



## the HONEYMOON EFFECT the science of creating heaven on earth

by Bruce Lipton, Ph.D.

*The Honeymoon Effect: A state of bliss, passion, energy, and health resulting from a huge love. Your life is so beautiful that you can't wait to get up to start a new day and you thank the Universe that you are alive.*

Think back on the most spectacular love affair of your life—the Big One that toppled you head over heels. For most, it was a time of heartfelt bliss, robust health, and abundant energy. Life was so beautiful that you couldn't wait to bound out of bed in the morning to experience more Heaven on Earth. It was the Honeymoon Effect that was to last forever. Unfortunately for most, the Honeymoon Effect is frequently short-lived. Imagine what your planetary experience would be like if you could maintain the Honeymoon Effect throughout your whole life.

Bruce H. Lipton, Ph.D., bestselling author of *The Biology of Belief*, describes how the Honeymoon Effect was not a chance event or a coincidence, but a personal creation. With authority, eloquence, and an easy-to-read style, Lipton covers the influence of quantum physics (good vibrations), biochemistry (love potions), and psychology (the conscious and subconscious minds) in creating and sustaining juicy loving relationships. He also asserts that if we use the 50 trillion cells that live harmoniously in every healthy human body as a model, we can create not just honeymoon relationships for couples but also a “super organism” called humanity that can heal our planet.

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### **ABOUT BRUCE H. LIPTON, Ph.D.**

Bruce H. Lipton, Ph.D., a pioneer in the new biology, is an internationally recognized leader in bridging science and spirit. A cell biologist by training, Bruce was on the faculty of the University of Wisconsin's School of Medicine and later performed groundbreaking stem cell research at Stanford University. He is the best-selling author of *The Biology of Belief* and the more recent *Spontaneous Evolution*, co-authored with Steve Bhaerman. Bruce received the 2009 prestigious Goi Peace Award (Japan) in honor of his scientific contribution to world harmony and more recently in 2012 was chosen as Peace Ambassador for the "Thousand Peace Flags" project of the Argentinian Mil Milenios de Paz.

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## Praise for *The Honeymoon Effect*

*“A truly remarkable achievement . . . a lifetime of joy all delivered in one concise manuscript. I've read it twice, and I loved every minute I spent with it. One of my favorite reads ever.”*

—**Wayne Dyer**

*“Bruce Lipton has written the single best book on love—both personal and planetary—that I've ever read. And I've read a lot of them! I know Bruce and his beloved Margaret up close and personal. Their relationship is joyful, nurturing, creative, and contagious. They live in Heaven on Earth and so can you. Bruce uses the principles of the New Science he champions to enlighten, explain, and encourage us all to embody the love that we've always wanted.”*

—**Joan Borysenko, Ph.D.**, biologist, psychologist, and bestselling author of *Minding the Body, Mending the Mind*

*“The Honeymoon Effect brings the magic of loving relationships right down to a cellular level and teaches us how to create them for ourselves.”*

—**Christiane Northrup, M.D.**, OB/GYN physician and author of the New York Times bestsellers *Women's Bodies, Women's Wisdom* and *The Wisdom of Menopause*

*“If you've ever wondered why an exciting, new relationship loses its magic and shine, you'll want to read this book. By understanding the science behind how we relate to other, and learning the strategies to successfully connect in the best possible way, *The Honeymoon Effect* is sure to bring the luster and life back to the relationships that matter most.”*

— **Cheryl Richardson**, author of *You Can Create an Exceptional Life, The Art of Extreme Self-Care, The Unmistakable Touch of Grace, Stand Up for Your Life, Life Makeovers, and Take Time for Your Life*

*“What a pleasure to read Bruce's entertaining romp through the science of loving relationships! Bruce makes it clear that couples can learn a lot from the quantum physics, biochemistry, and psychology that promote conscious, loving relationships. Great reading for anyone who wants to bring a loving relationship into his or her life—or maintain one that already exists.”*

—**Gay Hendricks, Ph.D.**, author of *The Big Leap* and (with Dr. Kathlyn Hendricks) *Conscious Loving*

