

*"I have experienced profound shifts as a result of receiving LifeLine sessions,
and for this I am eternally grateful. I love this work!"*

– Dr. Wayne W. Dyer

AWAKENING TO THE SECRET CODE OF YOUR MIND

*Your Mind's Journey
to Inner Peace*

Foreword by Gregg Braden

Dr. Darren R. Weissman

The best-selling author of *The Power of Infinite Love & Gratitude*

On February 28, 1953, Francis Crick, the co-discoverer of the DNA molecule, bolted into the Eagle Pub in Cambridge, England, and proclaimed that he and his colleague, James Watson, had solved one of the greatest mysteries of human existence. “We have found the secret of life!” those in the pub remember him saying. And with that proclamation, the human species began a new era in understanding ourselves and our relationship to our world. The rest, as they say aloud, is history.

And while the discovery of the DNA molecule itself is, without a doubt, a pivotal event in the quest to know ourselves, it also opened the door to an even greater possibility with even greater implications—the possibility of an intelligent design that forms the core of our existence.

When Watson, Crick, and others in the scientific community first recognized the pattern of the DNA molecule, they were immediately struck by its beauty, its elegance, and its simplicity. And as scientists they could not deny its unmistakable order. For such a molecule to exist, sustain itself, correct/heal the errors that it finds within itself, and perpetuate itself for millions of years, suggests that some kind of cosmic blueprint is involved. And for some people, these undeniable facts imply that DNA is intentional—that something, or someone, created the code of life.

While there are many theories and much speculation, the fact is that we simply don’t know for certain how DNA originated, or why it showed up on Earth. And although we could search for another 100 years and still not answer these questions, we must acknowledge what we do know. It’s a fact that the odds in favor of DNA forming purely by chance are astronomically small.

It’s precisely *because* the code of life appears to reflect some grand design that it also makes perfect sense the code would come with instructions for its use— techniques that we can know, teach, and share. And that’s where this book comes in.

A growing body of scientific evidence now suggests that the language to choose healing, longevity, peace, and even life itself also exists as a code. More precisely it appears to be a code-within-a-code. Just the way the letters on a keyboard (a code) command the unseen electronics (another code) of our computer, cell phone, or PDA, it appears that we are born with the ability to create the conditions for our DNA to thrive, exist, or whither. Unlike the DNA code, however, the language to operate our lives is not found as a linear sequence of instructions. It’s not the kind of code that we can translate as sentences onto a piece of paper or a computer screen.

Instead, it’s a language with no words that varies from person to person. Yet we all “speak” this language in each minute of every day through our beliefs, our feelings, and our emotions. And our conversation is happening on both a conscious and subconscious level.

New discoveries linking the electromagnetic fields of the human heart (the place where our feelings, emotions, and beliefs are focused) to the geomagnetic field of the earth itself—the very field that connects all life—now give new meaning to the power of our conscious and subconscious beliefs.

Dr. Darren Weissman has devoted the bulk of his adult life to understanding the subconscious mind and the language of our beliefs—the codes that unlock our greatest potential. The LifeLine Technique Flow Chart that he developed, like DNA, is beautiful, elegant, and simple. It acts as a cosmic blueprint or roadmap for decoding the language of symptoms and stress. It bypasses the conscious thinking mind to lead us to our deepest and truest nature; we are all intelligently designed to heal, regenerate, and be whole. He has already helped thousands of individuals awaken to their power, and he now invites you one step further. Building upon and bridging both ancient healing arts and philosophies with new breakthrough discoveries that integrate the mind, body, and spirit, he encourages us to recognize that we are part of the greatest shift of thinking in 5,000 years of recorded human history. We are recognizing that our personal choices have global implications.

In 2005, the journal *Scientific American* published a special edition entitled “Crossroads for Planet Earth.” In it the contributors identified a number of scenarios that, if left unchecked, hold the potential to end civilization, and even life as we know it, on Earth. Through a number of essays and reports, experts in various fields present a strong case for a single, simple fact: Our civilization cannot sustain the same path of violent competition, ever-expanding economies, depletion of resources, and the growing contribution to climate change that we have traveled the last 100 years. The point the journal makes is that while each of the scenarios alone is catastrophic, all are happening right now.

