



Transcript of “Dr. Ibrahim Karim: Harmony, Vitality & Biogeometry - #235”

Bulletproof Radio podcast #235

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Dave: Everyone, it's Dave Asprey with Bulletproof Radio. Today's cool fact of the day is that spider dragline silk is really, really, really strong and flexible, but it's just been impossible to mass produce with spiders mostly because they want to eat flies, and to love flies is just messy.

Researchers solve the problem by inserting the silky gene from spiders into goats, and those special dairy goats make milk that has long strands of spider silk, which they then harvest from the milk, and then get huge amounts of spider silk that way.

The goats have eight legs, which means they're more delicious as well. At least that's what I hear.

The eight legs isn't true, but the rest of it, yeah, that's cool fact of the day.

Today's guest is Dr. Ibrahim Karim, who's founder of the Science of Biogeometry. One of the Bulletproof followers on Facebook reached out and said he did check this guy out, and I'm not sure they understand everything about biogeometry although I read a book on it. I wanted to go straight to the inventor himself and learn something about how geometry can affect the energy in the air around us, specifically, electromagnetic frequencies as well as other things.

We all know that things like a well-designed room can just feel different when you walk in there, and maybe there's a little bit more science to it than that, and we probably all heard about feng shui and things like that. This is going a little bit more technical because Dr. Karim is a graduate of the Federal Institute of Technology in Switzerland, and he's basically working with industrial design in architecture to make spaces that affect how we feel and perform, and even how things grow. He's been Man of the Year in the Swiss magazine Anzeiger, which I probably

pronounced really, really poorly. He actually is based in Egypt. He's coming on Bulletproof Radio, live from Cairo.

Dr. Karim, thank you for coming on Bulletproof Radio today.

Dr. Karim: Thank you, Dave, for having me.

Dave: Let's talk about biogeometry. Did I define it relatively well? What is biogeometry and what do you do with it? Basically tell me the story.

Dr. Karim: First, I think there are many forms of free energy that we have around us. Now geometrical shapes are one of the things that can actually produce free energy. Not free energy, like the way we're used to understand, like using the energy from the wind to produce electricity or things like that. No. Free energy here is an actual multidimensional form of energy. That means it has all the attributes of life. It's a living energy that you can harness and you can produce through geometrical shapes.

We can make actually geometrical shapes that emit a free energy. We can use this energy to raise the immunity of living systems. We can use it to harmonize an area. What I mean harmonize, that means harmonizing the living systems within that area. It's a design language actually, what we have in biogeometry, based on the physics of quality, and it produces a certain energy quality. Let's say we use qualities as mainstream science uses quantities, you see.

I mean qualities here, science defines energy as the ability to produce some effect. An effect needs somebody to be affected. We build a physics of quality, where the human energy system is the measuring device of everything. See? We measure everything on the balance of the human energy systems.

That's the basic paradigm of biogeometry.

Dave: If I translate and simplify that a little bit, you're looking at a quantitative measure of what's happening in the human body, and seeing what the environment around you does to that?

Dr. Karim: We look at the human body on the energetic level. On the energetic level, meaning on the vitality, emotional and mental and higher levels as an open energy system. Meaning ...

Dave: How do you measure that? How do you know if someone's vital or not?

Dr. Karim: First of all, vitality is not in the body. Vitality is how the body exchanges energy with its environment. For example, the air exists around you. You take it inside you. It's in a collective state. You take it. It becomes individual state, and then it goes out again in the surrounding. As you are an open energy system, the quality of air outside affects the quality of air in you and then you affect it. On all levels, vitality, emotional, mental, you're an open energy system. Biogeometry comes in and harmonizes the energy exchange between the human system and the environment. It puts a certain harmony into the system. That means it puts a certain energy quality that restores balance to all the energetic interactions of the body.

This is very simple. This energy quality is the same energy quality that you find in sacred power spots. You know I'm an architect, and in architecture, we studied the mystery of temples and monuments and all that.

One day I asked myself, is it the building or is it the area? If it's the special energy of the area or the building. We developed a physics of quality to study the qualities of those areas. We found out that sacred power spots all over the world have a very special harmonizing energy. We devised a geometrical language to reproduce that energy and amplify it a thousand times. Once we amplified it a thousand times, we had an energy quality that could balance anything. That's the cornerstone of biogeometry.

