



9. Future Humans with Dr Steven Booth

Recorded on 30th April, 2018 in Byron Bay, Australia.

Future Sense is a podcast edited from the radio show of the same name, broadcast on BayFM in Byron Bay, Australia, at www.bayfm.org. Hosted by Nyck Jeanes and well-known international futurist, Steve McDonald, Future Sense provides a fresh, deep analysis of global trends and emerging technologies. How can we identify the layers of growth personally, socially and globally? What are the signs missed; the truths being denied? Political science, history, politics, psychology, ancient civilisations, alien contact, the new psychedelic revolution, cryptocurrency and other disruptive and distributed technologies, and much more.

This is Future Sense.

Nyck: Welcome to my compatriot and co-host, Steve McDonald. Good morning, Steve.

Steve: Good morning, Nyck. Good morning, everybody.

Nyck: And we have a special guest this morning, another Steven.

Dr. Steven Booth: Yes. I'm Dr Steven Booth, Chinese medicine practitioner, and really lovely to be here.

Steve: Great to have you on board, Steve. Steve and I are old martial arts buddies.

Nyck: And Steven, sitting opposite, is a pretty young man. You're only 37, a doctor of Chinese medicine, you've got six kids, so you've been around. Is that all to do with the macrocosmic orbit, all those children?

Dr. Steven Booth: It's just the way things are turned out, yeah. It's been a lovely journey with being a parent; you learn a lot through that experience.

Nyck: You certainly do. We're going to be talking a lot from the Eastern perspective today—Eastern technologies, sciences and the like—and how that applies to the future.

Nyck: You are tuned to *Future Sense* here with Nyck Jeanes, Steve McDonald and our special guest, Dr. Steven Booth from Melbourne.

Steve, we're going to do a little bit of an update of world affairs. There's lots of stuff going on—the Koreas, for example. We'll have a bit of a look through our particular lens at what's happening on the planet today, with Steven also contributing. What's happening?

Steve: Just a quick wrap of the week, I guess. It's been a big one in Korea where the two leaders from North and South Korea, of course, have met for peace talks, and the reporting of that has been particularly favourable, actually. It flies in the face of the picture that mainstream media has been painting of Kim Jong-un in recent months with all of the missile activity and him being portrayed as some sort of evil mastermind.

Nyck: Recalcitrant child or something.

Steve: And then we see this happy, friendly man appearing at the border, inviting the South Korean leader to step across into North Korea and declaring that this is the beginning of a new era of peace. So great contrast there, and somewhat revealing to the shaping that goes on in the mainstream media to suit certain agendas, I think. But wonderful news and very, very interesting in the context of what's been happening in the US with the Trump administration and the obvious conflict that's been going on there between Trump's side and what people call the 'deep state'—the establishment.

The release of text messages from FBI agents talking about the potential assassination of Trump is quite controversial and we've yet to hear from the formal investigators about their perception of those sorts of things. And it's come to my attention that there's a whistleblower who's going by the name of QAnon and publishing some somewhat cryptic but very interesting messages which are implying this hidden struggle that's going on between the 'deep state' and the Trump administration as an apparent struggle for power that's happening there. It's going to be very interesting to see how that plays out over time.

And back closer to home, we've got the continued unravelling of corporate and government corruption.

Nyck: The banking industry and the like.

Steve: Financial atrocities, etc.

Nyck: Atrocities, mmm.

Steve: And in the *ABC News* this morning, news that the *AMP* chairwoman has stepped down in response to all of the scandal that's been uncovered through the Royal Commission there. So interesting times, very interesting times. And not to forget our wild card event that we've been discussing over the last few weeks, which has arisen as a possibility from a number of different sources. We thought that the week just gone was probably the most likely time for that to happen, but obviously it hasn't yet. We're still feeling that that may occur, so we're keeping one eye open for that in the near future.

Nyck: Well, as we said, today is full moon and from our wandering astrology reporter, Varij—good morning Varij if you're listening—here's a brief astro update on this full moon today: "This is a very dark and potent Scorpio full moon because it is occurring while both rulers of the sign, war god Mars and death god Pluto are joined together." Pluto is stationary, hence enhancing its power. This is in Capricorn, where Mars and Pluto are joined at the moment. "Pluto is the dark lord of the underworld, wherein lie unresolved complexes that sabotaged the attainment of the sunlit Taurean virtues of calm and serenity." I like that—that contradiction between the two. "What price, inner peace?" is the question. "Karmic time. Lord Saturn, dignified in its home sign, Capricorn, and aligning harmoniously with both Sun and Moon at the peak amplitude, is standing guard to ensure that karmic debts to self and other are repaid in a timely manner and that cosmic justice prevails, that we reap what we have sown."

Steve: Yes, very interesting and Capricorn, of course, I'm told by those who know, being the house associated with organisations and management and those sorts of things, so very appropriate to what appears to be going on.

Nyck: Yes, and I think the notion of karmic debts, when you look at these world affairs moving in ways that are unexpected—as you said, Kim Jong-un was made out to be this child-like madman who could set off World War III any minute now, and yet something else has now gone on that appears to have a different kind of energetic quotient to it, some other push and pull underneath the surface of things, as you said, while in America, all this is going on with the Trump administration and the battle for who actually controls this country and therefore the world, arguably.

Steve: Exactly. People have been splashing out on their karmic visa cards and sooner or later it's got to be repaid somewhere.

Nyck: It's very high interest in the karmic debt bank, folks. You've got to be aware of that, that's for sure.

Now, folks, if you want to drop us a text line and comment about anything that we are talking about or anything you'd like to bring our attention to, you can text us on a 0437 341119. It comes up here on the computer screen right in front of us. That would be really good.

What else has been happening there that we can allude to? Just coming back to the Banking Royal Commission and *AMP Insurance Company* and these great institutions, supposedly, of our free market economy's democracy. They are shown to be corporations, but with the law back in the 1890s changed, that means corporations actually are seen as beings, as people.

Steve: That's right. They have the legal status of an individual.

Nyck: Which means that the people who work for these corporations are actually, in a sense, shielded from and guarded from certain liability in a legal sense.

Steve: Yes, interesting times. I mean, as we often discuss on the show, we've passed the peak of the Modern era, which is individual in nature, and the corporate entity is just a classic example of how that's been playing out. I like to liken it to a combustion engine. As it gets older and older, the parts wear down and as the parts wear down, the friction reduces so the engine actually runs faster and produces more power just before it blows up—just before the parts wear to the point where it loses compression and the engine dies—and this is what we're seeing in the Modern era. It's running faster and faster and it seems to be getting more and more powerful, and that will continue right up to the point where it fails catastrophically. We're starting to see that decline. It's very, very clear that our political systems, many of our government systems and our economic systems just don't cut it anymore. The world has become too complex. They've been designed in a pre-Internet era.

Nyck: Yes.