And that’s why your choices and this book are so important. Are we headed into an age of catastrophe, an age of peace, or possibly both? No one knows for certain. What we do know is that the physics linking heart-based focus and cooperation with what happens on Earth, tells us that how we experience our changing world is largely up to us. The results of the discoveries are conclusive: What we feel has a direct effect upon what we experience. If we recognize our individual power of heart-based focus to create a world of peace and cooperation, and pool that power into a collective wave of influence, we may well discover that the hopeful future of our ancestors’ visions are more than just a metaphor. We will have learned that we literally have within us the power to create a beautiful new world. It all begins with us—with you. *Awakening to the Secret Code of Your Mind* is your user’s guide to the personal changes that lead to that beautiful new world.

Gregg Braden
Taos, New Mexico 2009

Introduction

We live in an interactive reality where we change the world around us by changing what happens inside of us while we're watching—that is, our thoughts, feelings, and beliefs. From the healing of disease to the length of our lives, to the success of our careers and relationships, everything that we experience as “life” is directly linked to what we believe.

—Gregg Braden

You hold in your hands a complete system for changing your life if you choose to take action. This bold assertion is based on two premises: fundamental and lasting change begins with understanding that we live, as Gregg Braden notes, in an “interactive reality” whose architect is the subconscious mind. Secondly, to facilitate that change you must make a *conscious* choice about how you'll live your life—the choice is between love and fear.

Faced with a barrage of daily messages about global peril, financial instability, mushrooming unemployment, pandemic viruses, dwindling portfolios, disappearing life savings, and escalating wars, this can be perceived as a difficult choice to make. Many people feel the world as teetering on the brink of destruction. There's a subconscious collective “thought virus” of helplessness, anxiety, and pessimism perpetuating the belief that there's little to no hope of averting a worldwide catastrophe. Feeling powerless and victimized, many people succumb to suffering.

Today, I'm offering you a different option—the power and the tools to choose love. I'm offering you a prism through which you can learn to see each and every experience, challenge, or stressful situation—whether it's a health crisis, personal crisis, or world crisis—as an opportunity to transform your life. I call this prism the *1-2-3 PLAN* (the Preliminary LifeLine Assessment Navigator) of *The LifeLine Technique*.

The LifeLine Technique is a philosophy of life; it's a science that connects you to consciousness, and a technology for quantum healing. It allows you to discover, interpret, and release the root causes of all physical pain and emotional symptoms like stress and anxiety . . . emotions buried within the subconscious mind. In this book, you'll learn the three easy steps it takes to activate your subconscious mind, body, and life's innate capacity for transformation and inner peace.

Arun Gandhi, the grandson of Mahatma Gandhi, says, “Peace starts with the self and then the whole world joins in. “World peace begins with inner peace. Based upon the work I've done with thousands of clients, I have concluded that the key to sustainable inner peace is discovering the running dialogue your body and life are having with you. The 1-2-3 PLAN of The LifeLine Technique and the power of Infinite Love & Gratitude will enable you to not only translate this language but also the ability to create your life through the power of your mind.

Creating the Life of Your Dreams

Sessions with The LifeLine Technique empower you to live an intentional, healthy, and passionate life. The secret to creating the life of your dreams is buried beneath the surface of your daily reality, within the subconscious mind. In his book, *The Biology of Belief*, Dr. Bruce Lipton explains:

When it comes to sheer neurological processing abilities, the subconscious mind is millions of times more powerful than the conscious mind. If the desires of the subconscious mind conflict with the programs of the conscious mind, which “mind” do you think will win out? You can repeat the positive affirmation that you are lovable over and over or that your cancer tumor will shrink. But, as a child, if you heard over and over that you are worthless and sickly, those messages programmed in your subconscious mind will undermine your best conscious efforts to change your life.

The conscious mind is perceived to be the driving force of life, but it’s actually only 2 to 10 percent of your awareness. The subconscious mind makes up the other 90 to 98 percent. The subconscious directs the function of your 50-plus trillion cells like a symphonic orchestra in perfect harmony. From your beating heart and the regeneration of your cells, to food metabolism and waste elimination, the subconscious mind is both a filter and a distiller of information, experiences, thoughts, and feelings. The subconscious mind is also the storehouse of emotions, memories, and beliefs whose affects are vivid, hypnotic, illusionary, pervasive, and deep-seated. It’s the reactive mind; it reacts to your environment so that you can adapt and survive. In other words, it shields and protects you like a tour guide through an uncharted land.