We, for example, in Canada, we raise chicken without antibiotics, without chemicals, without anything. We raised cows by reducing their excitates in their milk and things like that. There's no limits to what we can do. We have done whole towns in Switzerland where we protected their residents from electromagnetic radiation in the area. 60% of health symptoms disappear.

We restored even the quality of the environment. Let's say migrating birds came back. The animals, wild animals came back to the forests. People became healthier. Psychology of the people became friendlier. Violence was reduced, and it really changed the whole community.

Dave: I've had the opportunity to go to several sacred places, Sedona is considered a power spot. In Mt. Kailash in western Tibet. Some other places like that, and the places you feel different. It's a very subjective thing. It feels different to me in one way, someone else might go there and it feels very different. Maybe we are all using different words to describe the same general feeling. Maybe we experience it differently, but you've gone and you've studied this to make that reproducible. Do you have a mechanism in your studies to understand what the effect a space has on a specific person or you're going in saying what's the effect on me and then doing it with your own system?

Dr. Karim: No.

Dave: How does this work? I'm really interested.

Dr. Karim: You see, when I say the human being is the device on which we do measurements ... First of all, if I, lets say, come in and do some work on your space. I've got biofeedback devices, get to complete analysis I get an independent institute or something, they give me a complete assessment of your energy system, of your organ functions and everything. Then I would sometimes I could just place one item because we have many ways of putting harmony in the space. I can place one item there, and then ask him to come and do the assessment again on your body.

I can tell you things that we've seen from those assessments. We've been in a recent doctor's degree thesis at university. We've been able to use a decorative pattern to raise the serotonin level in the brain better than the best drug found on the market. We got higher results than those just by putting the decorative pattern on the wall, you see?

We can do the things like that. People who are, for example, epileptics, you could ... The medallion you have in front of you, if you find an epileptic, let them make an EEG, put it in his hands, and the EEG would change instantaneously or find a different pattern on the EEG.

Dave: Have you done a double blind study on that where you put a medallion with the alphabet on it, and it doesn't make a change? Have you seen a placebo on these things?

Dr. Karim: No. No. I'm a university professor, so all of the work I do is most of my research is all part of postgraduate research, like a Master's and Doctor's degrees. We always give independent labs of the university. The placebo effect ... I'll tell you a nice story about the placebo effect. When I did the area of Hamburg and migrating birds came back, it was so much big change in the health of people, animals, and things like that. They called that the Miracle of Hamburg. There was a book actually that came out called the Miracle of Hamburg. Some psychologists came and said, that's a massive gnosis effect or placebo effect on a large scale. They thought, this guy he has his doctor's degree from Switzerland from a university, but the fact that he comes from Egypt, it could be one of those pharaonic master magicians producing his miracles because Switzerland hiding behind the science.

One of the professors was saying this could be the man himself doing all of that and not really his science. A simple lady stood up and taught him, "Sir, do you think that the cows in Hamburg speak Arabic?"

Dave: That's a fair point. You could be the cow whisperer and no one knows it, right?

Dr. Karim: Yeah, because if animals, birds, and plants, and all that are responding.

Dave: There is ...

Dr. Karim: ... the placebo effect with animals and birds and things like that.

Dave: There is a valid question though, and this is something that drives me nuts in Western medicine is in any test you have, something you're testing, a mechanism, a modality of healing, you have a patient with a documented condition, and then this other variable is the healer, the physician, the person. We like to pretend the healer is not a part of the system, but the person is. When you're looking at whether you say acupuncture works, the training and skill of the acupuncturist is a really important variable in the outcome there, and there are lots of studies that show acupuncture can work even though 20 years ago everyone everyone who would use that would clearly be a witch doctor, and they would and it was all placebo and it didn't work, but now, it actually does work and we can actually see the meridians now that we have good detectors.

I'm a huge fan of looking at systems, looking at effects, even if they have no idea why the effects are. If you at least look for effects that shouldn't be, see if they are happening, and then back fill. That's where science comes from, but there's a very big push in some circles in the West to say that didn't happen because it can't.

Whereas the scientific approach would be to say, "What the heck? I don't believe that should really happen. Let's verify that happened, and if it did, then we need to question our assumptions, and then we actually learned something."

Your work is interesting because what you're doing is you're saying, "Okay, what's the effect on biological systems like agricultural production or on human being, however it is you're measuring that with bio-sensors, and I'd love to get into that more if we have time, like specifically what you're looking at.

