



24. Personal and Planetary Healing

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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 *Future Sense* here on BayFM 999, with myself, Nyck Jeanes and my co-host, Steve McDonald here this morning. Good morning, Steve.

Steve: Good morning, Nyck. It is getting a little wintery isn't it?

Nyck: It is indeed.

Steve: Beautiful, clear nights, though.

Nyck: Absolutely, and there were the meteor showers that we had. We haven't actually seen many; you saw one recently.

Steve: I saw one. I poked my head out the other night and I tell you what, the sky was so clear. I don't remember seeing the Milky Way so clearly as I did the other night. It was amazing.

Nyck: This is an exquisite time of year here. And a great pleasure this morning to welcome back our semi-regular guest to the studio—because you live in Melbourne—Dr Steven Booth.

Steven Booth: Good morning. Thanks for having me.

Nyck: Nice to have you back in the studio. If you don't know Steven, he is a doctor of Chinese acupuncture—esoteric acupuncturist—and a man who works on many things, particularly—and we will be talking a little bit about that today I think, as we get further on into it—about light body activation. But really today we're talking specifically about health.

Steve: Yes, planetary health and personal health and looking at fractal models of change around that topic. Also, I want to introduce some terminology that we'll use on an ongoing basis on the podcast and radio show, and that is the terms "collapse" and "emergence".

This show is essentially about change—global change—and particularly the impact of that change process on our consciousness and vice versa—the impact of changing consciousness on global change. In that process right now, what we're facing is the collapse of old paradigms and the emergence of new paradigms, and I use the plural there because there really is more than one paradigm involved here. We've got a layered sequence of paradigms that take the shape of something like a set of Russian dolls where they're nested inside each other. As humanity has evolved and as we've grown as individuals throughout our life, we layer new segments of consciousness over the old and each new one is more complex and more capable, and so if we look at society, we've got this amazing array of nested layers of consciousness and they show up as what we know as paradigms. Right now, our entire planetary system—in fact, even wider than that, our whole solar system—is going through a significant period of change and that's showing up at all levels. We're going to unpick some of those levels and some of those patterns during the show, with a particular focus on health.

Nyck: And it's only really been arguably fairly recently, I guess, since the what's called the 'overview effect'—since we saw the Earth from space—that we've actually considered deeply, or are beginning to consider, that our personal health and our planetary health are actually linked irrevocably and completely and totally. A lot of it is a discovery about that, isn't it? About how we actually are and what we've done wrong in the past and what we can then do to address that and to change and become more coherent with the Earth-self itself.

Steve: Yes, that's right, and whether it be our own personal growth process or the evolution of humanity as a whole, what we're moving from is smaller perspectives to larger perspectives and what you just gave was a great example of an opening to a larger perspective when we got that first shot of the Earth from a distance.

Of course, at the start of this Modern era, we had the first circumnavigations of the globe by ocean, by sea journey, which for the first time got us thinking about the Earth as a sphere and as a whole. We had a global perspective emerging.

Nyck: Absolutely. Wonderful, so a lot to talk about today, starting with the dysfunction of our health systems currently, arguably—and you may disagree with that; you can always text us in here on 0437 341119 for any comments or to bring our attention to anything—from that dysfunctional aspect, arguably, of our current health systems, particularly in the West, and you can say the ignorance regarding ancient and Indigenous techniques which have been rediscovered, to modern technology and the notions of resonance and coherence, of harmony, of whole wellbeing. We'll be talking about many of these things here.

Bob Hawke Announcement: Hey, I'm Bob Hawke. I'm on BayFM 99.9. Almost boiling! Good on ya.

Nyck: Thanks Bob. That is Bob Hawke [*ex-Australian Prime Minister*] from some time ago, and of course the elections are coming up soon and the health of the nation is at stake—our personal health and actually having to deal with the competition between the political parties is another contradiction to a healthy state of mind, I would suggest, with the amount of information that we are flooded with continually. It's a difficult time, I would suggest, to be healthy, to maintain your health, and obviously the planetary health is in some state of—well, some remedy needs to come forward—so we're going to be talking a lot about that today and the change patterns themselves to begin with, Steve.

Steve: Yes, and we've got with us here our special guest, Dr. Steven Booth, who is an old, old kung fu buddy of mine.

Steven Booth: Not that old.

Steve: Not quite as old as me—and he's a fellow Taoist.

Nyck: A couple of Taoist priests I have here this morning with you, folks.