We're going to talk a little bit today with Steven, who's our special guest doctor, Dr Booth over here, to talk about some of your work with energy via acupuncture and Qigong, Taichi and the like, and some of the more advanced things that you're looking at—both of you—in this realm, in this sphere; and why. The question for me is, in terms

of Clare W. Graves's work and the stages, the levels, the windows that we look through of evolution, of our growth, that we are moving to a stage where what's called trans-rational science comes into play, and I want to talk a little bit about how those ancient disciplines, those ancient Eastern modalities, actually fit in somehow to this future expression of new kinds of science.

Steve: Yeah, cool. We might just start by talking a little bit about your background, Steve, what you've done that brings you to this point. Let's start with martial arts, because that's how you and I came together. We both practise a Chinese internal-style martial art called Tai Chi Chuan (Taijiquan), and other aspects of related martial arts like Bagua—Steve is very much into Bagua, which is a very spiralling circular art. These are very traditional forms which embrace not just the martial aspect, but they're Taoist arts and so they embrace the yin-yang, active-passive aspect of reality and they have a healing aspect to them as well as a martial aspect.

Dr. Steven Booth: One of the most interesting things about it is the way that we can move and change our inner state through movement and through body awareness. The Chinese have this idea that we have a body-mind, not just the body and mind that are separate, but this integrated thing, and when we move, you can get a shift in your energy and a shift in your state of being, so focusing your intention or your mind on different aspects of your body and finding that place where they sit together, you get a shift in the way you feel.

Steve: That's right, and also tapping into that innate intelligence in your body which blew me away. How long have you been practising martial arts?

Dr. Steven Booth: I did a little bit of martial arts as a teenager. I did as some Taekwondo and then some Wing Chun as well, but it was in year 12, I started doing some Tai Chi just at a local community centre. At that point, I'd been interested in mysticism for a little while and physics as well, and I found that this makes sense. I had these experiences that were outside my normal way of being and so from that, I went and studied Tai Chi for a couple of years and became an instructor with one school, and eventually I found the current system that I'm working with, the Montaigne system. I'm just blown away by the depth in it, and the knowledge, and that you can just keep going and going and going. I thought, this is something I can sink my teeth into for a lifetime, you know?

Steve: That's right, and of course, Erle [Montaigne] comes from this region. He's passed away now, but he used to be based out the back of the hills there, down south of Uki,

until he moved over to the U.K. and then passed away just a couple of years ago, didn't he?

Dr. Steven Booth: Yes, in 2011.

Steve: And his son Eli has taken over the school now.

Dr. Steven Booth: Yes and he might be moving back.

Steve: We're looking forward to that possibility, for sure. So you've got a long history of martial arts; been practising quite a while, which is great. I've been involved with Tai Chi Chuan for about 20 years now as well, and it's been a profound experience of discovery, not just from a martial perspective, but from a self-healing perspective. When you practise these internal Chinese martial and healing arts, they have a progression. They start with self-healing and then progress into a martial phase and then, if you practise long enough, you can progress into a medical phase, which of course, you've done.

Dr. Steven Booth: So that's the three aspects of Qigong, really, is this martial development of the physical defensive part, then the healing of self and then the healing for others as well.

Steve: Yes, exactly, and the martial part, although it seems paradoxical—and that is the yin-yang nature of reality itself playing out through this art—it develops your capacity to move and direct energy very forcefully, which then becomes extremely useful when you progress into the medical phase for working on other people's energy fields.

Dr. Steven Booth: That's right, and the mind aspect of the way the martial aspects in Tai Chi work is that it accesses those parts of self—you know we talk about the reptile brain or the brain stem as being the instinctive response or survival mechanism—and that's what we're tapping into when we're doing the self defence aspects, because we're looking for this subconscious, reflexive, counter-offensive movement, so when something happens, it's a startle survival mechanism—you just go into this mode of moving in a way that's just for survival response. What that does as well is lights up the different parts of your brain and shoots you away from thinking and logic, because if you're experienced in martial arts, if you try and pre-plan movements, they don't work. It's when you're in the moment that you get a response that matches what's happening in your environment and with your opponents or yourself.

Steve: Yes, exactly, and this kind of practice is an amazing developmental pathway, isn't it, and in a multidimensional way. It's a very, very deep philosophy that's associated with it.

Dr. Steven Booth: That's right. I guess it's part Taoism in that it's this study of understanding of the self in the universe and some macrocosm and microcosm. If you look at Taoism as the study of the world, within the Tai Chi, the main form we practise is broken into three energetic sections, and each section of the form moves the energy around the body, around the meridian system as it would move naturally in the diurnal cycle. So you go through this phase that we're all aware of in the seasons, and in the day, and in the life cycle of waking up, living our lives in the day and then calming back down and going through a death and dying process and then a rejuvenation and rebirth. The cycle keeps going around, and that's the cycle that's apparent in the movements of the form. You start from a still place and slowly start to move and you get this, 'oh, I'm waking up' and then you move your stuff around, you have a play, and then at the end you close back down. It takes you through that cycle and gives you the lived body experience of it as well.

Steve: So in a normal day, the energy focus is rotating through those 12 main meridians in the body in two hour blocks, right?

Dr. Steven Booth: Yes, they go through phases. We often relate things to the organs, but it is also phases of energy movements, so we start through this lung-large intestine phase which is a taking in of inspiration in the lungs, and then the releasing in the large intestine, and then we sit and 'be' during the stomach, the earthing period, so we get a flavour of what's going on in the world at that time and get a sense of 'ah, this is how today's going to be'. It's kind of like tapping into everything that comes out of astrology and just this sensing.

Steve: Yes, which equates to the natural rhythm of life, like the first breath when we're born is the beginning, right?

Dr. Steven Booth: Yes, and that brings up an interesting point around the Chinese concept of the psyche. We have the Chinese understanding of five aspects of psyche, and one of them is this corporeal soul, so the part that animates our corpse, which is related to the breath and is said to enter on the first breath and leave on the last breath. But they recognise that we're more than that and we have an incorporeal aspect as well, which they associate with the liver and is about growth and aspiration as opposed to inspiration.

Steve: And of course, the whole art itself is very much centred around this Chinese medicine understanding of energy meridians in the body and the influence of the elements and those sorts of things.

Dr. Steven Booth: Which is just their mapping or their understanding of the self in the world and the cosmos.

Steve: Yes, which comes back to the Taoist philosophy, which really is just an observation of what is, and the process of being, right?

Dr. Steven Booth: Exactly, and then, what we do with that?

Steve: Yes, exactly.

Nyck: Yes, what we do? So these rhythms that you're talking about, which have been described in Taoist philosophy and these practices in various ways for thousands of years—a long time—how do they apply now? Do you see a waking up of people's alignment more, or need for, or desire to, or impulse to realign themselves to these natural rhythms? Because clearly we're so far out of natural rhythms in so many ways.

Dr. Steven Booth: Absolutely. We've been quite disconnected, haven't we?

Nyck: Exactly. So in terms of the future, is that something that you see happening, or that you see emerging?