You're saying, we can do something even if that something makes no sense. If it reliably produces results, then we need to figure out how and why and that makes sense.

If I interpreted your book right now, I did have a hard time getting all of it to be honest ... If I interpreted that right, is this a summary of how you arrived at this looking at what are the things you do in different environments that we reliably reproduce this feeling and then this vitality in animals and people. Am I on the right direction?

Dr. Karim: You're in the right direction. Many people who ask me, for example, Switzerland, the government invited me over to come and do their areas where the people were revolting, and they were going to dynamite cell towers and things like that. The government asked me to go and do the work there, but there was one thing that the cause and effect, the people are saying, "If you do not remove the cause of the harm, you cannot reduce the harm. You have to remove it. If you bring somebody from Egypt and tell us that he is going to change the effect without removing the cause, that is not logic."

When the government told them that's precisely why we got this person because he can do that. Then they asked me, please explain your science, explain the mechanism and all that, my answer was, "Can you solve the problem with mainstream science? If you can, then solve it. I don't have time to lose. Go and solve it, but obviously you can't. Otherwise you wouldn't have invited me."

Now just ask me one thing. Ask me to solve your problem, and if I solve your problem successfully, then ask me about biogeometry. If I can't solve it, there's no need to ask in person, you see. The whole thing is ask me, "Can you do it?" I'm the person who provides solutions. You see, if you are not feeling okay, you have a problem, Dave, and you tell me, "Ibrahim, I have this problem." You don't care about my explanations. You don't care about anything. All you care about is seeing your problem go away. If your problem goes away, then, okay, you want to

ask me, then biogeometry's interesting. If it doesn't go away, nothing to ask me at all. This is how I like to work. I like to show people.

In Canada, when I came and said, "Okay, I can produce chicken without antibiotics. I can even remove anticoccidial vaccination they take at the beginning, and no hormones, nothing at all. You're going to take away any, all chemicals from there.

Then they said, the first thing they said, "That is impossible." I said, "Give me a trial period, and I'll show you how much time do you want." They said, "Okay, can you do it for three months?" I said, "I can." I did this for three months." They said, "That's fantastic. Can you extend for another three months?"

I extend this program for three months, until I kept going for a year and a year and a half. People said things are getting better all the time. At the end, they chose biogeometry over all other systems in the world in order for their production after that, and then we signed the commercial contract to see so. You have to show ...

Dave: Where was ... What country was this? Or where was this?

Dr. Karim: In Canada. In Quebec.

Dave: In Quebec.

Dr. Karim: Because I live in Montreal. My work was in Alma, 6000 north of Montreal. That's where I was caught in the snowstorm last time.

Dave: Last time we tried to talk, the snowstorm blocked us. That's right.

Dr. Karim: I was in the chicken farms at that time.

Dave: How many chicken are at the chicken farm that's using biogeometry? Is this 10,000 or 100,000 kind of operation?



Dr. Karim: Each farm has about I think, I'm not sure, but each farm has about 50 or 60,000.

Dave: Reasonable size.

Dr. Karim: We're doing now about nine farms. It's quite a big size.

Dave: They're seeing a difference, and one thing that I learned a lot about, I just had Moldy, my documentary just came out, and a lot of my research that went into making Bulletproof Coffee without mold toxins in it. It came from agricultural research about mold in food because animal farmers know when their animals are dying because they can't make money. How much does the solution cost and does it work? Because the animals can reproduce or they put in weight or they don't.

It's very quantitative. They pay attention to things that we really don't measure well in humans because we're all randomly eat whatever we want, but when you're a chicken, you can only eat what they put in front of you. You've identified a way to reduce some risks, and the farmers are seeing an economic impact or they would not likely be doing this.

What did you do to these chickens? What did you do to their environment? Specifically, did you put pyramids in there? Did you hang moons from the ceiling? Just paint a picture for me the changes you made.

Dr. Karim: We have little strips that we put on the electrical cables so that we put some harmonizing energy on the electrical fields, and then the electrical field becomes actually, it gets a healing effect on the animals and not the opposite. Then we come on the water pipes, and we have other strips that we put on the water pipes. The metal pipe produces electromagnetic fields, so put something there, too. We charged the water, so the water becomes like the healing waters of sacred power spots. It gets that same quality and the chicken are given that water.

Then we go into the farm itself, and we place geometrical shapes there, few geometrical shapes around that are emitting energy at the chicken. That's all. That's all there is to it.