Steve: That's true, actually. And so we're going to be taking an ancient knowledge perspective on personal and planetary patterns of change and just look at that connection and the perspective of health from the angle of change. Of course, there's been a lot of activity around the globe recently with the emergence of this new activist movement, the *Extinction Rebellion* movement, and the growing understanding that we seem to be witnessing the sixth cyclic mass extinction on the planet.

With the emerging paradigm, particularly the Relativistic sixth layer—which is what's next, basically, after the Modern Scientific-Industrial era—there's a huge pull to reconnect with nature. We're moving from an individual-oriented paradigm, which was the Scientific-Industrial, which was very separating and specialising in nature, back to a communal paradigm in the Relativistic or the sixth layer. As part of that process, we're reconnecting with a whole bunch of different things, and one of those that is very significant is that we have reconnected with Nature and the planet, and earthing ourselves after having built structures which are separating in a general sense. Also, our professions have individualised and specialised in very deep and narrow areas, thereby disconnecting each of those areas from its adjacent parts of the system.

So fractal patterns of change. I guess, in a very simple sense, if we look at the most basic sort of changes that we're aware of, night and day is a fundamental one, isn't it, Steve?

Steven Booth: That's one of the things that's quite obvious as humans, that we see the world around us changing. You see that shift from daylight and the sunrise and that happens quite rapidly. So at sunrise, we have this rapid movement from a yin state of darkness into the light, and then over the day, we get that change towards midday and there's a maximum yang time and then a decline, which happens gradually, and then suddenly and rapidly, we have a maximum rate of change at sunset into a yin state. So there's an ebb and flow, just as we breathe, everything seems to breathe and flow and change.

Steve: Yes, and interesting, if you have studied meteorology, you'll know that the land temperature normally peaks around about roughly two hours after midday, so there's a little time lag. That is suggestive of a spiralling movement, so instead of like a linear movement, we've got this spiralling movement where you've got like a wave that has a lag effect. And so midday is the peak yang energy, however, for various reasons, the heat peaks just a little bit later than that.

Steven Booth: Yes, and we say that with the sine-wave effect, it's like the pulling of the yin causes the decline of the yang, so we have a baby yin time and then a baby yang time and a greater yang time and a greater yin time. It's the effect of the opposing force—the polarised force—pulling one way or the other way that causes that change to happen.

Steve: That's right and somehow people who live thousands of years before us made very, very detailed studies of this change process and we had things built like Stonehenge, which we're only now starting to understand, that takes advantage of the electromagnetic wave which sweeps across the Earth as the Sun rises; that's why it's aligned to the dawn. That electromagnetic wave activates the crystalline stones in the stone circles, which would provide healing effects.

Steven Booth: And those times where there is that rapid change, sunrise and sunset, they are times where traditionally you would do some kind of contemplative practice or meditation to sense into change. We know there's atmospheric changes and we have different light spectrums available—more red light and so on at those times—that have an impact on our health, just as a human energy flow follows the diurnal cycle also, and we have chemical releases like, we know about melatonin and so on now.

Steve: Yes, and so just flicking back to planetary scale for a moment, this evolutionary process that's happening for us all right now is drawing us to reconnect with nature; and something else that is happening, which is showing up in scientific data, is that the background resonant frequency of the planet, the *Schumann Resonance*, is changing at the moment. Over the past month or so, we've had an unusually quiet period for a short time in April, and now we've had a whole bunch of spikes of higher frequency. There's been a couple of quite high spikes, up to around 80 Hz mark, whereas the normal frequency going back historically was sitting around 7.8 Hz Hz, roughly.

Nyck: It has always fluctuated, though, but these fluctuations are, in our knowledge, rather unusual.

Steve: They're unusual fluctuations and in the last few weeks, also, we've had a number of repeated spikes to 30 Hz, which have actually almost been in a rhythmic kind of a pattern, so in an evolutionary sense, being drawn to reconnect with Nature is also a gift in that if we do that and we take the time out to do the kind of contemplative practices that the Taoists have been doing forever—as in Qigong energy work and also co-ordinated with these transition times in the yin-yang cycles of the day—we're allowing time and space for our body to be in tune with these Earth changes.

Steven Booth: Absolutely, and if we went back the other way, back to the individual level, and you saw the similar kinds of fluctuations that you're seeing in the Earth now and you looked at 'how would that be in an individual?' you'd suggest that that individual's going through some kind of rapid change, some immune response, some high alert; it would be like a fever or those kind of responses where the body's creating a response to the environment or its internal conditions.