Dr. Steven Booth: Yes, with great importance.

Nyck: With great importance.

Dr. Steven Booth: We often look back at the Taoists of the past and say, 'oh, they really got it back in the ancient times', but what they had was this direct experience and understanding through meditative practices or mystical experiences, and now with quantum physics, we're kind of seeing correlation and mapping the understanding of that. But definitely in our times now, we've got this need to reconnect with ourselves and each other and the world, and make some changes.

Nyck: And I guess what's happening now, of course, is the confluence of technology and these ancient practices and how those two are merging together and affirming each other, enhancing the practices to some degree.

Dr. Steven Booth: Yes, which I'm quite excited about. Anything we can do to accelerate our learning and our sharing is exciting, so the potential for maybe virtual reality-type learning of say, the Tai Chi forms or the way things work or the geometries within the acupuncture we were discussing the other night.

Nyck: Can we do it like Neo in *The Matrix*, because I don't really want to back 20 years?

Dr. Steven Booth: That would be cool, wouldn't it?

Steve: I wish, mate. I wish.

Dr. Steven Booth: There is a lot about the learning; the journey itself.

Nyck: Oh damn.

Dr. Steven Booth: Yeah, but there are probably ways of transmitting, I imagine. Definitely being in the fields of people that have achieved mastery in their world does give you—does give me anyway—a sense of imparting knowledge.

Nyck: Cool. We're talking to Dr. Steven Booth, who is our special guest here on *Future Sense* with Steve McDonald and myself, Nyck Jeanes.

Nyck: You're tuned to *BayFM*, 999 here on *Future Sense* with Nyck, Steve and our special guest, Steven Booth. We're talking a little bit about Qi Gong and the Eastern methodology, ancient as it is, and how it applies to the movement in the future towards healing and connection to one's own rhythms and patterns and energy levels and energy's movement through the body and through the system beyond that as well.

I'm interested in the notion of trans-rational science—I mentioned it earlier—as described by Clare W. Graves and others, in that Second Tier of consciousness beyond the First Tier, the first six stages and levels which we are now hopefully reaching an end

of and moving towards what Graves called "the momentous leap". Part of that descriptor is that the next stage of consciousness, when we get there, hopefully not too long in the future, will be exemplified partly by the way we do science and this notion of trans-rational science. What does that mean? What does that refer to?

Steve: I guess it's probably best understood if we just take a walk through science and how it's evolved. It really is, of course, a way of knowing; it's a way of observing and deducing the truth, I guess.

Let's go back to the fourth layer of consciousness, which Graves called Absolutistic. This is the worldview, the way of being, that emerged with the Agricultural Revolution, which allowed us as human beings to gather together in towns and cities for the first time because we could produce large-scale agriculture—it was no longer a matter of growing your food around your house—and that gave birth to the richness of society as we know it, I guess, and deep philosophy. It was the first layer or stage where the rational mind became dominant, with the development of the frontal lobes and the capacity to moderate our more basic instincts and urges and lead a more disciplined life—so very, very significant. Back then, knowledge always came from a higher authority, and often that was a god of some sort, where the laws of how to live were passed down. The classic example is, of course, Moses receiving the laws on top of the hill and then coming down and saying, 'hey, I saw a burning bush' and all that kind of stuff. It's a very single-minded way of being, a very linear way of thinking, where there is one truth that people will latch onto. It emerges, of course, out of the wildness of the third layer, which is a very egocentric, impulsive way of living, where everything was very much in the moment and a matter of self-satisfying needs and urges and those sorts of things. So the fourth layer brought the discipline, it brought this idea of a single law—a set of rules that tell us how to live life—and a black and white way of seeing things as either right according to the rules, or wrong, transgressing the rules.

Over time, the evolution of that fourth layer created a lot of frustration because people got sick of just having to follow one path and always sticking by this one set of rules. There was frustration that developed and that was the tension that gave rise to the next level of human consciousness, which was the fifth layer, which is the Modern paradigm as we know it—the Scientific-Industrial, corporate, strategic military kind of mindset, and this is where modern science as we know it, emerged.

It emerged from this movement from a single, linear perspective, branching out into multiple possible perspectives, still looking from the single point of reference, but looking at multiple options and then learning how to experiment with those options to find out which was the best option, or in the case of science, which was the 'real truth' and testing which one gives us the same results over when we repeat these experiments, and therefore that becomes the truth. The important aspect of this kind of science is that it was always evolving, it was never static, and I think this is something that's been lost in recent scientific dialogue globally, is this idea that science is fixed. I guess the classic example is the climate debate, where 'this is the way it is, the science is

in, you can't argue with the science', but of course, if you can't argue with the science, it's no longer science. It's dogma and it's actually slipping back into the fourth layer of consciousness.

Dr. Steven Booth: It's scientism, isn't it?

Steve: Exactly. So it's really important just to appreciate that classic modern science is an evolving feast. It's never fixed; it's always 'this is what we know at the moment and we're continuing to discover'.

Dr. Steven Booth: The things we don't understand yet.

Steve: Yes, exactly.

Nyck: It's interesting, too, just quickly, the word rational itself has become almost the measurement for something that has authority, that has the imprimatur of governments or organisations or officialdom or whoever supposedly claims to be experts. If it's rational, it's sensible, it's right somehow.

Dr. Steven Booth: But there's a big move around that within Chinese medicine at the moment towards how to understand what chi is and how acupuncture works. We are really looking at the science of what happens when you put a needle in someone. You get capillary dilation and blood flow, but you get the release of different chemicals within the body that we can study. We can look at histamine responses and the way the skin goes red and the effects on people's immune systems or the release of painkilling chemicals and endocannabinoids and endorphins and all these things. What that creates as well, is this experience, so we're having a shift inside of ourselves, in our subjective experience, and that's the place I'm really interested in going with acupuncture in the future, in evolving our understanding of what's going on and moving into this sort of trans-rational place with it.

Steve: Continuing through this process of evolution, the emerging paradigm at the moment, which is very, very present globally as we transition out of this fifth Modern era, is to the sixth layer or stage, which Graves called Relativistic. The key change here is that whereas in the previous layers of consciousness, the point of observation was fixed and you could see things linearly, you can see things multiplistically in the sixth layer, and all of a sudden in the sixth layer, that point of observation becomes movable, so we literally developed the capacity to just step out of our own shoes and into someone

else's shoes and see what appears to be the truth from their perspective. This, of course, is playing havoc with modern science and is actually deconstructing modern science, and this is very, very present in public dialogue, particularly, again, around the climate change issue. Once you can step into someone else's shoes and take a different perspective on things, where is the truth then? The truth is no longer something that can be discovered and made certain through experimentation and evolved. It becomes radically different, depending on which perspective you take on something.

There's a classic image that gets around on the Internet of a three-dimensional cylinder with lights shining on it from different angles. From the side, the cylinder casts a square shadow and from the end the cylinder casts a circle shadow. It's the same shape but the perspective is radically different, and that just typifies this sixth wave of being human.

