



The Spiritual Flow of Life

**And the Science of
Catalysts**

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Introduction

There is an enigma at the heart of biology. Scientists are baffled by the mystery of what it is that makes organisms alive. Even simple single-celled creatures seek food and run away from threats in self-directed ways that amaze scientists. This book takes us on a spiritual quest for a clear understanding of how life works.

Solving this puzzle offers deep insights for both physical and spiritual growth. Seeing the way life works, the way it flows, changes what it means to be alive.

Isn't it strange that science has been stumped by something so common? We meet human beings, wildlife, insects, dogs and cats, and other living creatures every day. They aren't rare encounters.

I believe this blindness—our inability to see what is happening right before our eyes—comes from using the wrong “lens of perception”—the wrong way of seeing. We keep trying to solve the mystery of life the way we study chemical and physical reactions.

Organisms are not machines. They are clearly different. The problem is that we can’t see this difference if we only study them as outside observers.

It is time to recognize how important our lenses of perception are, and how unconsciously they shape everything we see.

Lenses, when used properly, allow us to comprehend. Beneath every clear idea and thought is a lens that puts it into context. But grasping the meaning of art needs a different way of seeing than trying to interpret a mathematical equation.

Therefore, using the wrong lens can blind us. Imagine using a microscope to study stars, or a telescope to understand atoms. Until we find the right “schemas” or “perceptual sets,” as psychologists call lenses, we’ll keep missing the secret of life.

In our spiritual lives, we face similar dilemmas. How can we achieve our full potential? We often hold ourselves back with old ways of seeing. They get in our way and blind us as to what is possible.

We all struggle with problems, only to find out later how simple they are to solve as soon as we understand them. This book tries to clear up a confusion that casts dark shadows across our world. There really is no gulf between spirituality and science.

Brown Landone, whom I will introduce shortly, tells a story that relates to this. He heard it from a man who was invited to Thomas Edison's birthday every year, for eleven years:

At one of these dinners, some guests were glorifying the great development of man due to the invention of the electric light and other Edison creations.

Edison replied: "They are but a part of all the changes...created...since I was a boy.

"When I think of them, I realize that if the Infinite Intelligence had given all of them to man at one time, man would have

had such mental and economic indigestion that it would have hindered his progress for a century.

“On the other hand,” Edison said, “If Infinite Intelligence should one day take all of these great changes away from man, he would be left in such chaos...that he would suffer paralysis for half a century.

“It is evident that there is an Infinite Intelligence that gives to man a few new things this decade, a few more the next decade—as rapidly as man can learn to use them for his own good.”¹

Edison saw that the flow of inventions is related to many things. He knew that he wasn't inventing new gadgets out of whole cloth all by himself. He was moved by the needs of people. He was inspired by new discoveries of science. He was assisted by the teams of engineers that he led.

We could say that new inventions and insights are always present, all around us. We

¹ Brown Landone, *Prophecies of Melchi-Zedek in the Seven Temples* (Orlando, Florida: The Landone Foundation, 1943), pages x-xi.

just can't see and recognize them until we have the right lens of perception.

If we can't see how they work or how to use them, they pass us by like ships in the night. This is why secrets of nature are hidden until we grasp the responsibility that comes with them. In other words, we must change within before we see them.

This means learning how to perceive things we've never seen before. For this to happen, we need to cross through a zone where we feel confusion. It is extremely uncomfortable. We must keep searching if we want to understand. Then, one day, the unconscious puts it all together. It clicks for us and we finally get it. We just found a new lens that makes sense of it.

Our headlong plunge into a world of machines, paved roads, and electronics, has increasingly alienated us from nature, making it harder for us to feel the fluid flow of life. As a result, we keep trying to force nature to give us what we want. This is now endangering the ecologies of Earth.

We are starting to realize that we have a responsibility for how we live. The lives of

countless species depend on it. Perhaps this shift in perception is the inner change we have needed to solve life's puzzle.

