atrocities that were performed under the guise of medical experimentation at the Auschwitz concentration/labor/death camp until she was freed at the end of the Second World War. Before her death in 2019, she returned to Auschwitz to accompany an educational group. What made Eva's visit so exceptional, however, is that in addition to the tour group, she was accompanied by one of the Nazi doctors who had performed the horrific experiments on her. At a memorial service to honor those who died at the camp, she forgave him for the role he played in the atrocities, as well as for the suffering she and her twin sister had endured as a result of what he'd done.

She later shared her experience in an interview published by the popular Tel Aviv newspaper *Yedioth Ahronoth*: "I forgive them for killing my parents, for robbing me of the rest of my family, for taking my childhood from me, for turning

my life into hell, for creating nightmares that accompanied me every night in the past 60 years. In my name—and only in my name—I forgive them for all those horrific acts.” Kor described how her life changed in the presence of her forgiveness, stating, “As I did that [the act of forgiveness], I felt a burden of pain was lifted from me. I was no longer in the grip of pain and hate.” Leaving no doubt about the power of her forgiveness and the role it has played in her life, she clarified, “I was finally free.”

In this poignant example of seemingly unforgivable cruelty, we see the power that is described in the Gospel of Thomas. By choosing to bring forth the love and subsequent forgiveness within her, Eva Kor transcended the emotional suffering and the biological consequences of illness and disease that typically accompany prolonged and unresolved anger. In doing so, she lived to an age that is considered advanced even by today’s standards—85 years—where the life expectancy for a woman in the United States averages 80 years. If Eva had chosen to cling to her anger, and to dwell upon the horrors of her experience, the science of epigenetics shows that in all probability, the consequence of such a choice would have led to compromises in her immune system, her cardiovascular system, and her body’s mechanisms of DNA and cell integrity. In other words, there is a greater probability that her failure to bring forth what was within her—love and love’s power to forgive—would have destroyed her.

## **DISTORTED LOVE**

The beauty of love’s power is that it’s not limited to a select group of people who have a rare skill or knowledge of an esoteric principle that sets them apart from their family, friends, and neighbors. The ability to love is universal. Our

ability to give and to receive love is a primal capacity that lives within each of us. For some of us, the knowledge of our capacity is close to the surface, and we've been blessed to recognize it early in life, and we love willingly and easily. Love is a cornerstone in our existence. More commonly, however, our capacity to love is not so easy to embrace. It's hidden, and we're the ones who have hidden it.

From the time of our childhood and through our experiences in life, we've often felt—*we've perceived*—that it's not safe to reveal our love in the world. In light of this perception, we've expertly masked this primal capacity from our family, our friends, and those closest to us. Without the benefit of this original code, we go through life with a distorted view of our relationship to the world, other people, and ultimately, to ourselves. The difference between our primal capacity to love and the perceptions of love that we hold today is the distortion that brings us suffering, disappointment, and fear. The emotional equation for our distortions may be thought of as the following formula:

$$(\text{Original Capacity to Love}) - (\text{Today's Perception of Love}) = \text{A Distortion That Appears as Suffering}$$

For some people, the present-day perception of a life-event—the hurt, loss, or betrayal by our loved ones—has become so painful that the distortion is unbearable. Skillfully and masterfully, these powerful individuals create behavior patterns that allow them to get through life with less pain and survive their distorted thinking. The reality, however, is that the behavior that gets them through often replaces one painful distortion for another. We know these repetitive patterns of pain as addictions.

## **ADDICTION: DISTORTED LOVE**

For the purpose of this discussion, addiction may be defined as a repeating pattern of behavior that you give priority to and rearrange the rest of your life to accommodate. The word *addiction* is often associated with substance abuse of chemicals, drugs, and alcohol. And while these are certainly common expressions of behavior patterns that people will rearrange their lives to accommodate, there are others that are not so obvious. These often subtle patterns may be masked as socially acceptable patterns of lifestyle and include, but are not limited to, intimate relationships, the chronic quest for power, needless spending of money, the chronic quest for control, living in lack, the chronic need to work to make money, the chronic obsession with sex, and chronic illness.

Each of these terms describes a pattern in which people have shifted the priorities in their lives and made room for a certain focus by sacrificing time with their families and loved ones. The jewel that is present in the abyss of addiction is that the consequences that are suffered do not happen overnight. They unfold gradually over a period of time. And in doing so, we are given ample opportunities to recognize and heal the thinking underlying the addiction. By personalizing Wisdom Code 15, we give ourselves a powerful tool to do just that.

## **OUR PERSONAL WISDOM CODE**

Jesus revealed Wisdom Code 15 to his followers, as well as future generations, as the single most potent and powerful key to heal our lives and transcend our suffering. The good news is that it's a power that we already have. It's not something that we need to go into the world to discover. It's not

“out there” in the world around us or something that we need to construct. It already lives within each of us. It’s love.

When we heal the distorted perceptions at the root of our suffering, all that remains is our love.

### The Original Generalized Template

*If you bring forth what is within you, what you bring forth will save you.*

*If you do not bring forth what is within you, what you do not bring forth will destroy you.*

We also can take the ancient template describing the power of our love in Wisdom Code 15 and restate it in the first person. In doing so, we create a personal mantra to remind us of the love that we’re born with and its power in our lives. And due to contemporary research in neuroscience, we know that the effectiveness of a mantra comes from the repetition of the code to the subconscious mind and doing so in the affirmative. For this reason, there is no need to recite the consequences of *not* bringing forth what is within us. Rather we state the benefit as follows:

## The Personal Mantra Stated in the Affirmative

*If I bring forth what is within me, what I bring forth  
will save me.*

In the presence of this honest assessment of love's power, the key is to consider the object of our forgiveness from the objectivity of the heart, rather than the polarity of the brain.

## HOW TO USE WISDOM CODE 15

When we create heart/brain harmony (as described in "How to Use the Wisdom Codes," (see page xxx) we open a "hotline" to communicate directly with the subconscious mind. From a place of heart/brain harmony, recite the code repeatedly, until you feel an empowered shift in your ability to love that may take the form of peace acceptance in your inner state. The key is to embrace this code with a focus of awareness, breath, and feeling in the heart rather than the mind.

*If I bring forth what is within me, what I bring forth  
will save me.*