Dr. Steven Booth: Defining what truth is based on perspective.

Steve: Exactly, and so some people say we're moving into a world beyond truth where truth is no longer truth—all of the scandal around fake news and the difficulty discerning what's real, what's true, what's not real, what's not true, and those sorts of things. The other aspect that comes into play with this sixth layer is the focus on human values and morality and so we start to see moral imperatives being introduced to science. Again, I don't like to keep harping back to the climate change issue, but it's probably the most concerning piece of science globally at the moment that's troubling people with all of the risks and threats and things we need to cope with as the climate changes, and we see examples of scientists doing the traditional modern scientific method, gathering the data, but then deciding not to report what the data says, but what they think is morally imperative, which is seen to be corrupting the scientific process. It's certainly deconstructing it and creating tension for us to develop a whole new concept of what science actually is and how science works.

And of course, in the background, you've got the whole quantum mechanics issue bubbling away, which is really representative of the next layer—the seventh stage of human consciousness. As we move beyond the sixth, what happens is we go through what Clare Graves called this "momentous leap" of consciousness, which is really development of a kind of quantum consciousness which is multidimensional and it plays out as an explosion of new sensory awareness. All of a sudden, we become aware of multiple dimensions and can work with that; we become aware of paradox and find ways of working with paradox, and these things are not rational. That boundary between 6 and 7 is the boundary between a rational phase across stages 4, 5 and 6, and the trans-rational which begins with 7. Trans-rational science is open to all sorts of data that modern science would discard as being meaningless and not reliable, because we can start to sense things that we couldn't sense before.

Nyck: Things like intuition, for example.

Steve: Absolutely, and intuition in the sense of quantum communication, as in the classic experimental case of the split particles which are not locally connected, but which respond to each other remotely because there's a direct knowing between those two.

Dr. Steven Booth: And they respond to observation as well which comes back to that Taoist idea of making observations of the world.

Steve: Yes, exactly, the influence of the observer, so in this emergence of the seventh stage, we're moving into a whole new way of being human. Clare Graves classified the first six stages as really a survival phase of human existence, where the key question in life was: 'How do I survive?' How do I survive, given these life conditions? And with the seventh stage, we start a completely new phase of being human, which Graves characterised as driven by the question: 'Who am I being?'

Nyck: So all of the Eastern approach that you have both been involved in for a long time, how do you see that now, factoring into what Steve's saying? The movement towards, the interest in, the new science around the subjective analysis of people's actual experience rather than what they're supposed to experience or what someone's told them to experience—all of those factors seem to be coming more and more into our consciousness, into our culture, through all of these kind of practices and modalities.

Dr. Steven Booth: I think there's a place where we're becoming more OK with the idea that there are different ways, possibly at once, based on our perspective.

Nyck: Different ways, possibly at once.

Dr. Steven Booth: Yes, and I think that's something that the Taoists were, and are, alright with—this idea that our act of observation changes things and we have an influence on the world and the world influences us, and it's this dynamic interplay.

Steve: And that brings up an interesting point. Graves said that there's this interrelatedness and interactiveness between the complexity of life conditions and the adaptive nature of human consciousness. When we're talking about physical life

conditions and the development of complexity through technology and those sorts of things, it's very much dependent upon linear time and emergence, the invention, the creation of this complexity, but if we talk about the spiritual line of development, in that interdimensional world, this complexity has always existed, and so the spiritual line of development—and this is my opinion, this is not what Graves wrote—by tapping into this into interdimensional consciousness, which has always been possible throughout time, we can interact with this complexity and we can access great complexity—infinite complexity—which is not accessible in the material world. I think this explains why there is great wisdom in the spiritual traditions which goes way, way back in history, and how this great wisdom was able to be developed through the complex interaction with interdimensional reality.

Dr. Steven Booth: And having those peak mystical experiences that change your perspective dramatically.

Steve: Exactly, so we can look at Taoism and we can see that some of the principles described in the Taoist scriptures, like the Tao Te Ching and those sorts of things, really can reflect very advanced states of consciousness, and the flow state concept that comes through in Taoism is very, very relevant and characteristic of the seventh stage, which is emerging in the material world now.

Nyck: The key phrase there being the flow state.

Steve: Yes, that's a very, very Taoist principle and a central theme of the art that we practise, of course.

Dr. Steven Booth: That's it, and my understanding of flow is that it's about being now, and that idea that what's time anyway and then the quantum understanding of maybe time is not linear or it all exists at once, possibly.

Nyck: It's a big breakdown because when you're talking about flow like that, I immediately think about the way that we have been for the last couple hundred years in the previous stages of development—in 5 and 6 in particular; 5 moving into 6 that we're in now in many places in the world—and that notion that flow in this last couple of hundred years has been stopped or interrupted or curtailed or managed by an endless number of roadblocks to the flow, in terms of the way we rationally see things, in terms of the way we regulate things, and the laws that we make, and the way that we do everything—the way we bring up our children, the way we do schooling. One of the news reports today is this idea that's suddenly arrived that every child should be

educated in their own way, which, of course, is the original meaning of the word *educare*, which is to draw out of people, not to impose. Somehow it seems that we are moving towards a place now where a lot of these roadblocks to the flow are either being challenged or being removed, or certainly being questioned in a variety of ways.

Steve: Yes, that's for sure. The development of the rational mind beyond the basic pre-rational phase where we were really just responding to things that arose within us, the rational mind allowed us to moderate that, but its limitation was that we were kind of stuck in our head—we were thinking, 'what do I do here?' and 'how can I do that?' and those sorts of things. We're expanding beyond that with the trans-rational; we're tapping into this intelligence which permeates everything.

Dr. Steven Booth: The idea of flow implies that something's not fixed. In Tai Chi we have this saying about 'flow like the great river' and talking about the way rivers aren't the same all the way along—you go through times where it expands out into a big, wide expansive space and it might go into rapids and everything in between, and there's currents underneath. It's change; flow indicates change.

Steve: Constant change, yes.

Nyck: Very good. Excellent. Interesting discussion.

Nyck: You're tuned to *BayFM* 99.9. You are with us here on *Future Sense*, myself, Nyck Jeanes, Steve McDonald my co-host, and our guest Steven Booth in the studio, and thanks for your couple of texts there. Some people think Taoists are a bit evil, but there's a difference between Taoist religion and deeper Taoist practices, aren't there, just to respond to that briefly?

Steve: Yes, sure. It's interesting to look at how Taoism has evolved over time. I guess it was probably very influenced by very, very old pagan practices and emerged as a philosophy, really, as a way of observing and interacting with reality, and discovering through material and nonmaterial avenues the nature of reality and reality as a process. I'm by no means an expert on this but in my travels through China—I've got a friend who's a travel guide writer who's been studying and writing about China for many years so he was a good tour guide. He explained to me that with Buddhism migrating from India and interacting with people in China—and there's a famous story, of course, of Bodhidharma, who was the monk who came from India bringing knowledge of

Buddhism and meeting with the Taoist monks who were kind of living a typical monk-type life, cloistered away.