This book offers a lens that allows us to see how life works. It shows us how to use this way of seeing to increase the flow of life in our businesses, our families, the growth of our countries, and, most importantly, for our spiritual growth.

There is plenty of science to back up everything written in this book, but I will touch on the science only lightly, so that we can focus on how to use these insights.²

To tell this story, I am drawing from Brown Landone's book, *Soul Catalysts—And How to Use Them*.³ (All italic quotes in this book are from Landone. Those not footnoted come from *Soul Catalysts*.)

Landone led an amazing life, teaching him the possibilities of living fully. It all began

² To learn more about the scientific side of this story, see *Lenses of Perception: A Surprising New Look at the Origin of Life, the Laws of Nature, and Our Universe*, by Doug Marman (Ridgefield, Washington: Lenses of Perception Press, 2016). I also recommend *The Origin of Life Patterns—In the Natural Inclusion of Space in Flux*, by Alan Rayner (Switzerland: Springer International Publishing, 2017).

³ Brown Landone, *Soul Catalysts—And How to Use Them* (Holyoke, Massachusetts: The Elizabeth Towne Co., Inc., 1939).

with serious health problems that afflicted him as a child. He writes

As for myself, I think that when I came to earth this time—and I am as certain of this as of the stars—I came to work out the perfection of overcoming hindrances of the body..., for I was born an invalid: my heart was defective organically and functionally.

In my third year, my leg was crushed almost to my knee, with a resulting club foot and ankle for nearly thirty years. At five years of age, I was run over by runaway horses, leaving my left ribs crushed, left leg broken, and left arm broken twice.

I had terrible arthritis, even when I was eight years old—something physicians said I could not have, yet did have. Every time physicians and specialists examined me, in my first seventeen years, they declared I could not live three months.

Yet, in spite of such limitations, spirit within me loved and so strongly urged me to live, that before I reached middle life, I knew

I had to solve the problem of how to live—joyously, actively, youthfully.⁴

He was ninety-six years old when he wrote the above words and would live two more years. But the biggest turning point that changed his way of seeing came when he was just a teenager. Until then, he needed nurses around the clock to dress and feed him. Here is how he tells it:

I was an invalid until my 17th year—in bed or a wheel chair. One summer after father and I returned from Europe, he brought back two very large trunks, metal-bound, filled with rare manuscripts. These were the immense trunks of years ago. You can imagine how very heavy each one was.

My bedroom was on the second floor—two flights of stairs to the street level. Late one afternoon—when servants were out, I was left alone, and the house caught fire—

⁴ Brown Landone, *He Lives* (Orlando, Florida: The Landone Foundation, 1943), page 83.

for some never explained reason. Smoke came into my bedroom, and through the open door I saw the flames.

*What did my mind do? It was so shocked, it **stopped thinking of limitations**—it forgot all about my illness of years. It forgot that that very day I had been carried up and down stairs because I was too weak to walk. It forgot **all** the limitations it had put on me for all of my life.*

Why? Because my soul asserted itself by an unselfish desire to save those trunks of manuscripts which my father treasured so much. In other words, love and desire became dominant. I urgently desired to save those trunks because I loved my father and did not wish him to feel the loss of them.

Without a thought of conscious mind, I jumped out of bed, slipped on a robe, rushed from my room, down the hall to the room where the trunks were stored.

I grabbed the handle of one of those trunks, snaked it down the stairs, down the outside stair and then across to the street.

Then I ran back up the two staircases and dragged the other trunk down.

Then, as soon as my conscious mind began reasserting its false ideas of limitation—why then, I almost collapsed.

*Yes, such power is usually temporary, but it is proof that the power does exist, and it is temporary only because we soon allow conscious mind to clamp down again on the soul. But the soul **always** has such power and can always use such power whenever it frees itself from the limitation of conscious thought.⁵*

The fire was soon extinguished. But when the nurse then tried to put him back in bed, he refused. He said, “I want to sit in this chair and think.”⁶

After this, he tried to learn how to awaken this experience again. With great persistence, over many years, he reversed all of the problems with his body.