*"The Honeymoon Effect is a must read for every couple striving to create love and trust in their relationship. Bruce's readable explanation of the science behind the magic of love is engaging, inspiring, and, most of all, enlightening!"*

—**Arielle Ford**, author of *Wabi Sabi Love*

*"A brilliant and cohesive explanation of how we fall in love—and how we lose it once the Honeymoon Effect passes. Happily, Lipton gives us an equally clear explanation of how we can modify our subconscious programming and transform our most fundamental patterns in order to reclaim the Honeymoon Effect in all our relationships for the rest of our lives. Lipton draws on cell biology, the study of noble gasses, and conscious parenting (among other things) to make his points, yet brings a lighthearted simplicity that is both joyful and profound in its implications. As with all of Lipton's work, this book delivers!"*

—**Nicki Scully**, author of *Alchemical Healing* and *Planetary Healing*



## **AN INTERVIEW WITH BRUCE LIPTON, PH.D.**

### **AUTHOR OF**

### ***The Honeymoon Effect: The Science of Creating Heaven on Earth***

#### **Describe what you mean by the “Honeymoon Effect”?**

Honeymoon Effect defined: A state of bliss, passion, energy, and health resulting from a huge love. Your life is so beautiful that you can't wait to get up to start a new day and thank the Universe that you are alive. Discussion includes character of experience, i.e., exuberant health, over-flowing energy, life so beautiful – can't wait till next day to have more = Heaven on Earth.

#### **In your book you state that the Honeymoon Effect is Nature's way of informing you that you are successfully fulfilling a primal directive of our innate biological imperative. What is a biological imperative and how does it affect our lives?**

Biological Imperatives represent the fundamental “drives” of Nature to survive, both as individuals and as a species. Drives for food, water, protection, for example, are drives for an individual's survival. The drive to reproduce is the drive concerned with the survival of the species. Biologists have no idea where drives are “programmed,” however, drives are the overriding control of our behavior.

#### **Why did Nature design the honeymoon experience to be a life-filled with joy and happiness?**

The higher up the evolutionary ladder the more complex organisms become. Greater complexity leads to extended development times past birth before individual is self-sustainable. Nature brought love and pleasure into the bonding of adults to keep them together for the duration of a child's developmental period.

#### **Explain how the Honeymoon Effect is an expression of an entangled cooperation between Nature (genes/instincts) and Nurture (programming).**

The “Nature” part represents the physiologic drives that support the success of the “biological imperative” to survive. These are biological actions controlled by subconscious mind. The “Nurture” part is the psychological programming that occurs during the last trimester of pregnancy and the first seven years of life. This is the period of enculturation and self-identity that is acquired while the child's

brain is predominantly in theta (hypnosis). The two (Nature-Nurture) work together to create relationships.

**What do you mean when you emphasize that the “Honeymoon Effect” is a personal creation and not the consequence of chance, serendipity or coincidence?**

This relates to the fact that our cognitive activity controlled by the conscious and subconscious mind create our experiences (this answer is from The Biology of Belief). Between the fundamentals of quantum physics wherein the “observer” creates reality, and the psychology of behavior, our lives unfold from our consciousness and are not the result of accidents.

**Discuss your concept that we have a built-in, innate compass that unconsciously guides us in our quest for a mate. (Good vibes-bad vibes)**

The body has a sensory system that responds to invisible energies (vibrations). The design of the system is to assure survival by reading the invisible energy signals from an environment (quantum physics –all matter vibrates with characteristic frequencies. We experience extremes of the “compass” as good and bad vibes.

**In what way does The Biology of Belief shape our experience of the honeymoon effect? (Nurture)**

Our relationships are based upon our behaviors. The behaviors driven by our conscious mind are ours, while the programmed behaviors in the subconscious mind are primarily derived from others (parents, siblings, community, culture). Most of our cognitive activity (95%) is controlled the subconscious (primarily the “programs” of other’s).