Steve: Just like us, right?

Steve: That's right.

They were lacking physical exercise because they were meditating most of the time and studying and living on mountaintops, and then introducing them to the physical practices from India, which I guess were born out of the yogic tradition—breathing techniques, physical exercise and those sorts of things—out of which the modern-day Chinese martial arts are supposed to have evolved. Then, with the spread of Buddhism through China, there seems to be a like a competitive dynamic that emerged between Buddhism and Taoism and Taoism kind of started to take on a religious structure, I guess, with the influence of ancestor worship and those sorts of things which was traditional in China. And so parts of Taoism developed into what is essentially now a religion with some dogmatic practices and teachings.

Nyck: So they went into their own fourth stage—their own absolutist expression of Taoism, at least in part.

Steve: Yes, that's right, so what a lot of people encounter as Taoism today is essentially a religious kind of a structure with dogma attached, which is quite different than the traditional Taoist philosophy, which was born out of simple observation and practice.

Dr. Steven Booth: That's right, so it's separate from this idea of ancestor worship and religious practices. Taoist philosophy is looking at understanding the nature of the self and the universe and the interaction between them. I guess, from my experience, one of the differences, having studied a little bit of Buddhist practice as well, is that the Buddhist practice seems to be more of a passive process where Taoism is more of an active or generative process. That's probably the differentiating factor from my experience.

Nyck: Makes sense.

Steve: Yes, and Buddhism has a very strong rational aspect to it. It's very focused around describing structures of reality and those sorts of things.

Dr. Steven Booth: And there's 'wait and observe' as opposed to 'be and do' and following the way. Tao means 'the way' and 'the way of all things'.

Steve: Yes, of course, the traditional Taoist practice also had a very alchemical shamanic aspect to it as well.

Nyck: You guys have been experimenting with regards to all of these ideas, since you've been up here visiting Steven, in various ways with esoteric acupuncture. Can you talk a little bit to that—what that is and what that means and what you're discovering?

Dr. Steven Booth: Absolutely. All acupuncture has an esoteric kind of component, or at least in the past. At the moment, there's this idea of dry needling that's focused on a purely physical, muscular response that we're looking for, but with esoteric acupuncture we're looking at the bigger picture—the interaction of consciousness and the body and the universe. Esoteric acupuncture has come through Mikio Sankey, so it's a modern development. Its purpose is to raise consciousness, which is really interesting to me. It's based on connecting geometrical structures within the body, based on triangles—triangles being the signature for tetrahedrons and indicating spirals and being used as simple shapes that are containers for information. Chi is just another way of saying information, really. So by connecting places in the bodies—especially in the mental body, being a bridge between the physical and the cosmic, I guess—we create these links and that creates its own field of intelligence that then does something.

When we do it with acupuncture, we're placing needles in the body which act as antennas and transmitters which draw the attention of our mind and makes connections, which then relate to different things. Different parts of the body field have the ability to access different things. For instance, if you put your mind in your heart, it's easiest to tap into loving sensations and loving feelings and feeling like 'I'm okay and safe'. The main point that we use in esoteric acupuncture is right on top of the head called Tian Man or Celestial Fullness, which is about reaching our highest potentials and is this movement upwards energetically. So by connecting these points, we can use intention and understand, or attempt to understand, the mysteries.

Steve: The work that we've been doing has been building on our current knowledge, and of course, Steven and I have come from somewhat different perspectives to this point, but both sharing the physical embodied Taoist practice of internal Chinese martial arts. Because the martial and healing art we practise is based around the Chinese medicine principles, it naturally engenders a curiosity about the detail of Chinese medicine. It has for me, and of course, it's driven you to actually become a doctor of Chinese medicine, which is awesome. It's something that I've always wanted to do but just haven't had time. It directly correlates with human consciousness, which

is something that I have dived into in great depth, and so the two of us coming together, it's like a couple of pieces of the puzzle coming together and we're filling in gaps for each other, which has been extraordinary, really, over the last few days. For me personally, it's helped me put some structure around my direct experiences from my practise. Simple things like the physical art being a lot to do with geometry because it's about placing the body in different positions, which, in terms of the idea of the body as an energy antenna, is kind of like fiddling with your old TV antenna on the roof to make sure you can get the channels really clearly; and sometimes if you just turn the antenna a little bit, you can pick up channels you couldn't pick up before.

Nyck: Don't touch that dial out there.

Steve: Exactly.

Dr. Steven Booth: And using things like posture and intent, and even mudra practice where you're making connections with the hands to develop certain inner states.

Steve: And so in the same way that receiving a TV channel is a way of receiving information, then the same thing applies to the physical practice where certain postures will give you access to certain information. One of the profound things that happened to me during my process of learning Tai Chi Chuan was that as I practised this old traditional, or the old Yang Lu-Chan form that we practise, coming to particular places in the form where I found that it was no longer my mind thinking about doing something and then directing the body to do it, but that process was reversed and I found that my body was doing something and my mind was being educated by the movement, which was just profound for me. I went to the master of our school, Erle, and I said, 'hey, Erle, I got to this point in the form and my hand wants to do three circles here', and Erle just said, 'Yeah, that's right.' But no-one had taught me that; my body had taught me that, and that was a profound relationship for me.

Dr. Steven Booth: Yes, those other ways of knowing—that innate intelligence and body intelligence.

Nyck: That brings up an interesting thing for someone like myself who hasn't practised this particular form—I did a lot of yoga for many years and I've done a little bit of Tai Chi a long time ago and I'm familiar with some of these things, but not very much—but what it brings up straight away in me with regards what you're saying: is it possible then for an individual in touch with their body on that level, however they get to that point, to create their own movements that will be as beneficial and as connected potentially as

the traditional forms? Is that possible? In my personal experience, sometimes I find myself in certain states of moving my body in a way that just feels, you know.

Dr. Steven Booth: That exactly, that spontaneous Qigong, is the idea of the highest Qigong.

Nyck: Spontaneous Qigong. Oh good, that saves me 20 years, right there.

Dr. Steven Booth: We're always doing energy work. We're always moving energy at all times, so for me, some of the most interesting moments are when I just get out of bed and I have to move in a certain way and everything just clicks; or adopting postures just through following what needs to happen in my body.

Nyck: It's almost like that's the purpose, or one of the purposes of actually having a body, is to be informed like you're saying, Steve, before the mind actually comes in and does its number; tries to contain or structure or decide or analyse what's going on.

Steve: Yes, and if you look at the progression of human consciousness, the same principles apply. We start out in this pre-rational stage where we're driven by urges and instincts and those things that arise within us—the natural way of being—and then we move into a rational stage where we give it structure. The structure helps to gain some level of control over those natural pre-rational things and it advances us to a certain way, but then there comes a time where you have to move beyond the structure into formlessness, which equates to the Second Tier of consciousness that we're talking about. And so with all of these physical practices, Nyck, there'll always be a form to learn, whether you're learning yoga or any kind of these traditional physical practices; martial arts. There are pre-set patterns that you learn, but the progression is to move beyond the structure to formlessness—you come to formlessness through form.