For example, when he was seventeen, his father died from heart failure. Brown knew that he had the same heart problem as his

⁵ Landone, *He Lives*, pages 64-65.

⁶ From <http://brownlandone.wwwhubs.com/>

father, but the doctors didn't know why. This was before the days of X-rays, so they determined that the best way of learning what was happening was to do an autopsy of his father's body.

They discovered severe lime deposits, up to 1/8th of an inch, in the muscles of his heart. This could also explain Brown's arthritis. So, for years, he followed a severe diet where he drank lots of distilled water, ate non-acid fruits, and avoided red meat and cereals.

When he was twenty-four, he was reexamined by the same specialists who had said his heart condition was incurable. When they checked him again, they found no trace of his previous heart troubles.

Decades later, he was examined again, with the latest tools. Doctors still found no sign of trouble with his heart.⁷

But the way he overcame the problem with his foot is even more fascinating:

⁷ Brown Landone, *Body Purification*, (Mokelumne Hill, California: Reprint by Health Research Books, 1994), pages 23-24.

Then came the greater revelation that transformed my life, changing fatigue into energy and age into youthfulness....

Step by step during the years, the power of the spiritual (spiraling) energy of spirit was revealed to me....

You probably have heard that when I was three years old not only was my left ankle smashed, but the leg also was crushed almost to the knee. When molded to shape, as best the plantation doctor could do at that time, it became a sort of club foot.

For years the ankle had been one jammed bone, grown together solidly. I did everything I knew to change it—massage, exercise, mind treatment—still the ankle mass was one solid bone.

But with the new awakening—that spirit is the spiral essence—I began to free myself of mere mind efforts. I tried to feel spirit manifesting in my body.

Physically, I began to twist my body, as supple animals do, and little by little, that solid ankle began to change.

Mentally, I gave up trying to use mind to change that ankle, for mind moves in

*straight lines that tend to make things solid.
I wanted new flexibility, not more solidity.*

*I used love, to love every cell of my foot,
for love breaks down straight-line activity.
Watch a child joyously loving its play, and
you will see what I mean.*

*Then...I tried to feel spirit thrilling, as
the spirit of life spirally moves upward in the
tendrils of vines, ever reaching upward for
greater life.*

*Later my body became responsive
enough that I could truly feel that spiraling
power of spirit. Lastly came the complete
change, so that today no one recognizes any
difference in my ankles.⁸*

In other words, Landone learned how spirit works arm-in-arm with living bodies. The two are intimately involved with each other in all lifeforms. Thus, spirituality is not just about upliftment, it is also very practical. In fact, it is involved in the way all things

⁸ Brown Landone, *I Reveal—The Landone Epistles* (Mokelumne Hill, California: Reprint by Health Research Books, 1974), pages 53-54.

manifest. This is the enigma that this book aims to explain.

Brown Landone went on to become a doctor, one of the first neurologists in the U.S. He was also one of the first to show that there are a number of brain centers in our bodies, not just the one in our skull. For example, there is a brain center near our heart and one near our gut.

The principles he learned don't just apply to health and bodies, they are also directly related to the best way of working with others. Once again, Landone showed this by his achievements.

Here are just a few examples: In 1895, he organized the first boys' activities in the YMCA. In 1905, he was executive chairman for a group of one hundred educators from seventeen different countries for the "New Educational Movement." Then, in 1914, he became director of the Institute of Science and the Arts in Paris. A year later, the President of France appointed him to be special ambassador for France to the U.S. In 1917, he published the seven-volume, *The History of Civilization*,

as Editor-in-Chief. He would go on to publish over a hundred books and booklets.⁹

These accomplishments show that he excelled at working with others. Strong relationships make extraordinary actions possible. This is how spirit manifests.

And that is why I use Landone's words throughout this book: I find a flow of inspiration when collaborating with him. This directly relates to how we can increase the flow of life in everything we do.