**Explain how our developmental Nurture experiences help create the honeymoon effect, and why for most, it also undermines the honeymoon.**

The primary behaviors we express were downloaded into the subconscious by observing others, especially parents. If we acquired “good” behaviors they support the relationship. The bad behaviors (running unconsciously) undermine the relationships

**What are signs that honeymoon experience may be coming to an end and how can we avoid that?**

The signs are momentary losses of love due to behaviors that do not support harmony. Discussing these harmony-disturbing behaviors with knowledge of the existing developmental cognitive programming can resolve issues. Without this knowledge, “differences” of opinions become defensive arguments. To end the “differences,” one can either reprogram their own responses or help the other reprogram their behaviors (only applies when both partners are aware of the existing nature of the developmental “programming.”

**How can “compromises” both save a honeymoon and also lead to its undoing?**

Compromises over little things (“leaving the cap off of the toothpaste,” e.g.) can be resolved by reprogramming behavioral responses so as not to be stimulated by the experience. However, it is not

worth compromising over totally unacceptable behaviors (physical/verbal abuse, e.g.). These latter compromises are self-destructive and also lead to keeping a “record” of the offensives, to be later used as social “currency” in balancing other differences. Compromises are bad, because you cannot legitimately “backtrack” and later say that once accepted negative behavior is now no longer tolerable.

**Poetry, music and literature frequently allude to the “chemistry of love.” Is there really a “love-chemistry” in our biology? And if so, what can it tell us about our relationships? (neurotransmitters/spin balance)**

There are many behavior-directed neuro-secretions, each of which controls specific aspects of relationships (they include: dopamine, oxytocin, vasopressin, serotonin, growth hormone, cortisol, stress hormones, inflammatory agents, etc.)

Also, there is a unique story concerning “Why noble gasses don’t get married.” Noble gasses are the only elements in the periodic table that don’t form chemistry (i.e., bond). This is a story about balance and relationships in the physical realm.

**Explain how reprogramming of the subconscious mind can enable us to live out the fairy tale ending of “Happily Ever After.”**

When the conscious mind’s wishes, desires, and aspirations are programmed into the subconscious mind, we are always living the honeymoon whether we are operating from consciousness (5%) or from subconscious (95%).

**How can we identify the programs in the subconscious mind that control our lives, especially since our fundamental behavioral programs were already being “downloaded” before we were born?**

95% of our lives are driven by subconscious programming ... your life is a “printout” of your subconscious. No need to review past!

**Why are our attempts to reprogram limiting and self-sabotaging behaviors a difficult process, at best?**

The book provides new insights into the mechanics of how beliefs are programmed, an awareness that explains past difficulties while offering insight into more effective means of reprogramming subconscious behavior. Main point, the conscious and subconscious minds are two interdependent entities with profound differences: conscious = you, your spirit, and has your wishes, desires and aspirations; the subconscious mind is the base of programmed habits, the primary programs are downloaded before 7 years of age. The conscious is not time bound (it travels) the subconscious is always in the present moment. Conscious mind is creative while subconscious only plays programs. Subconscious programs from hypnosis and habits, conscious for something as simple as “Aha!”

**Why does falling out of love hurt so much?**

Love is an expression of a chemical “addiction” to dopamine. Just like any other drug that gives you a “high,” withdrawal from dopamine is the same experience as a person withdrawing from heroin.

**You write: “Evolution is an active process not a passive one, and every one of us is a participant.”  
How can we personally, individually contribute to the advancement of human evolution?**

Old hippie proverb: Take care of your backyard before you try to fix the world. We must first know who we are, and how we can reprogram our consciousness that has been disempowered by cultural programming before we can contribute to evolution. But once we learn how to act in harmony with the Universe, our lives automatically contribute to the collective whole and add to its advancement.

**How do people living in the “Honeymoon Effect” influence the advancement of human civilization?  
(mirror neurons)**

Their energy and behaviors become resonant with the Universe. Resonance adds power to the whole, so when we are in harmony our efforts and energy contribute to the collective whole. Similar to the movie scene with Meg Ryan and Billy Crystal in *When Harry Met Sally*, when Meg faked an orgasm, customer in the restaurant told the waitress, “I’ll what she’s having!” When people are in love, their energy affects other in a similar way.