Steve: Yes, and of course, this is showing up in planetary systems with, for example, the climate, right? It's all over the shop at the moment.

Nyck: For many people, that's a long bow to draw. For us—that, to me, is a very obvious thing—that the Earth is showing the same sort of feverish symptoms, you could say, the hot and cold, the extremes that our own psychology and physical bodies are now starting to experience, too, but for some people, that's a hard thing to draw that comparison to.

Steven Booth: Well, if you link that to the emergence of diseases within humans at the moment, you're getting an increase in auto-immune diseases, allergic responses—and some of them are histamine-driven responses that are in response to the changing environment—and one definition of health is that ability to adapt to change, or to live in flow and harmony with nature and the natural cycles.

Steve: Yes, and what we're essentially talking about here when it comes to consciousness is our adaptive intelligence, our capacity to sense and know and adapt.

Steven Booth: And that essentially is health.

Steve: Yes. Very interesting.

Nyck: The natural ability of the body and the body of the Earth to adapt to the changes in its complex system and make some remedies within its own structure without even any input from the outside.

Steven Booth: Capacity to harmonise inside and outside, of yin and yang.

Steve: And so, in a sense, dis-ease is a cessation of that change process.

Steven Booth: Yes, and there's that famous *World Health Organisation* definition where they look at health as not merely the absence of disease, but health has actually a wellness component as well; that harmony and flow are ways of preventing disease, and that's one of the things we really like to look at in Chinese medicine. We don't actually treat diseases, we treat patterns of disharmony to start with, and we do that by bringing more harmony and balance.

Steve: There's a general trend towards focus on wellbeing across society now, and what you were pointing to before, Nyck, is really a symptom of the Modern Scientific-Industrial paradigm—this perspective which doesn't see the connections between things.

Nyck: As you said earlier, that compartmentalisation that we've all come to, not just live with, but almost depend on. That change away from that compartmentalisation, that reconnection between parts of the wholes of things, is quite a big leap for some people but it's clearly what is required of all of us as humans on the planet now.

Steve: It is, and it actually is literally a leap in consciousness. It's a step up to the next layer of consciousness and becoming aware of these connections and just opening your mind.

Steven Booth: And that matches with Chinese medicine thinking, that the framework that we have within Chinese medicine is often to zoom out and see what patterns are there. We might look at a person as a whole rather than those individual parts and see the recurring patterns that might be in their lifestyle and their habits, as well as what's showing up in their body in terms of symptomology.

Steve: Yes, and regarding the process of identifying with nature, too, and seeing ourselves as part of nature, one of the interesting things is it also implies that we're subject to the cycles in nature, and we can see that emerging in this *Extinction Rebellion* movement. People are saying, 'well, hang on a minute, there's a mass extinction going on on the planet, we're part of nature and part of the planet, then that means the implications are that we're also subject to that change process as well', and obviously people are getting rather fearful around that at the moment.

Nyck: And just on *Extinction Rebellion*, thanks for your text. Someone has written in: "Extinction Rebellion has a meeting for the Northern Rivers tonight at 6pm at the Commons in Mullumbimby." So if you're interested in that movement, which is a worldwide movement and growing quite fast, and we've been talking about it a bit here on this show, that's the place to go at 6pm tonight—the Commons in Mullumbimby for *Extinction Rebellion*.

When you're talking about disconnection, of course, we've got so many examples—and maybe we'll refer to them a bit deeper as we go on—of the disconnection from nature in terms of our abuse of nature and our own bodies: pesticides, pharmaceuticals and all the rest—there's a whole long list—and the state of the health care system in most of our countries, in particular in the US, is quite incredible.

I'll just quickly mention this before we take a little break here—an example of what it's like in the US. We're not as bad here, but this is a case of a nine-year-old girl in California who went into the woods on a summer camp with classmates and got a snake bite and was airlifted out, ambulance transport, the whole thing; ground ambulance as well, so quite a lot there and of course, the antivenom, the antivenin that had to be administered to her and so forth, but the total cost of this, have a guess at what this cost in the American health care system for a nine-year-old girl getting a snake bite and being treated in the hills. \$142,000 dollars (<https://abcnews.go.com/Health/medical-bill-year-girls-snakebite-142938/story?id=62752012>).

Steve: My goodness.

Nyck: \$142,000.

Steve: And does it say how she paid that?

Nyck: No, I don't think it does say how she paid.

Steven Booth: For the rest of her life, probably.

Nyck: Yes, for the rest of her life, like the education system.