Speaking of flow, just as I am finishing this book, an article was published in *Inc. Magazine*. It starts with this:

When he ran the four-minute mile in 1954, Sir Roger Bannister said, "No longer conscious of my movement, I discovered a new unity with nature. I had found a new source of power and beauty, a source I never dreamt existed."

Bannister was describing "flow," a unique state of mind when we're so

⁹ *Sunna Dagor Message*, January, 1946, page 1.

absorbed in an activity that we lose all track of time and effort and feel intensely fulfilled....

Not only is flow associated with optimal performance, but people who regularly experience flow are happier and seem less stressed than those who don't.

Flow holds intrigue because it flouts some rules. People can keep going for a long time without experiencing cognitive fatigue, despite being cognitively engaged. They also report feeling calm and detached from negative emotions, a state that is usually associated with deep relaxation, not with cognitive engagement in an activity.¹⁰

If you are interested in understanding this mystery and how to use it in your life, read on.

¹⁰ Mithu Storoni, "Why Do You Feel Happy When You're 'In the Zone'? Science Finally Has an Answer," *Inc. Magazine*, Oct. 23, 2017. <https://www.inc.com/mithu-storoni/why-do-you-feel-happy-when-youre-in-zone-science-finally-has-an-answer.html>

Chapter I

Catalysts:

Our Source of Life and Spiritual Growth

We all experience moments when work and play seem smooth and effortless. Athletes call it being in the “zone” or the “flow.” We act fluidly and naturally, without any thought. In fact, thinking breaks the spell.

These experiences can open a window onto a whole new way of seeing life. Ego fades into the background as our involvement with what is happening overwhelms everything else. It often comes with a heightened sense of energy and awareness.

Moments like these give us glimpses into the mystery of life. They suggest that there is

more to living—truly living—than we realize. It turns out that they also give us a way to understand biological life. And they are valuable to our spiritual growth. In other words, experiences with the flow of life can reveal the central mystery of life itself.

To explore this insight, we are going to start with catalysts.

What on earth is a catalyst?

That is the question that Brown Landone asks at the beginning of his book, *Soul Catalysts—And How to Use Them*. I will be quoting extensively from his book because it offers me a fluid and easier way of expressing what I want to say. Or, to put this another way, I am using his words as a catalyst—which brings us back to the question: What is a catalyst?

He explains,

It sounds difficult to understand, and yet, the results of its action are simple—and easy to see. Later I will tell you about the spiritual catalyst of your soul. But first I

wish to make the catalyst of science clear to you.

In science, a catalyst is an activating chemical. It seems to do nothing of itself, and yet, it has an astounding effect upon other chemicals near it. More importantly, although it can increase activities by a hundred times, it never uses up any of its own energy.

How a catalyst works is still a mystery to us; but so also is the way that light acts on the leaf of a plant, and a thousand other processes of nature.

However, even scientists say that it seems almost unbelievable until we see it working before our very eyes, because the results are astounding.

I'll add some history to what Brown Landone says above: In 1835, Jöns Jacob Berzelius, a Swedish chemist, discovered the process of catalysis.¹¹ He described the actions

¹¹ A. J. B. Robertson, "The Early History of Catalysis," *Platinum Metals Review*, 19, no. 2 (1975), page 64.

of catalysts as a new force. He called it the “catalytic force” because of the way catalysts accelerate chemical reactions, while the catalysts themselves remain unchanged.

This makes catalysis different from all other processes in chemistry. For reasons that aren’t completely clear, catalysts dramatically speed up the reactions of other chemicals, but they are not affected themselves.

Back to Landone’s explanation:

If We Could Do That!

Think of four chemicals as workers—just like four people working for you in a shop. Working well by themselves, each can do five units of work a day.

But now you bring in a sort of “wooden Indian.” You stand it in the middle of your shop. It does no work of itself, but it radiates some mystic influence which has an effect on the four other workers. It makes it possible for each of those other workers to do 2,000 units of work a day instead of five! And yet, each worker is no more tired than when doing only five units of work.