Dave: Now these are metal, not Plexiglas, right? Does it matter what the material is for the shapes that you're using?

Dr. Karim: What I use to ... in the beginning, in the first projects I did in Switzerland, I used wooden shapes, but then in winter, the woods would change shape. We used Plexiglas after that. Plexiglas is good because metal could actually magnetize from a lot of electromagnetic radiation, and some people, we work a lot on aircraft because aircrafts, if you sit on an airplane, there's a huge amount of electromagnetic radiation inside the aircraft. When we put our strips and our things and the cables under the cladding, the wall and all that, they don't want any metal objects. That's one of the things because they're not sure what metal objects could interfere with the instruments if they're put on the cables. They ask us always to put non-metallic objects, too, so we use Plexiglas usually, or sometimes wood.

Dave: The important thing, the strips that you're using in these farms, it's not that these are ... these don't have chips on them. They're not attenuating the signal using a magnetic field. These have drawings on them basically...

Dr. Karim: I'll tell you. We use different things. One of the things we use in those strips is the quality of numbers. If you have a water per current and you won't put one stone in there, you're going to have a certain shape of turbulence. If you have two, you get a completely different shape. You put three, you put different shapes. We look at numbers as quality generating methods. Every number actually interacts with the surrounding energy and produces certain energy quality.

Those little strips that we have, they have certain angles that the strips, and the method they have just likely to tease like that in the numbers we need.

You might find that first to solve a certain problem, you need a certain number. We have to stick with that number.

Dave: How do you know number? What tells you the number?

Dr. Karim: We teach. We teach all those things. I'll tell you some ... lots of interest in that about numbers. In my book that you have, you have the appendix, an overview of the biogeometry design language. In this design language, you will find that we use so many different things. Numbers are one of them. Now if you study that, we give lots of courses all over the United States and Canada and all over the world. If once you study that, if you let's say go in a theater, and you have the seats there, the row, let's say, have so many seats, so the row, because of the number of seats, has a certain energy quality.

Now use seats as a number within that number, so each seat will have a different energy quality than the other seat, and you can actually find the seat that would correct the energy of a certain organ in your body, and just around it and will have a healing effect on your body although it's just a normal theater seat. That's by really understanding the quality of how numbers can affect you.

Dave: You would measure that effect on the organ system using some biofeedback here? I meditate, I have lots of bodily awareness I've been trained in Chinese energetic medicine. I've been to shamanic training weekends and things like that. I'm open to this stuff, but I could tell you I've never felt a difference from choosing one seat versus another in a theater. I'm probably at the end of the spectrum of aware people. Tell me a little bit more about how we measure this. I'm having a hard time believing. Not that I believe that you're trying to tell me something that's not true. I don't get it.

Dr. Karim: Measurement is easy. First, you choose your way of assessing the body functions. You want to assess energetic functions of the body.

Now one way that we ... one thing we use a lot is, since you speak about Chinese medicine, we use the Chinese health system, the 12 point system. Now usually, in many of my courses, I have some Chinese doctors, friends of mine, who are there, and I put them on the stage beside me, and every time I want to show something, let's say an effect of numbers, I would ask the Chinese doctor to diagnose a person, and the person would come up and then he would tell me, let's say, "I see a problem with the liver there." I say okay. Now we take the person opens his hands and back and get some matches, let's say.

I put one match, two matches, three matches, and so on 'till I get to the number of the hand, and the doctor says, "Hey, the liver is all right. We look at the number of matches. That means if they're, let's say it's number four. I just take away the matches from his hand, take my pen, put four dots on his hands, and then the organ is adjusted, you see. I can use Chinese medicine. I can use biofeedback devices. Or you can use kinesiology muscle testing. That's another thing you can use.

We also have a system of what we call based on university of harmonics, like the resonance between musical strings. We use pendulums, not in a dosing fashion, but we use pendulums as part of harmonic system. Let's say wavelength, the wavelength of something and the resonance between things so we can adjust the wavelength of the pendulum, and actually this is one of the systems that we can use when we work on sites straight away, so we have special pendulum that can be calibrated on certain dials or certain adjustments to measure certain things.