Out of the 36 countries in the OECD, the US now ranks 31st in infant mortality, for example; prescription drugs are the fourth leading cause of death in the United States and so on. We'll probably dabble into these areas—these sort of negative areas—more often, and we've got the case with the pharmaceuticals and some of the fertilisers, things like Roundup, the pest killers and pesticides that have been used. All of these things in the system of the Earth, in the body of the Earth now.

Steve: Yes, and so using these terms that I mentioned at the start of the show, which we'll throw around a fair bit in the future, this is an example of the collapse of the old paradigm, and whenever a paradigm plays out, at first it solves the problems created by the previous one—so the previous paradigm's collapsed, the new paradigm emerges with the solutions to those problems, then it will peak, and again (it's just a big yin and yang cycle, isn't it?) It will peak and it will reach its maximum performance, and then slowly, because of the extra complexity that it creates, it will start to fail to cope. What we're seeing now is the downhill slide of the Scientific-Industrial era and our social

systems are wonderful example of how the systems designed for a simpler world are now failing to cope, and we're seeing the collapse process.

The important thing to remember, so as not to get overwhelmed by the negativity, is that, at the same time, we have the new paradigm emerging. So it's really a time to be looking around for the emerging paradigm and to actively work to stand that up and reinforce and create those new systems to replace the old systems.

Nyck: That's a beautiful, simple thing to say because in terms of personal health—and planetary too, but personal health—just that, just actually looking around for that alternative reconnection, those modalities, people, situations, places you go, nature itself, of course, that you can actually facilitate and accelerate your own reconnection with Nature. That's available now for many people and really important to people.

Steve: That's true, and interestingly, parallel to that, we're seeing a reconnection to our physical bodies. If you look at people who are in late stage Layer 5 who are in that transition process between the old Modern paradigm and the new Relativistic-Humanistic paradigm, they start to pay attention to their bodies and they want to optimise their bodies, so their approach is all about 'making my body perform the best.' They've still got that performance drive that comes from the Modern mindset—that strive drive, you know: must try harder to do this.

Nyck: That's right, because I'm thinking about the superfood movement, everything becoming so trendy and designer—to do yoga, to do this ...

Steve: Super supplements, all that kind of stuff. They're all symptoms of this transition period where we've still got the old drive to do things harder and faster, but it's being reoriented towards our body and improving the body, and so at the same time as we're reconnecting with nature, we're also reconnecting with our bodies, which is an interesting fractal pattern in itself.

Nyck: Absolutely.

Nyck: You are tuned to *Future Sense*, and we do actually have a doctor in the house, not a medical doctor, but ...

Steven Booth: a Doctor of Chinese medicine.

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Nyck: Doctor of Chinese medicine, which is not far from it. Probably in the future, doctors like yourself are more the thing than the current medical profession.

Steven Booth: Well, just today, I heard that Chinese medical diagnosis will be included in the next *WHO* standards in 2022.

Nyck: Very good. That's Dr. Stephen Booth, our special guest this morning, Doctor of Chinese acupuncture and esoteric acupuncture aficionado, and also works on all sorts of things. And of course, Steve McDonald here with myself, Nyck Jeanes, in the chair on *Future Sense* this morning.

We're talking health, we're talking about the state of health on the planet and the way that that's sort of unfolded over the last hundreds of years, really; the way we structure our health care system, if you could call it that now; and the future of health care and the changes that are coming in terms of vibrational and energy healing and the like. A new study conducted by researchers from the *American Cancer Society* has discovered that "137.1 million Americans suffered medical financial hardship in the past year" (<https://abcnews.go.com/Health/half-us-adults-suffered-hardships-medical-costs-american/story?id=62797131>). That's not far from half the American population, something like 40-45% of the American population suffering medical, financial hardship—the wealthiest nation on the entire planet, as I said—and they have supposedly the greatest health care system in the world ... but not. That's a symptom of the structure—the structural failings of how we do health on this planet—and with that, of course, dealing with, as we already mentioned, the many examples of extreme health conditions that didn't exist before, or are exacerbated, or the frequency of which has risen so dramatically over the last years.