You can better understand the influence and power of the subconscious mind through this example. Imagine that your body is covered with a bright red, itchy, and painful rash. Notice how just reading about a rash causes you to scratch! How does having the rash make you feel? Angry? Frustrated? Or do you feel ashamed or insecure? If given a conscious choice, would you ever choose to have a bright, red, itchy or painful rash? Would you choose to feel angry, frustrated, ashamed, or insecure? Of course not the rash and the emotions associated with the rash are reactive in nature!

Knowing that you’d never consciously choose any symptom, stress, or disease while at the same time everyone experiences them—where are they coming from? If symptoms aren’t derived from conscious choices, then they must be coming from the part of the mind and body that are reactive, that being the subconscious mind. This awareness is the first step to awakening to the secret code of your mind.

In my book, *The Power of Infinite Love & Gratitude*, I shared a new paradigm for understanding symptoms, focusing on the subconscious mind. The only time you're aware of the subconscious mind is when it's *speaking* to you through the *language* of symptoms. The rash is the vehicle the subconscious mind uses to make you aware of the anger, frustration, shame, or insecurity that you did not have the conscious tools, strategies, or support to process at an earlier time in your life. The LifeLine Technique takes any symptom or stress and then through the power of your imagination and setting a positive intention about the experience, harmonizes and reprograms every cell in your body to mirror that intention. The end product is your power to consciously live and attract an intentional life.

While I will discuss this concept in further detail later in this book, the crucial point I want you to remember as you listen to your body or observe your life is that symptoms are gifts in strange wrapping paper stemming from the subconscious mind. They represent the gap between your conscious awareness and subconscious knowing. When you have an experience that's painful, scary, or stressful, and you lack the conscious resources to process that experience, the subconscious mind will initially create a gap as a means of protection to keep your spirit safe. In this book, you'll learn how to use the 1-2-3 P.L.A.N of The LifeLine Technique to unwrap and appreciate these gifts. The universal healing frequency of Infinite Love & Gratitude is used to bridge the gap between the subconscious and conscious mind activating the body to naturally act as it's designed . . . self-healing, regenerating, and whole.

The process of learning The LifeLine Technique is an evolutionary journey. My personal challenge in teaching or writing about The LifeLine Technique is that it's an original idea. There are things to compare it to while at the same time there's nothing in the world quite like it. It truly is a secret code that when discovered awakens your heart to the beauty and passion of living. It's both scientific and spiritual, but in the end it's simply about love. For some this may seem strange; however, opening your mind and heart to the power of Infinite Love & Gratitude will forever change your life!

The Courage to Forgive

To create the greatest potential for lasting change, it's essential to bridge the gap between the subconscious and conscious minds. Why is that? As Dr. Lipton noted, all of your experiences are intertwined in the matrix of the subconscious, resulting in what and how you currently think, feel, or believe. When the gap is bridged, you're able to make a conscious choice based on the moment, or what I refer to as Present Time Consciousness (PTC), instead of making a choice based on a subconscious reaction of fear or anger.

The following experience from Alice, a 49-year-old fiber artist who lives in South Carolina, demonstrates how a shift in perspective and a conscious choice can change your destiny:

In early 2007, I began experiencing heavy vaginal bleeding, as well as frequent and urgent urination. During the first 24 hours of the onset of my menstrual cycle, I had to stay in bed. In mid-October, I finally went to the doctor. She said more than likely I had fibroid tumors, and she ordered a MRI. The MRI confirmed the diagnosis. There were several fibroids the size of small tangerines. While reviewing the pictures with me, the doctor also noted that I had two spleens, which she said was highly unusual. When I asked her what I should do about the fibroids, she recommended that I get a hysterectomy.

I did not want to have an operation, and sincerely believed that there was another way to help my body heal itself. Dr. Darren Weissman immediately came to mind. I had recently attended his lecture at the “I Can Do It!” conference in Tampa. His kindness, enthusiasm, radiating love, and the explanation of his technique made me an instant believer in possibilities I previously hadn’t considered. I immediately purchased and read his book, *The Power of Infinite Love & Gratitude*.