**While we can manifest a vision for the “new” lives we desire, we are still living in the current reality.  
What steps should we take to manifest the reality of that vision? How do we get there?**

First, we must identify and reprogram self-sabotaging, limiting and disempowering behaviors (this is a discussion about how minds learn and difference between conscious and subconscious. Then we move into the world with “new” habits, which in the end, change the course of our lives. Also, important to consider: “Fake it till you make it,” is a key strategy.

**When was the time I found out that there was a Honeymoon Effect?**

When I started dating Margaret and the grand experiment- living Happily Everafter. We proposed when we let go of the future and began to “live for the day. The experiment is still in progress and the final results are not yet available (we have no date for Happily Ever After ...), but after 17 years the results have been totally consistent ... we are still on our Honeymoon!

**When did I know that the Honeymoon Effect had something to do with the cells?**

Like almost all people who fall head-over-heels in love with someone, the honeymoon experience is associated with exuberant health and vitality. This is not a coincidence, for the neurochemical cocktail released by the brain of those in love contains agents that enhance cell growth. The secretions of a brain in love, when added to cell cultures, induce robust growth. This is a physiological consequence that also encourages people to stay in love.

**Humans “mate for Life” because of taking care of child. Swans mate for life, not because of the life span of the offspring. Why?**

Actually for the same reasons ... while swan babies only need a short period of parental guidance, swans continuously reproduce, new eggs every year. Because of their reproductive longevity, they end



up mating for life. Human children take about 16 years to become “independent.” However, they have two or more children (especially when lifespans were shorter, they had more children to ensure the biological imperative of species survival). Parents then stay together to get the family through to independent age, which may be a minimum of 20 years. However, in older cultures, the grandparents play a vital role in sustaining the survival of their kin. So as the children age, they have children and now the grandparents participate in raising the extended family. So staying together is pretty much a lifetime affair.

### **Bonding ... does it need to have “love,” how about being friends or family?**

Love is a “glue” that holds partners together much better than friendship. The pleasure available to bonded partners is far greater than to “friends.” Love is Nature’s incentive to stay close and bonded. The love that evolves for their children is also a drive force to assure the success of the offspring. Love holds people together and also leads to an extended community.

### **What about the implied importance of “I Love Myself” as a belief?**

This is one of the most important attributes for a successful honeymoon experience. If one does not love themselves, then it does not compute that others could love you. If you see yourself as “unworthy,” then those that would love you would obviously not be that worthy themselves. Most people will not test positive for the belief statement “I love myself.” This is because of the childhood experiences where most children are programmed by parents to perceive that they are “not good enough.” Unfortunately, this becomes true for individuals whose parents were like coaches, trying to give incentive to their children by criticizing them with hope that their chiding will encourage the kids to perform better. Unfortunately, children under 7 will not be conscious enough to understand their parents intention, but will just record their negative words in the subconscious mind. This means that 95% of the time the programs being played by these individuals are self-sabotaging.

### **What are the consequences of dating services based on questionnaires and personality profiles?**

Remember that filling out such questionnaires uses the conscious mind, the one associated with our personal identities, our spirit. This mind projects our wishes, desires, and aspirations. While these positive beliefs may manifest when the relationship is starting out, soon mind wandering will shift to the neural processing by the subconscious mind. Unfortunately, the subconscious mind is the one programmed by others. So the relationship may get off the ground initially, but then when the subconscious programming starts to manifest the radical changes in behavior may inevitably sabotage the relationship (especially since the one playing those behaviors is almost always unaware of their negative programming).

The following is an excerpt from *The Honeymoon Effect: The Science of Creating Heaven on Earth* by Bruce Lipton, Ph.D. It is published by Hay House (May 2013) and will be available at bookstores or online at [www.hayhouse.com](http://www.hayhouse.com).