Nyck: Someone has written in a couple of things. Their second text says it very simply. It says: "We are in a field of energy in which we can tune in. Really simple." But in the previous text, the same writer says: "The process of the actuality of what arises as human consciousness is different from what is thought about what arises. The actuality arises first prior to the thinking aspect, and this is always so. By bypassing thought we are in the real-ity of consciousness and thus reach the highest potential."

Steve: Yes, and that just equates to what I just said, basically. I would add to that—I would say 'yes, and ...'—that in the process of development our consciousness expands

and we are able to perceive and act in union with things that previously, in earlier stages, we could not perceive.

Dr. Steven Booth: Beyond rational understanding.

Steve: Yes, so as with a lot of the discussion around these things, it's easy to think that because we're moving beyond rationality, we're going back to pre-rationality, and that's a common misconception. But in fact, there are two bands of non-rationality. There is the original pre-rational, then there's the rational band and then there's the trans-rational, which is a massive expansion on the pre-rational, and so it's important to see that vertical structure and not just a flat place of moving the pieces around.

Nyck: The same writer has now written: "Following the innate intelligence IS the state of the intuitive. I'll shut up. You guys are onto it. The rational is mostly (f, u, c, ...)" they're using a word that I can't use at this time in the morning. Thanks for those comments, very good.

Steve: And you're listening to *Future Sense* with Nyck Jeanes and Steve McDonald, and our special guest today is Dr. Steven Booth, doctor of Chinese medicine and martial artist extraordinaire and long-time friend of mine. We're talking about matters of Eastern philosophy and medicine and martial arts and esoteric acupuncture, so tell us a little bit about Mikio Sankey.

Dr. Steven Booth: Mikio is one of these super intelligent people. He's Japanese American and he's gone through his own journey of martial arts and music and other things. He's got this capacity for both left-brain and right-brain thinking that's just extraordinary. He's one of these guys that must read several books a day. He's studied the Western mystical traditions and synthesised that with the Chinese medicine understanding and the understanding of consciousness. So, again, it's like that idea of looking at and trying to understand the world and the self, but his mission, from what I understand, is to raise the consciousness of the planet, and to that end, he's transmitted this system of acupuncture using geometrical structures to integrate higher consciousness into the now, into us.

Nyck: Geometrical structures. Any geometrical structures.

Dr. Steven Booth: Any geometrical structures. The understanding is that there are fields—different body fields—so you might have the physical field and the etheric field surrounding it, which is still part of the physical, really; you've got the astral bodies or the dreamlike bodies, then the mental body of thought, and it's in that place where we're making these geometrical structures, to integrate.

Steve: Many of the traditional teachings say that each state of consciousness is associated with a body—a type of body.

Dr. Steven Booth: Yes, and this mental body is kind of the bridging gap where that quantum leap occurs, from what I understand anyway, so mapping out this geometry with intent into the body—for instance, making a connection, usually to the heart or the higher heart through to the top of the head, to the heart of the Divine and the Divine within, he calls it the inner marriage of the twin flames within and without. We're often talking about this vertical alignment, vertical lift, with what in traditional Chinese medicine is the Shao Yin or fire and water balance—it's another way of saying yin and yang or masculine and feminine—so we'll use upward and downward pointing triangles to direct that. The upward triangles classically represent the masculine, yang aspects, and the downward ones would be the feminine and yin, and so the imagery for esoteric acupuncture becomes the Star of David or the Merkabah structure and has the aspects of the Kabbalah.

Nyck: Just explain what a Merkabah is for those who don't know, just briefly. It's a complex topic in itself.

Dr. Steven Booth: Yes, it is. It's the chariot that we ride in—the light body for transporting our selves.

Steve: I'll come back to that in a minute, but for those people out there who might not know anything about acupuncture, can you just tell us, what exactly is an acupuncture point? What does it represent?

Dr. Steven Booth: It's like a tuning point where you can access certain things. Each acupuncture point has its own nature and does a specific thing in terms of moving the energy, so some of the points might descend energy or disperse energy or expand energy. They're like portals.

Steve: In terms of physics and the concept of vibrational waves, do those points equate to nodes, like for example, where a series of vibrations come together and form a node? Is it at the kind of thing?

Dr. Steven Booth: Yes, that sounds right to me. My experience of resting your mind on a specific place and tuning into what the feeling is there, which might change from time to time about where you're at in your life, and all those things.

Steve: Yes, I know. I used to be a helicopter pilot, right? Which is all about vibration. In the construction of a helicopter, like for example, in the helicopter's transmission, which is full of spinning gears and you've got interacting vibrations from the rotation of the main rotor blades, from the rotation of all of the gears inside the transmission or the gearbox which are different sizes running at different speeds, and then you've got a turbine engine which is full of rapidly spinning, very, very high RPM turbines, and then you've got a rotating tail shaft which goes down to a smaller gearbox on the tail, which drives the tail rotor, which is rotating at right angles—the plane of rotation is at right angles to the plane of the main rotor blade rotation—and then the main rotor blades, if you think of that spinning as a disc, the pilot tilts that backwards, forwards, left and right, so it's a shifting plane, and so you get a very, very complex series of vibrations in a helicopter. People jokingly describe helicopters as a bunch of nuts and bolts that are trying to shake themselves apart all the time.

Nyck: Very encouraging. I'm going up straight away.

Steve: Totally. That's why helicopter pilots always look worried. When you're building a helicopter, you've got to take into account all of these interacting vibrations within the machine, and, for example, when you fix the transmission on a mountain frame to the main body of the helicopter, they look for the nodes—the vibrational nodes—where there's a quiet point.

Dr. Steven Booth: That meeting place where there's stillness.

Steve: That meeting place, exactly.

Nyck: The eye of the hurricane, so to speak.

Steve: Yes, because that there is the least stress on the structure of the machine, right?

Dr. Steven Booth: Yes, so that fits. So it's this idea of finding that still place or that centre and relate that to the heart energy, which is, in Chinese medicine, the Shen, so it's not just the physical heart we're talking about. When we talk about the heart of things, we're talking about the centre, so you're finding that still place where everything meets and the spinning is happening but we're also in stillness, in this being in two places at once kind of thing.

Nyck: Do the Chinese see that Shen has its own intelligence? Because it's something we're starting to see with like the HeartMath Institute, for example, in America that we refer to quite a bit. It's been in action for quite a long time now—20, 30 years or so, easily—and that notion that the heart is not just physical, it's not just spiritual, but it actually has an intelligence.