It would be a miracle—would it not—if you increased your activity by 400 times without extra fatigue? And why not? You are more responsive than a mere chemical.

This matter of catalysts is important, and it is practical to use. There is a spiritual power of the soul which can work eternally, never tiring out, and yet it continually produces astounding results on other powers of your soul. In that, it is just like a chemical catalyst.

I know that Landone's words can sound a bit over-the-top, but he's not exaggerating the way that catalysts work, or their importance, as you will see. He learned about this while he was working as a medical doctor.

That was also when he discovered that, out of all of the medicines and treatments he offered his patients, nothing worked as effectively as helping people recognize their natural healing abilities. Today, doctors call this the "placebo effect," because people often get better when they are told that a pill or treatment they are taking is a cure, even when it is a placebo—it has no active ingredients.

Landone learned about this power when overcoming his own incredible health problems, as I mentioned in the Introduction.

For a long time, scientists wrote off this effect as a sign that people are easily fooled. But researchers stopped ignoring it in the last decade. They now take it seriously because the placebo effect can be more powerful than many of the latest drugs being developed.¹²

Landone studied this deeply, to get to the bottom of how it works, long before it was recognized. As you will see later, this is directly related to the role of what he calls spiritual catalysts. In other words, he is talking about the activating principle behind the placebo effect.

Back to his story:

What About a Soul Catalyst?

*Think of it! You **do** have a strange catalyst among the powers of your soul. Perhaps you have never known it, probably you have*

¹² Cara Feinberg, "The Placebo Phenomenon," *Harvard Magazine*, (Jan-Feb 2013):

<http://harvardmagazine.com/2013/01/the-placebo-phenomenon>

never used it. But what wonders you can work when you do learn to use it.

Mind is a soul power, but it is not a catalyst. When we use mind—when we think—we ultimately become tired. Even if we do only brain work—that is, thinking—we do have to go to bed to sleep for hours each night to get rid of the effects of its fatigue.

Spirit, however, never tires. It is the divine catalyst of your soul. And it makes it possible for your other soul powers to do ten times—often a hundred times—as much work as they have been doing in the past. Even a thousand times more work. Yet the spiritual catalyst—just like the chemical catalyst—never uses itself up; and never tires.

Catalysts and the Puzzle of Life

It might sound as if Landone is using catalysts as a metaphor for spirit, as a way to encourage the reader. In other words, you might imagine that the properties of catalysts are only poetically similar to the spiritual

qualities of spirit. But I believe the relationship goes much deeper.

I was in the middle of writing a scientific paper on what makes living organisms alive, when I read Brown Landone's book, *Soul Catalysts*. His words startled me because I realized that he is talking about the very same mystery.

What is life? Why are creatures and plants so different from machines? These are questions that biologists have been trying to answer for centuries.

Over the last hundred years, they have learned amazing details about cells: the way cells extract energy from food, how they build highly specialized proteins one molecule at a time, the astonishing process of reproduction, and much more. But none of these discoveries have moved us any closer to understanding the secret of life.

My research into quantum physics turned up a promising new insight to this enigma. After discussing it with Alan Rayner, a biologist in England who had come to similar conclusions, we agreed that it was worth writing about.

So, you can see how shocked I was to read Landone's book, where he describes the same insight seventy-five years ago.

Catalysts are closely tied to the puzzle of life. What if catalysts and the life that we find inside of cells are directly connected to what Landone means by "spirit" above?

I'm not talking about the ancient idea of "vitalism" that vaguely claims there is some kind of "life force" that enters a body to make it alive. Vitalism was fine as a religious concept hundreds of years ago, before we learned about conception, reproduction, and genes. However, it doesn't work as a scientific theory because it can't explain how the life force animates inert matter. But what if we can now explain this missing piece and it is directly related to the way catalysts work?