That's another thing we use, but at the end, we use so many devices. At the end, the assessment is always through mainstream science because that's at the end what you want to see. For example, if I lose some arrangements in your house now, at the end, you want to see next time when you go and do your blood tests, you want to see a difference there. See? Every thing until we reach the tests, whatever alternative system we use. It would be very good for you. You'll like and all that but you'll always say, "Okay, let me see at the end what my doctor says when he

sees the test." We go through from very simple energetic means of assessment, up to ultimately the end.

We have, let's say, a middle face where we use some biofeedback device and things like that to show the effects when we make lectures or things like that. Then the final result is lab testing. Actually if the person goes to his doctor gets testing.

We go through all the testing because, unfortunately, I have at my disposal all the university labs and things like that. I'm not an acting professor and more I'm more I'm told for that but I do just ... I supervise now just post-graduate thesis, but in every thesis, I have this new paradigm. I'm actually architecture and design professor. Let's say we design a chair. Now you design the chair, I expect that an independent testing is done on the person's chair to see an improvement on all his organ functions, all his biological organ functions.

Then it was strange in the beginning, about 20 years ago. The university used to ask me, they used to tell me, "Professor, are you crazy? You don't evaluate art every time that you make a certain design. You're asking us to bring some doctors and some nurse to evaluate it for you. You're evaluate things by beauty, just come to look at the proportions and all that, and give your assessment just by ... you have enough experience to do that.

I said, "No, no. That's my job is not like that." Now we have a new way of evaluating core arts. We evaluate any work of art from architecture to the smallest work of art by the harmonizing level it produces on the human energy system.

That's the way to evaluate art. That's because you're supposed to change, let's say, the society. You're supposed to change people to the better. That's how we looked at biogeometry. When I see you, I'm sure we're going to work together between biogeometry and Bulletproof Coffee because we have the same goals.

Dave: The goal of biohacking, this thing that I've popularized and probably pioneered is a fair word, is the art of changing the environment around you and inside of you so that your body will do what you wanted to do. There's many small changes you can make in food and in air and in environment around you. I will admit in the first school of your coffee shop that's opening, which is a physical space, the design is really important. We innovated a lot. I'm not trained in biogeometry, but I can tell you when you walk into a space or when you read some words on a screen, either they annoy your nervous system. They have no effect, or they have an effect that makes you feel good.

I don't have hard quantitative way of doing that other than heart rate variability, which it is subject to interference from other things. You walk through a bad EMF field. It may affect you in a negative way even though the change you made to the environment is a positive thing. End of the day, I want spaces in words and radio shows and everything else that make people feel good and perform well and basically are more useful.

There are much bigger things we can do if we acknowledge, for instance, that WiFi has a biological impact, and it just does. There's plenty of evidence for that. You have to selectively ignore a lot of studies if you want to still make the case that there's no effect.

Dr. Karim: We work on that a lot.

Dave: You do. If we acknowledge the problem, then we go to the next step. How do you take this incredibly useful technology and make it useful for the human body and potentially the technology that you work with. If we can show some more about how, what its mechanisms of action and make it more repeatable, more teachable, and then incorporate it so that every WiFi thing that comes out has that or changes in the waveform that we're using, so that it's more friendly to biology. All those kind of changes, we owe that to ourselves as a species that's capable of changing environment around us in a really radical way, which is why

I'm interested. That's why you're on Bulletproof Radio because you're studying that same thing.

Dr. Karim: I'll tell you one thing. I'll design a cup for you, a coffee cup, okay?

Dave: All right. I'd love to see that.

Dr. Karim: I'll send you the design of the coffee cup as a present.

Dave: I'll 3D print it on that thing right there.

Dr. Karim: Then you make the coffee cup and give somebody Bulletproof cup, and that cup, and then another cup, and we can do any biological assessment on the person. You would see wonders from the biogeometry cup.

Dave: I am really interested. I want the person doing it to be blindfolded so they can't see which cup they are doing and that would be really cool. I'm interested.

Dr. Karim: They wouldn't know which cup is which because we won't give a cup, give you a cup that looks weird. No, we'll try to make something that is as near to your normal cups as possible so that people won't notice the difference. No.

Dave: That I would be very interested in, and that's a sort of thing that one group of people listening to this in their cars right now, "Look this is such witch doctor-ey." They're going to pull out all the negative, skeptic language. This is a scam. It's fraud. It's quackery. Sorry, guys, this is just all personal ad hominem attacks. Either the science works or it doesn't work, and you have no idea what Professor Karim's motives are. You can question the motives like that, which means you're small-minded, or you can say I don't believe this can work because I don't understand the mechanism for it. At which point, the scientist says, "Then show me proof that it works, good quality proof."