In November, a friend gave me a gift—a session with Dr. Darren at his clinic in the Chicago area. I flew in the Tuesday before Thanksgiving; my appointment was the next morning. Dr. Darren spent more than an hour with me, both talking and conducting The LifeLine Technique session.

What struck me most during the session was his saying that the imbalance in my reproductive organs was the result of subconscious anger and the lack of forgiveness associated with early childhood sexual abuse. I confirmed this was true—a relative had repeatedly sexually abused me, beginning at the age of three. Although I no longer had contact with this relative, I still had a great deal of anger, which I knew had impacted intimate relationships with men throughout my life.

This healing method is NOT for sissies! You have to be willing and able to examine the dark parts of yourself and expose them to the light of love in order to let them go. I left Dr. Darren’s office with hugs, lots of nutritional supplements, and tons to process. Most important, I left there with a feeling of hopefulness for healing.

I spent Thanksgiving with my children and friends. It was a day full of love and fun. That night, I read more of Dr. Darren's book again. I meditated using all the forgiveness methods I knew to release the pain and anger I had

been harboring. I remember going to bed thanking God, the goddesses, the Universe and the ancestors for my life and everything in it. For the first time, I also said a prayer of forgiveness for the relative who had abused me.

Since I am not a “mall shopper,” I planned to spend the day after Thanksgiving resting, grateful for time alone. About noon on that Friday, I went to the restroom and felt three or four “lumps” fall out of my vagina and into the toilet. There was minimal pain and, upon examination, very little blood. My first thought was to retrieve these “lumps” from the toilet and put them in the freezer. However, I have a roommate and knew she would be uncomfortable if she discovered them in our freezer. So I flushed them.

I called the gynecologist’s office for an appointment first thing Monday morning, and the doctor fit me right in. I explained to her in graphic detail what had transpired on Friday noon. Her exact response was: “Nonsense!” I insisted that she send me for another MRI, which was arranged for Monday afternoon. On Tuesday morning, I was back in her office for the results. We looked at the MRI together. The fibroids were gone! The doctor insisted that the radiologist had sent someone else’s MRI instead of mine.

“Wouldn’t my double spleen show up on this MRI?” I asked the doctor.

“Yes, of course,” she replied.

We looked at the MRI together. The double spleen was there, but there were no fibroid tumors! My body had healed itself!

That was two years ago and the fibroids have NOT recurred. Since then, I have recommended many of my friends to Dr. Darren, and they have all experienced amazing healing results.

I believe in Infinite Love and Gratitude! As a matter of fact, I think this method should be called Infinite Unconditional Love and Gratitude!

Thank you Dr. Darren.

You are a channel and a facilitator of healing. I love you.

Illness, disease, pain, and stress are symptoms. And symptoms, as I said earlier, are gifts from the subconscious mind. More importantly, they are *necessary* to awaken you to the power of transformation.

Experience is the only way to truly understand how the power of your mind is able to unleash the pure potential you *already* possess for healing, wholeness, and peace.

Choose Inner Peace Today

Let's set an intention together: Today I'm choosing to feel inner peace. I'd like you to take a moment to visualize your life in a state of inner peace. Based upon your heart's desire and the destiny of your soul, imagine that you're already your most powerful and peaceful self. This may be challenging, however you can do it! What does your life look like? What are you doing that you're not doing now? How does it *feel* to connect to your life in this way? Set your intention as if you're already there using the statement "I am _____." For example, "I am love." Write down three points on the lines below. This list will be used as the basis for transforming the symptoms and stress of your body and life into intentions of infinite possibilities.

1. _____
2. _____
3. _____

Awakening to the Secret Code of Your Mind is not just another "how to" book; it's a self-empowerment book. You'll not only learn *how*, but you'll also understand *why* your body, life, and the world, are expressing such symptoms as chaos, chronic pain, anxiety, or financial challenges. This book contains the tools necessary to transform your life, and the step-by-step action plan for being your best self.