Dr. Steven Booth: Yes, the Chinese say there's five aspects of Shen as being the overall spirit, but one of them is the heart spirit, which is the higher mind or the divinity aspect. Then we have other aspects of mental intelligence, the inspiration and aspiration, the lungs and the large intestine, the corporeal and incorporeal souls, as well as our mission for this one lifetime, which is the kidney energy or the genetic imprint, and the overall Shen is that interaction of all of those different things.

Nyck: What's your mission of this lifetime? Put you on the spot. Oooh, he's going to answer, too, I like it.

Dr. Steven Booth: Yeah, so several things. I'm developing and refining it, but I'm really feeling this pull that my personal mission is to be involved in this raising of global consciousness. I don't feel that there is anything more important than that because it's going to help everyone, especially when you've had these big opening experiences and you experience, you know, maybe being everything, what do you do with that? You come back and you might as well just love—love is the answer—and spreading this positive vibration energy, what else matters? The thing that I get from that is that I have a nicer time. If I'm in my in my heart and being loving, it filters out into the world and my inner world changes and I'm happier.

Nyck: It's a sort of no brainer, isn't it?

Dr. Steven Booth: You feel good. There's a selfish aspect to that, but yes, I want to feel better.

Nyck: That's right, and it's amazing how many people don't choose that, and yet it generally makes you feel better to be loving, to love, to choose love.

Steve: Yes, because some people don't know that they have a choice.

Nyck: Well, that's probably it.

Dr. Steven Booth: That's true, and that we're not just subject to what's going on around us, but that idea that we are creating the world around us with our thoughts and influencing things, so why not do it in a loving way?

Nyck: Is that itself a Taoist perspective? Or is that a bit of a stretch?

I like that, the eyes are sort of the narrowing, and 'hmmm'.

Dr. Steven Booth: Yes, I think so. If you look at the work of Fritjof Capra from the late 70s, the *Tao of Physics*, it really talks about that and that we are creating beings. How did the universe come about? Did it dream itself into existence? and all that sort of stuff.

Steve: I think the tricky part about that is understanding that it's not just 'small you' that's creating everything else, it's small you as an element of the larger you, right?

Dr. Steven Booth: Yes, you, the universe.

Nyck: The you-niverse.

Steve: Exactly, and that process of interacting.

Let's just go a little deeper with the esoteric acupuncture. We're working with the acupuncture points in the body and then we're looking at the geometry, which is essentially drawing lines between different points on the body, and then the geometric shapes that emerge, and particularly triangulations. Maybe just give us an example of one of those triangular energy relationships in the body that people at home can kind of imagine and get a sense of.

Dr. Steven Booth: We were just talking about the question of your mission in life, so one approach would be to tap into the point, the highest point on top of your head,

which represents that celestial fullness or the highest potential. If you were to make a triangle in your mental body down to the centre of both palms, a point that is called Lao Gong or the place of work—we use our hands to interact and touch and love and heal and smash things and interact with the world—manifestation—so we're joining up and making a big triangular shape from the top of your head to your hands, and that programmes some sort of intelligence and intention.

From that, we can also make another connection to the heart centre—the centre of your heart space in the middle of your sternum—which is that place of loving resonance. Then, seeing that geometry, we have a triangle with a dot in the centre and you can join the corners to the centre and then you've got three triangles pointing in. But then what happens if you sit with it, you can also move that into a three-dimensional pattern, the tetrahedron, by extending the heart point outside your body, and then we have this tetrahedron structure with its own intelligence that we've programmed with our intention. Just sitting with it, what happens to me, anyway, is I'm transported to this other place where the geometry and intelligence of it unfolds or moves or spins or collapses inwards, according to where I am, and I get a shift—I get a shift inside and I get a feeling shift and I get maybe meaning or a sense of change, that something's different to how it was, and I feel better and I feel more aligned. That triangle is an upward pointing overall triangle—upward pointing tetrahedron—which has that idea of positivity in it, so it makes you feel good.

Steve: And one of the experiences we can have when we go through those kind of processes is an altered state of consciousness.

Dr. Steven Booth: Absolutely.

Steve: In my early years of practise in our martial art, one of the first things that we get taught is what's called the standing Qigong, which is a static position where we hold our body in a particular shape and basically meditate in that shape, focusing on the breath—the classic kind of meditation process—and interestingly, open-eyed, which is a little unusual, I guess, in the meditation world. I found myself having some quite profound altered state experiences when doing standing Qigong, which was really, with hindsight and a bit of experience under my belt, very, very similar to the kinds of experiences you can have on something like LSD, for example, like seeing the ground start to ripple as if it was water and those sorts of things, and I'm sure you've had plenty of those.

Dr. Steven Booth: Yes, plenty of those, even induced by acupuncture itself, or meditation. I practise both open-eyed and close-eyed meditation and the main advice I have with that, from my experience, is to practise both, but then if you're in the place

where your eyes are open and you're distracted by the things around you, then you can close them, or if you have them closed and you're distracted by the inner world, you can open them. It's sort of staying in this place in between.

Steve: One of the things that I experienced when I started doing this standing Qigong practice was rocking motions in the body. They would sometimes be rocking backwards and forwards, but not a linear rocking, it was more like a rotation, feeling like a rotational rocking where, for example, I'm holding my arms out in front of me as if I'm hugging a tree, and if you trace the pattern my fingers are making, it's like a little circle as my body rocks backwards and forwards. Then sometimes that would change to a sideways rocking as well, and one of the revelations I've had in the last week since Steve and I have been working together, is learning about this internal geometry, which I was feeling but I didn't actually have a structure in my mind for visualising it and understanding what was going on, but what I understand now is that these triangular shapes in the body, the tetrahedron shapes, spin, right? And when you get yourself into a certain state, you can activate that spinning and that's what was happening.

Dr. Steven Booth: And we know you can induce altered states through rocking itself.

Nyck: Just go to the Wailing Wall. It's all happening there. A lot of rocking going on there.

Steve: Yes, and so with a with a knowledge of that now, I can have some more control over that, and I can induce the rocking and I can also anchor the body and experience steadiness as well and distinguish between that rotation in different dimensions—the rotation that would cause my body to rock backwards and forwards, or a sideways rotation that would cause it to rotate sideways.

Dr. Steven Booth: Looking for the benefit and healing in that, and why it's interesting to do altered states work, is that it puts us outside of our usual perspective, but it also allows us to see things from a new place where you can have that movement towards wholeness and that new way of being, that entactogenic effect, that being in your heart and having a sense of wholeness.

Nyck: What was that word? Entactogenic? What does that mean?

Dr. Steven Booth: I guess the word intact.

Nyck: Something intact, OK, so having a structural integrity within that system.

Dr. Steven Booth: Yes, and feeling like you're not lacking something. In the 12-step programmes they talk about looking for and finding that God-shaped hole within and filling it.

Nyck: The God-shaped hole within.

Dr. Steven Booth: Yes, that feeling incomplete, where if you move into that feeling of wholeness, you feel, 'oh, it's okay, everything's okay as it is'. That's the sense that happens.