When Landone uses the term "spirit" he is describing an experience that comes with special practice. This requires a specific relationship, as we'll see in the next chapter. It turns out that there is also a direct connection between that relationship and the way catalysts work.

In other words, there is more than a similarity between spirit and catalysts. The same activating principle appears to be involved in both cases.

And this principle turns out to be the key to understanding life, I believe. This is what I was writing about when I read Landone's book.

My research uncovered the effects of a specific relationship between quantum particles. This "force" is well-known to physicists, but I found evidence that it is necessary for cellular life as well. And this relationship also exists at the human level, where it brings people the experience of spirit. In other words, we find the same relationship involved at every level where life exists.

Back to Landone's book:

We already know of catalysts in chemistry and of the catalyst of the soul, but there are probably catalysts in every phase of growth and development on the face of the earth. Each day we discover more catalysts.

You may not know chemistry, but I am sure that you know plants, because you are

used to them. Most of you have grown them, either in your homes or in your gardens. And since you know plants better than chemistry, let me illustrate how catalysts effect changes of growth in plants. Then you will more clearly understand what you can do for yourself, by use of the spiritual catalyst of your soul.

I have a rubber plant. It is an old plant. It has already reached its adult growth. This means that, even if I keep it for ten years more, it would not grow much more. That is a law of all life; when a plant reaches its planthood, or an animal its adulthood, or when man reaches his manhood—each first slows down in growth, and then seldom grows any more.

A Catalyst Did This to A Rubber Plant

Now this rubber plant was an old plant. In all the years I had it, although it had grown at a vigorous rate, its rate of growth had been less than 1/5th of an inch in height

each week. It had been fed with good plant food chemicals which it needed. But by last December 4th, it had already reached its planthood.

Then, on that day, I began mixing some catalysts with the plant food chemicals in the soil, in the pot in which it was planted. These catalysts are some of the activating “trace” chemicals which we have recently discovered that work miraculous changes in plant growth.

And what was the result? In three weeks, the old plant—which had already reached adulthood—began growing youthfully again. It grew 4½ inches in those three weeks. That is, 1½ inches each week.

A “Miracle” Of Growth

*Now, remember that for years **without these activating catalysts** it had grown less than 1/5th of an inch a week. To be exact, this old plant—about eighty-two years old in terms of a human’s life—began growing more vigorously in its old age than it had ever grown in its healthy vital youth. And its*

new rate of growth, due to the catalysts, was increased 719%.

And you—do you not wish to produce changes in your life at such an increased rate?

The catalyst of your soul is spirit. It never tires, as thinking does. It can work when you are asleep or awake; and it can perform its miracles for you every day.

*Here's the case of George Manning, who learned how to use the spiritual catalyst of his soul. He tried for many years to cure his persistent and chronic constipation. He tried various foods and received temporary help. He also tried using mentalized techniques of idealizing and affirming that his intestine was working perfectly; and he **did** gain results—but again—**only for a time**.*

Using his mind and idealizing, he was able to secure the normal activity of his intestine for a month or five weeks at a time; but the old conditions would come back, and he would have to “do” his affirmations all over again.

Finally, when he turned forty-one, he realized that he possessed a deeply moving

spiritual power, the catalyst of the soul, which activates all the other powers of Mind and Love and Life, greatly increasing their activity and powers.

He began, “taking no thought for the morrow” about his intestinal action. He recognized the teaching that spirit is ever active and ever youthful.

Manning Discovered Something

So, instead of thinking to remedy the constipation, he began urgently, hungrily increasing his desire to live more actively and youthfully. And that catalytic impulse of the soul became so strong that it multiplied the activity of Mind and Love and Life in him a hundredfold—so much that he soon began to be younger.

And then, after three weeks of use of this catalyst of his soul, he discovered something. It was a surprise because, in urgently desiring a more youthful life, he had forgotten it.

He discovered that his constipation was gone. Six years have now passed, and there

has been no return of the trouble at any time.