Anyone and everyone can learn The LifeLine Technique. The process requires study, commitment, and passion and can be extended to the level of mastery through a certification process of weekend seminars that I teach. Some of you may understand it right away. Something in your heart will be activated . . . a familiar feeling of wholeness, comfort, and confidence. While others may think I'm speaking a foreign language. Either way, looking at symptoms and stress as a form of communication *is* a new language—a dialogue that stems from the subconscious mind—and the 1-2-3 P.L.A.N. of The LifeLine Technique is your simple decoder.

Expanding the Frontiers of Consciousness

Life as you've previously known it is about to change as you begin to understand the intimate, collective connection we all share, which manifests as symptoms and stressors of daily life. The process of bridging the gap between the conscious and subconscious mind in and of itself will expand your perception of possibilities and awaken you to your potential for inner peace. That's why I've written this book, to provide a comprehensive understanding of the mind and a way to access its power in any given moment.

There are two sections of this book. In **Part I: Breaking the Code of Your Mind**, Chapters 1 through 8 reveals the science of the heart, the power of choice, and perceptions role in health and happiness. You'll read life-affirming testimonials of The LifeLine Technique that will cause you to question your current view while at the same time prepare your soul to access your highest potential regardless of circumstances.

Along with pictures and diagrams, Chapters 9 through 34 of **Part II: Interpreting the Code of Your Mind** reinforce the science and philosophy that are the cornerstones of each of the 16 steps of The LifeLine Technique Flow Chart—the blueprint of the subconscious mind. In this section, I share the simplicity and power of the 1-2-3 PLAN to attract the life of your dreams. Be prepared to cry, laugh, and be inspired by the amazing, paradigm shifts resulting from the power of Infinite Love & Gratitude.

In this book you will learn the sacred art of shape-shifting the illusionary nature of symptoms and stress into opportunities for healing and thriving. The 1-2-3 PLAN is the first step for transforming a reactive life into one of purpose. On the other hand, The LifeLine Technique is a complete system and requires hands-on training to master. If your goal is mastery, check out the Resources section in the back of the book for information about becoming a Certified LifeLine Practitioner.

The Way of Change

Emotion is the energy that moves you. When you find your life stuck in a pattern—repeating and reacting to the same person, allergen, food, time of day, or any other life experience in a negative or painful way—it's a sign that the energy moving you is based upon survival and protection rather than your present circumstance.

The LifeLine Law of Transformation and Creation states:

“Emotions transform energy; energy creates movement; movement is change; and change is the essence of life.”

More than the fear of death, it's the fear of change that keeps people stuck in a cycle of self-destruction and self-defeat. When you're able to embrace change, follow your heart, and go with the flow, you're emotionally flowing through life and life is emotionally flowing through you.

Awakening to The LifeLine Technique has forever changed my life, and it's with a humble heart that I now share the sacred wisdom that holds the promise for you to discover inner peace. Seventeenth century scientist and philosopher Blaise Pascal once wrote, “We know the truth, not only by the reason, but also by the heart.” The truth is simple . . . open your heart. Choosing love is the only solution.

My intention in writing this book is to inspire you regardless of who you are, where you are in life, or what you've been through. As a teacher, my passion is to ignite the hearts of whoever resonates with the vibration of Infinite Love & Gratitude. You must answer your own calling and be willing to embrace the truth. Are you ready to acknowledge how powerful you really are? You're *already* pure love, beautiful, special, accepting, forgiving, grateful, compassionate, kind, intelligent, successful, funny, creative, joyous, wonderful, fantastic, passionate, humble, confident, and peaceful beyond measure. This is *your* truth. It's when you're feeling anything but powerful, beautiful, and special that you'll now realize with your "real eyes" that it's your subconscious mind *urging* you to grab The LifeLine; urging you to choose love.

Choose Love

Choose to be an ambassador of light in a world that so sorely needs a way out of the darkness of pain, shame, guilt, and fear. The simple act of sharing Infinite Love & Gratitude holds the promise of hope for a parent whose child tragically dies; for a person who feels victimized by their body; or for the survivors of a town ravaged by a natural disaster. *Awakening to the Secret Code of Your Mind* enables you to unleash your natural capacity to heal and thrive.

Would you read this book if you knew, with absolute certainty, that it's a call to action, a road map for humanity, the passageway for creating powerful shifts in consciousness to awaken and embrace yourself with love? Guess what . . . it is!

With Infinite Love & Gratitude~
Dr. Darren R. Weissman