One of those reasons, of course, is the amount of pollution in our environment, generally speaking. There's a new study at *King's College London* in collaboration with the *University of Suffolk*, which has found a diverse array of chemicals, including illicit drugs and pesticides in the UK rivers, in the river wildlife (<https://www.sciencedaily.com/releases/2019/05/190501081955.htm>). The study, published in *Environment International* a few days ago, looked at the exposure of wildlife such as the freshwater shrimp and many other things. Consumer products, medicines, drugs, all of these things end up in the rivers after use and comprise thousands of different chemicals which have the potential to cause environmental harm. It's a big issue. One of the major ones of those which we talk about often here is glyphosate and Monsanto's very famous—infamous—Roundup, and we'll talk a bit about that, too, so we have a very polluted environment. It's a big stretch now to actually heal ourselves of this, since we've sort of been immersed in this soup of pollutants, really.

Steve: Yes. Let's just go back for a moment to the first article that you mentioned, which is the US health system. There are a whole bunch of characteristics of the Modern Scientific-Industrial perspective and worldview which have contributed to creating that, and one of them is just this general tendency which we find in individually-oriented systems of consciousness, which is focused on the outside world and wanting to change the outside world. Of course, whenever you look at something and focus on something, then you're not focusing on something else, and so what we can see here is that the US has been externally focused, focusing on the rest of the world and to the neglect of what's actually happening internally in the USA. That has been fatal for a lot of people, no doubt, because the health system has been neglected, underfunded, and yet the amounts that have been spent on external excursions by the USA and defence and those sorts of things are just mind-boggling. They're so large I can't even pronounce them. Crazy.

Nyck: You can just use one word for now in current times, and that is Venezuela. Let's move on!

Steve: Well, yes, that's the latest. It's the latest one, isn't it? But gazillions of dollars has just disappeared into the black hole of defence and the Pentagon budget and those sorts of things, which they'll tell you has been lost and they haven't got the accounting records. They're not quite sure where it's gone, but it certainly didn't go to healthcare—we can say that for sure.

So that's interesting, and an interesting thing about understanding these fractal patterns is that these things become predictable, so as we move forward into the future, we know now that the focus is shifting away from changing the external world and it's shifting towards changing our internal world with a communal system, and with that, it brings a blind spot. The blind spot will be the external systems now because everyone's going to be so focused on changing themselves and adapting and repairing all of the things that have been broken by the previous system. Using this basic understanding of patterns, we can start to predict some of the problems that are likely to emerge in the future and perhaps prepare for those if we've got the mind-space.

Nyck: And what are some of those problems? Let's look at a couple of those things, because we're seeing so many problems. If you look at it—as you're saying, most people don't actually have the opportunity to look at that—but we're seeing a lot of these things exposed. Our science is catching up, our ability to analyse and to look at what's actually in our bodies and how it's moving through the system of the planet, on the body of the planet itself, but the entire health care system arguably is completely dominated by pharmaceutical giants, health insurance companies and other corporate interests. That's a lot to get over. There's one example just recently, of John Kapoor, a billionaire founder of *Insys Therapeutics*, found guilty of bribing doctors to prescribe high

doses of a painkiller called *Subsys*. Some doctors made something like \$260,000 dollars a year for prescribing up to \$6 million out of their surgery of this particular substance (<https://www.theguardian.com/us-news/2019/may/02/john-kapoor-opioids-billionaire-founder-guilty-of-bribing-doctors-to-prescribe>). This is just one substance and one company. So we've seen that, but is it too late? Has the damage been done in our environment? It's a big question.

Steve: You mean the natural environment?

Nyck: Yes, internally and externally.

Steve: Certainly the damage has been done and there's a lot of reparation to be made, and I think this is the focus of movements like the *Extinction Rebellion* movement. They're saying 'it's enough, we need to actually fix these issues that have arisen', and it requires a paradigm shift. As Einstein famously said, you can't fix a problem with the same thinking that created it, so the Modern Scientific-Industrial approach is not going to cut it and that's why our social systems are failing right now. We need new systems; we need systems that connect the dots; we need systems thinking where we start to connect all the different parts of the system to understand how they relate to each other. The blind spot in this will be the tendency of the new paradigm to collapse hierarchies, and in collapsing hierarchies, they lose track of the cause-and-effect. What that means is that the solutions that people are thinking up now, and will be implementing for the next 10 or 20 years, are going to be superficial in that they will directly address the problems, but sometimes miss the actual causes of the problems.

We've seen early examples of this, where this new paradigm thinking has been applied, for example, to the problem of hunger in Africa. The thinking there has been to fix the problem but it's been superficial thinking and it has literally sent shiploads of grain to Africa to feed the people, but actually missing the fact that one of the factors—and there are many, many factors that are causing the starvation in Africa—ut one of them is conflict, and conflict related to things like the random drawing of national boundaries post-World War II, which cut cultures in half and caused wars and those sorts of things.