*Moreover, he is now forty-seven years old, and seems ten years **younger** than when he was forty-one.*

Oh, do not dwell so much in your thoughts; they change—even hourly. And your love changes, and your life as well. But spirit is eternal. That is why the spiritual urge—the impelling desire within you—is the catalyst of your soul, forever active, never using up its own energy.

The Mystery of Life

The power of catalysts is as surprising as Landone describes. To show this, let's return to their role in biological life.

When scientists study the way life first emerged on our planet, they run into a peculiar problem with catalysts. Without catalysts, cells can't survive. However, the catalysts we find in cells are so astoundingly complex that, from what biologists know today, they could only have been developed by something that

is already alive. This creates a paradox: How did the process begin?

DNA is Not the Answer

Biologists have long put their hopes in DNA. Many believe that genes are the key to life, but they run into the same problem: DNA is far too complex to have developed by accident. Something living must have created it.

Before the human genome was sequenced, scientists already knew that genes hold instructions on how to make complex catalysts and other proteins in cells. They hoped that DNA would also contain a full plan on how to make cells alive. But after sequencing full genomes, they were surprised to find that there are nowhere near the number of genes needed. There aren't even enough genes to make all of the specialized proteins, enzymes, and catalysts that we find in cells.

Since then, we have learned a lot about the way catalysts help with cellular processes. We know that many enzymes and proteins play important roles in turning DNA signals on and off. In other words, catalysts, proteins,

and enzymes—created from the plans in DNA—also have the ability to regulate DNA. If this is true, then who or what is in charge?

The evidence is now clear that DNA is not the key to life. This has been proven through experiments: If you remove DNA from cells, you will see that cells continue living. They don't live for nearly as long, because they can't make repairs without DNA, and they can't reproduce, but they continue searching for food and avoiding threats. Clearly they are living.

This means that DNA is important in many ways, but it is not the key to what makes cells alive. On the other hand, if you remove all of the *catalysts* from a cell, it will not survive. Not even for a moment.

Catalysts Are Crucial for Life

This leads to a simple conclusion. Most scientists who study how life began agree that genes and DNA must have emerged later, after some form of primitive, pre-cellular life.

Catalysts, on the other hand, were needed from the beginning, before any form of biological life was possible.

Exactly why catalysts work, however, is still a mystery. Scientists can tie all of the main properties of chemistry back to underlying quantum physics, such as how molecular bonds form and why some bonds are stronger than others. But not the process of catalysis.

What chemists know is that catalysts increase the rate of chemical reactions by significant amounts, as Landone writes. They also know that the catalytic process does not use up the catalysts or their energy, exactly as Landone says.

Catalysts somehow trigger other molecules to work together in such a way that they react faster, with far less energy. After the reaction is over, the catalysts are unchanged—as if the work they did was effortless. They seem to do nothing of themselves, and yet they have the most amazing influence.

Spiritual Implications

This book will show the importance of setting aside the superficial cravings of our thoughts, our emotions, and our body, to find our true nature as soul. Our deepest, truest desires bring vitality to our mind, our passions, and our body, in a way that unites them to work together.

We are going to explore a simple spiritual principle that has been overlooked. It's directly related to the mystery of life and the magic of catalysis, making it vitally important to all aspects of our lives.

This principle has the power to open up doors to new spiritual experiences by intimately involving us in the process at the heart of nature. It can change our lives in the same way that catalysts activate the flow of life in cells. And when it does, it will also touch the lives of others around us. When you find out how to increase the flow of spirit in your life, it will affect the people you work and live with as well.

In other words, all these descriptions of being in the zone—a phenomenon that's well known to athletes—and all of these examples

about catalysts in chemistry and in cells, in plants and in our own bodies, are to show the transformational changes we can experience from the spiritual zone—the spiritual flow of life.

Billions of years ago, the origin of cellular life on planet Earth was sparked by catalysts. And, as Brown Landone said in 1939, when he wrote his book, the same principle can be used today for increasing the flow of inspiration and creativity in our lives.