Steve: And interestingly, that word entactogen is being used in the psychedelic field now sometimes to describe drugs like MDMA, which can give you a feeling of wholeness and being intact. Entactogen or empathogen is another word that they're using.

Dr. Steven Booth: Yes. The sense of being in your heart as Mikio describes it, is that knowing by heart that, you know, maybe you're on the right track or that everything's OK and gives you the feeling of safety and knowing and also wonderment and mystery and all those things.

Steve: As we've been experimenting with this over the last few days, my mind, of course, has gone to the work with Nassim Hamein (see: <https://www.resonancescience.org/about-nassim-hamein>), who has described the underlying structure of spacetime as an arrangement of tetrahedron-shaped energy, right? And of course, this internal body geometry is also about tetrahedrons and it's the same thing. It's a larger fractal scale of the minute quantum particles, or Planck-level particle tetrahedron shapes, which Hamein's now describing as the light pixels of reality.

Dr. Steven Booth: Holographic in that each part contains the whole.

Steve: Yes, and so Hamein also has made a really, really interesting correlation between the I Ching, which is the from the Chinese *Book of Changes*, right? Do you want to just briefly describe what the I Ching is?

Dr. Steven Booth: That's what it means, is that *Book of Changes*, so it's this idea of having the yin and yang polarity which can go through transitions. They draw it as broken and unbroken lines in three layers. Each of those represents one of the Bagua or the eight ways of being, so it is a map of the universe, a map of consciousness, and the I Ching represents the shift from one of those Bagua patterns to another, and the transition that happens between them is a way of understanding the world around you and mapping that out.

Steve: And also a way of describing the experience of change.

Dr. Steven Booth: Yes, exactly. It's often just thought of as being a predictive: how do I tell the future?

Steve: Divinitive. A divining tool.

Dr. Steven Booth: Divination, yes. They'll throw coins and look at the transition from one layout to another, so which line becomes broken, which broken line becomes whole again, and the movement between them describes change.

Steve: Yes, so Hamein has made some profound connections across different wisdom traditions through his discovery, and he's figured out that the Sri Yantra shape is actually a perspective—one perspective—of this fundamental structure, which he calls the *64 tetrahedron grid*. Using this concept of vector equilibrium—and if you look at one tetrahedron, which is like a little pointy, four-sided pyramid with one side being the flat one, of course, then it points in a direction, so it has a vector and then you need to stack a certain number of those together in a particular way to create what is called vector equilibrium so it's whole and it's not pointing in any particular direction, and the most fundamental structure that does that is the octahedron shape, right? And so, when I learned about Hamein's work, I, being fascinated by consciousness and Graves's work and realising that, okay, this is the fundamental structure of spacetime, and because of the correlation with the I Ching, I learnt that the process of change is encoded in that structure—so the structure carries information—and so then I figured, okay, this must have some relation to consciousness and levels of consciousness. So I started to theorise about that; I started to look at the very, very basic mathematics of it, and I came up with this idea that the fundamental and most basic structure of human consciousness is the Merkabah, which is two overlapping and rotating tetrahedrons, right? One pointing up, one point down, and so I thought, well, if we start at level 1 in Graves's model and understanding that that's two tetrahedrons, then maybe when we move up a level of consciousness, we're adding to that structure—maybe we're adding one tetrahedron to the structure—and I figured out that, okay, if that was right, then by

the time we get to the end of the sixth layer of consciousness, we have seven tetrahedrons, and then by transitioning to the seventh level, we add the eighth piece, which completes the octave.

Dr. Steven Booth: It brings it into wholeness. I can't express how excited I am to keep working with you, Steve, to keep learning. It just fits so well.

Steve: It fits, and so by completing the octave, we then create the quantum leap because if you consider each tetrahedron is a shape—a whole shape within itself—all of a sudden we've created a complete, larger whole shape when the octave is created with the eighth tetrahedron, which allows then the quantum capacity to emerge because there's a new structure.

Nyck: Well, that's interesting. I was looking at Mikio Sankey's website, which folks, by the way, is <https://esotericacupuncture.com> if you want to check it out, and there's a quote here from Brian Greene, the physicist from *Elegant Universe* who says, "New kinds of laws come into play when the level of complexity of a system changes." That's really what you're talking about, isn't it?

Steve: It is, exactly, yes, and so both of our minds have been just running wild over the last few days when we've been working together on this in many different ways. One of the places that we've gone to is—and I think, Steve, you already had a good knowledge of this—is these geometric, energetic structures within the body are encoded with information, so in a way, they are linked to the Akashic field because when we're born, they're encoded.

Dr. Steven Booth: That's exactly how Mikio describes them. He calls them "the new encoding patterns", and they're keys that act like a combination lock. He describes them as having an importance in the way that you open them and the sequence that you do them. It's like if you have a combination lock, you might have all the numbers, but if you don't have them in order, it doesn't do anything.

Nyck: And that applies, for example, in acupuncture to the sequence of acupuncture needles.

Dr. Steven Booth: In this system that's really important. In some of the modern Chinese medicine, it's less important. TCM as it is now is really based on a herbal understanding of 'this point does that and this point does that' and they're

disconnected, but esoteric acupuncture brings them together and it's actually the relationships between them and how they speak to each other, and then what that patterning does.

Nyck: You're tuned to *BayFM* and the last few minutes of *Future Sense* for this week. Thanks for joining us. I'm just looking at some of the texts here, and thanks for the extensive texts from Sam. I won't go to all of those now, but you're clearly resonating with what we're talking about, so thank you for your comments. I'll pass them on as well.

We're talking here to Dr Steven Booth, who's been our special guest for the day. Thanks for joining us today.

Dr. Steven Booth: Thanks for having me.

Nyck: And we're talking about esoteric acupuncture and more. How can we wrap it up this morning?

Steve: Just to wrap up that little section that we were talking about, we were talking about the internal energetic geometries in the body which are formed by joining together various acupuncture points and those geometries are encoded with information, and they can spin and have an impact on our experience of being, our state of consciousness. Some of the stuff that we've been doing over the last few days is really pointing to the potential for new healing methodologies and also new ways of supporting the development of higher consciousness and inducing higher states of consciousness, and so we're going to keep working at that. Very interesting indeed.

Dr. Steven Booth: Maybe I can post or share something, even on the Facebook group, around Mikio's work so that people can follow that up (<https://esotericacupuncture.com>).

Nyck: Great. That would be really good. I seem to have heard his name before, but not really, so I'm looking at that website, which is a very extensive website. There's some good stuff on there, clearly; some really lovely stuff about Shen that you were talking about, about the heart centre.

Yes, so where are we up to? Are you here next week, Mr McDonald, because you're going overseas soon?

Steve: I'm going overseas but I haven't actually booked my flights yet.

Nyck: So you will probably be here next week.

You've been listening to Future Sense, a podcast edited from the radio show of the same name broadcast on BayFM in Byron Bay, Australia, at www.bayfm.org. Future Sense is available on iTunes and SoundCloud.

The future is here now, it's just not evenly distributed.