Dr. Karim: That's it. We show you proof.

Dave: If there is proof that it works, you got to say why does this work because it shouldn't work, and it's scary that it works because if it does, then it's a little bit meaningful to everything else we do. Let's do the science experiment, at least the thought experiment. Let's assume that this totally works, and I don't know for sure if it does or doesn't. I haven't felt the difference from the pendant you sent me, but it doesn't mean it's not working. It just means I didn't detect it.

Dr. Karim: You're not wearing all the time.

Dave: I did wear it for about two weeks, and I ...

Dr. Karim: You didn't see a difference at all?

Dave: I did not. I charged it every night the way you described down the little clay thing. That still doesn't mean it doesn't do anything. There are lots of subtle...

Dr. Karim: Maybe it needs something extra.

Dave: There are subtle energy things.

Dr. Karim: ...You don't know, yeah.

Dave: I'm telling lots of weird stuff that shouldn't work, like electrically grounding yourself with earthing sheets. I sleep with an earthing mat on my bed because it actually works even though most people would say, "Are you kidding me?" It makes a difference. Now we think we know why. Maybe we don't know why, but I can tell you that that works, but it didn't work the first night. It took a little while for me to figure out, to feel the difference.

Let's assume that there's a mechanism of action here and we can theorize and know what it is. If I took you into the Bulletproof coffee shop in Santa Monica that I hope opens really soon now as soon as our

final government permit comes in, what are the likely things you would do when you walk into our coffee shop, see a big counter there and it's got all kinds of stuff in there, what is your thought process? Just like walk me through what you would do there because who knows maybe we could have you into Santa Monica if you're around and discuss.

Dr. Karim: I'll tell you what I'll do. First of all, I'll looked at the design of the room and maybe if I see some edges or some things really disturbing the energy, I'd correct that. Then what I would do is place some decorative patterns in certain way that actually produce this harmonizing energy in there. Then actually I could design not just the cups, but I could design the chairs. I could design the tables. I could ... anything that needs design, I could design, and to produce an energetic harmony in the space. Then I don't go by feeling, like you say. I wore this thing. I feel it. That's why I feel. We'll do tests to show the people. We'll get some independent team, just to get the ... an independent biofeedback institute and we let them test before and after, and then we know exactly what biogeometry is doing in the space.

Dave: That would be interesting.

Dr. Karim: Can you just change the menu. We can change the menu. We can even do tweak even the logo in such a way that it would attract people without you noticing the difference. You wouldn't know because sometimes we tweak designs to many companies, and they ask us always we have our logo or we have this thing for many years now. Can you use something to it without really changing it in a current way? Can you be so subtle, but you don't change it. A lot of our work is actually working in a very subtle way that our client keeps the image, keeps the logo or whatever it is, and they close the same of energetic effect is totally different.

Dave: That sounds interesting just because I'm curious about that. I've already done a lot to environment. I have lights that change their color with the time of day to be more tied in with the circadian rhythm. There's pulsed electromagnetic frequency devices embedded in the chairs that use frequencies that stimulate healing. There's electrical earthing surfaces

or grounding surfaces built in on tables and the chairs. There's a zone in the store that's designed for that.

There's a lot of things that you probably wouldn't notice when you walk in, and the whole intent there is I feel good when I'm in here. Like the environment has been already tuned to a certain point. That's part of the things to do. I'm always interested in that, especially if I can get data that shows that they're doing something specific. I'm interested. If you're ever going to be in California, and there's a chance for us to meet up, I would love to get your architecture design perspectives on that.

Dr. Karim: Where are you in California?

Dave: Santa Monica.

Dr. Karim: Because my son lives in Orange County, and I come a lot to visit my grandchildren.

Dave: When you're out there sometime we'll arrange it. I live on Vancouver Island, I would...

Dr. Karim: Yeah, I'll give you a call when I'm out there...

Dave: Yeah, that'd be fun. I'm sorry I have to come down from Canada as well, but if it' work out, it' be really fun just to get your perspective on that, and to compare it with let's say a feng shui master would say about space because there's different perspectives on this, and I have lots of biofeedback equipment, and this is the sort of things where this is I would say at the cutting edge of what's happening. I don't claim that I understand or believe that this works it doesn't work. I'm an open-minded inquiry stage kind of person right now and stuff.