## Our Drive to Bond

*It is beyond our imagination to conceive of a single form  
of life that exists alone and independent, unattached to other forms.*

—LEWIS THOMAS

If you're a survivor of multiple failed relationships, you may wonder why you keep trying. I can assure you that you don't persist just for the (sometimes short-lived) good times. And you don't persist because of TV ads featuring loving couples on tropical islands. You persist, despite your track record and despite dismal divorce statistics, because you are designed to bond. Human beings are not meant to live alone.

There is a fundamental biological imperative that propels you and every organism on this planet to be in a community, to be in relationship with other organisms. Whether you're thinking about it consciously or not, your biology is pushing you to bond. In fact, the coming together of individuals in community (starting with two) is a principle force that drives biological evolution, a phenomenon I call spontaneous evolution, which I cover in depth in the book of the same name.<sup>1</sup> There are, of course, additional biological imperatives designed to ensure individual and species survival: the drive for food, for sex, for growth, for protection, and the ferocious, inexplicable drive to fight for life. We don't know where or how the will to live is programmed into cells, but it is a fact that no organism will readily give up its life. Try to kill the most primitive of organisms and that bacterium doesn't say, "Okay, I'll wait until you kill me." Instead, it will make every evasive maneuver in its power to sustain its survival.

When our biological drives are not being fulfilled, when our survival is threatened, we get a feeling in the pit of our stomach that something is wrong even before our conscious minds comprehend the danger. That gut feeling is being felt globally right now—many of us are feeling that pit in our stomach as we ponder the survivability of our environmentally damaged planet and of the human beings who have damaged it. Most of this book focuses on how individuals can create or rekindle wonderful relationships, but in the last chapter I'll explain how the energy created by "Heaven on Earth" relationships can heal the planet and save our species.

... The social nature of harmonious animal societies can provide fundamental insights directly applicable to human civilization. One great example is an ant, which, like a human being, is a multicellular social organism; when you take an ant out of its community it will die. In fact, an individual ant is really a suborganism; the true organism is actually represented by the ant colony. Lewis Thomas described ants this way: "Ants are so much like human beings as to be an embarrassment. They farm fungi, raise aphids as livestock, launch armies into war, use chemical sprays to alarm and confuse enemies, capture slaves, engage in child labor, exchange information ceaselessly. They do everything but watch television."

... As for human communities, we can fend for ourselves as individuals longer than a single ant can, but we're likely to go crazy in the process. I'm reminded of the movie *Cast Away* in which Tom Hanks plays a man who is marooned on an island in the South Pacific. He uses his own bloody hand to imprint a face on a Wilson Sporting Goods volleyball he calls "Wilson" so he can have someone to talk to. Finally, after four years, he takes the risky step of venturing off the island in a makeshift raft because he'd rather die trying to find someone to communicate with than stay by himself on the island, even though he has figured out how to secure food and drink—that is, how to survive. Most people think that the drive to propagate is the most fundamental biological imperative for humans, and there's no doubt that reproduction of the individual is fundamental to species survival. That's why for most of us sex is so pleasurable—Nature wanted to ensure that humans have the desire to procreate and sustain the species. But Hanks doesn't venture off the island to propagate; he ventures off the island to communicate with someone other than a volleyball. For humans, coming together in pairs (biologists call it "pair coupling") is about more than sex for propagation.

... Instead of cursing our bad luck in relationships, we need to recognize that our efforts at bonding are a fundamental drive of Nature and that these bonds can be cooperative and harmonious. We need to heed Rumi's sage advice: "Yesterday I was clever, so I wanted to change the world. Today I am wise, so I am changing myself." When we start living in harmony with Nature (and with ourselves), we can move on to creating The Honeymoon Effect in our lives, where relationships are based on love, cooperation, and communication. In the next chapter, we'll explore the most fundamental form of communication among organisms: energy vibrations.

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Bruce H. Lipton, Ph.D., cell biologist, author of *The Honeymoon Effect: The Science of Creating Heaven on Earth* and the bestselling *The Biology of Belief: Unleashing the Power of Consciousness, Matter and Miracles*, and co-author of *Spontaneous Evolution: Our Positive Future (And A Way To Get There From Here)*.