I had a hard time deciphering the book. That doesn't mean that it's not accurate. It doesn't mean it doesn't work. It just means that when I looked at it, this is going to take a whole lot of study, and it's probably

going to twist my brains in some odd ways that I'm not going to dig into with full intent right now with because of what's going on.

Dr. Karim: When you do a science today, like feng shui was done 2000 years ago, you need to do it if you need to be more scientific, and then you need to address the problems of modern technology. Now feng shui as to their time had no electricity, had no radioactivity. They had no chemical pollution, you know. All those things didn't exist, so they didn't address them. Today, when you make a new science today like biogeometry, you have to address all the problems that modern technology is creating in our lives.

I say always that in the age of information, all these electromagnetic radiation we have, there's a hidden time bomb. We could be one of the greatest ages on earth, but we have a time bomb hidden in there that could end life on earth.

If we don't have new sciences that change that, we're ending our civilization very soon.

Dave: There's definitely something making people weaker on a multi-generational perspective. Technology has brought a lot of wonderful stuff with it, and I'm not opposed to it, but if it is causing harm, we should identify that, and then we should counter it using other kinds of technology. I appreciate that perspective.

We're coming up on the end of the show, and there's a question that I've asked everyone who's ever been a guest on the show, except that one guy in episode 70 something or another. The question is, given all the stuff you've learned, not just as a professor but in your life, what are your top three recommendations for people who want to perform better at whatever it is they do. You're a parent, you want to be a better parent, you're professor and you want to be a better professor, what makes people better? Top three most important things they should know about.

Dr. Karim: The most important thing is my personal definition of freedom. I define freedom not as having your ideas and being given the opportunity to express them freely, then you are a prisoner of your point of view, prisoner of your ideas. To me, freedom is the ability to get out of the prison of your point of view, and move around everything that exists. That way, you'll see all the other aspects of life, and then you can dance between them, and then you gain a new wisdom towards life, and that's one of the most important thing that you can do is move out of your point of view. Embrace everything else. That's one of the most important things.

The second thing is like the ancient Egyptians had the judges, the 42 judges and when you died you went and each one asks you a question. One of the questions was, "did you give your body in his older age what it gave you when you were young?" When you were a kid who didn't understand a lot, you used to do a lot of mistakes and your body supporters, and was there behind you helping.

Now at old age, are you doing the same for the health of your body. Are you paying back what it did to you all your life? See? That's a very important thing that you owe to your body.

This is the thing that I think that's very important that we owe to our body.

Another thing is we are living in the environment. See? If you look at environment around you, you will find shapes. You will find shapes that the divine hand, imagine that the divine hand hold, the divine pen and drawing all those shapes, the nature of the trees, the mountains, everything. All those shapes that are drawn. It's a divine handwriting. Who of us can read that language? We only speak to each other as human beings, but we live in nature, and we don't speak its language. We should look at the right thing, at the handwriting and try to read it with our hearts. If you do that, then I'm sure that the heart will be much happier in place.

Dave: Thank you for sharing those, and that connection with nature part is just terribly important. I'm always thinking about if you look at Half Dome in Yosemite, it's got a specific shape, and people respond to that. That's why it's such so many famous pictures of it and all. There's something to it. You don't necessarily know exactly what it is, but it's something you can feel. That's really cool.

Where can people find out more about biogeometry?

Dr. Karim: We have our website. www.biogeometry.com. That's the main place through to find more about biogeometry, and then you can go on YouTube and write biogeometry, search for biogeometry, and you'll find lots of seminars, TV programs in several languages. You might find things in German, French, Arabic, or English, so everybody can find something to his taste in there.

Dave: Thank you so much of being on Bulletproof Radio. I look forward to potentially meeting some time, and see you in California and seeing what design and architecture ideas you've got. I'm intrigued. Have an awesome day.

Dr. Karim: Thank you, and same to you, Dave, and see you soon when I'm down there.

Dave: If you enjoyed today's episode of Bulletproof Radio, you know what to do. Go on to iTunes, click, like, and later add it. Tell a friend. I'd sure appreciate it, and after that, you can check out more about biogeometry. Head over to Moldymovie.com, and check out the screening of the new documentary. Its already getting rave reviews, and I really appreciate if you do me the favor, watch it because it'll change your life. Thanks, and have an awesome day.



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