There are all of these complicating causal factors which are probably not going to get addressed, but from an evolutionary sense, everything is perfect and the first thing that we need to do is to actually admit, take responsibility for the fact that, 'okay, we've made a mess here, things have gone wrong' from our current perspective, and they need to be fixed', and take those initial steps. Simply bringing it into our consciousness is the first, most important step, and that's exactly what's happening.

Steven Booth: In Chinese medicine thinking, we have this idea that treating the root is superior to treating the branch. There's a time to treat the branch and trim, but also, if

you treat the root causes, then it's a superior medicine, and then you'll create a longer lasting change.

Steve: Yes, of course. And we were talking before about the pollution of the environment, which was in those other articles that Nyck just mentioned, the identification of cocaine, pharmaceuticals and pesticides in river wildlife by researchers at *King's College London*, and also the fact that we've got this glyphosate from Monsanto, which just seems to be getting into everything. It's frightening.

Steven Booth: We're being exposed to a whole range of chemicals that we've never come across before. We've got anti-depressants being found in fish and also electromagnetic pollution and even thought pollution. I do a lot in mental health and I'm seeing a lot of anxiety, because the world looks like a really scary place to be in, with all the conflicting ideas and value systems that we face.

Nyck: I think it's really important to bring up that idea of thought pollution or emotional pollution—that we are affected by our emotional, psychological, psychic environment all the time. That's something that we haven't been taught, we haven't been educated into that, we haven't been shown what to do about that—all of those spaces of our immersion in the psychic, psychological, emotional and physical environment, we don't really know that much about how we actually interact with that. We're just starting to know.

Steven Booth: To see those flows in Chinese medicine, if we look at anxiety or even insomnia and those kinds of things, to a small degree, they're actually healthy. If you have a flow that leads you to stay up a bit late at night and look at your life, there's a time where that's appropriate. In the same way, there's a flow where it's time to go through a depressive period because you might need to reassess something. Anxiety can be the same thing—it might be that there's something that's really not right and you actually do need to address it, so just to squash those things immediately, i.e. to treat the branch, might not be the best idea.

Steve: And to take a really clear perspective on this and to find the best ways through this difficult period that the whole planet is facing over the next few decades, it's best for us to try at least to step back and take a sort of a witness approach to what's going on so we can work with these deeper causal layers.

Tell us a little bit about acupuncture and how the creation of a disturbance is used to treat something.

Steven Booth: Okay, so if I am sticking a needle in someone—and without putting metaphysical or esoteric ...

Nyck: Oh, go on.

Steven Booth: I'll avoid it for this moment. I'll offer up a solution that's been studied quite a bit, which is what the physiological changes are when you needle someone. You get blood flow changes, you get capillary dilation, you get histamine response and migration of different immune cells to an area, and that's going to create a change—a neurological change as well, because we are activating the nervous system—so you're getting an immune response to a foreign object (the needle) and stimulation. That's giving your body something to respond to, and a wake up. In this way, we can use acupuncture even for revival if someone's been knocked unconscious. In kung fu training, it's about, 'we'll learn how to do this and how to wake someone up' using certain points for stimulation and revival of the spirit. It can also be used to help to purge things out of the body by using points that will create a release. One that's been studied a lot is modulation of immune response in terms of chronic sinusitis and hay fever. It's been shown that acupuncture is extremely effective at treating sinusitis as an immune response by changing histamines.

Steve: So at a global level, we could see these disturbances like the *Extinction Rebellion* protests as a little needling of the old paradigm.

Steven Booth: Yeah, yeah. You could think of the immune cells of the species which could look something like an *Extension Rebellion* type of response.

Steve: Making the larger consciousness pay attention—something's not right.

Steven Booth: Yes, something's not right, pay attention.

Steve: Isn't it interesting from an evolutionary point of view?

Nyck: I love it.

Steven Booth: The other thing that happens is, in Chinese medicine we talk about rebellious chi. So one of the things that happens is if you swallow some poison, your

body will rebel against that, and that can look like rebellious stomach chi. It is a vomiting process or you might have a purging at the back end as well, which is a clearing or releasing.

Steve: And that process of collapse is built into these natural systems, isn't it? I guess an obvious one is when the seasons change—in some places the trees drop their leaves, so the leaf system collapses and then re-emerges fresh.

Steven Booth: It seems to be a truth—a truth!—that everything changes. If you just try breathing out for as long as you can and just try to keep breathing out, you can only get so far and then you'll have to breathe in again. That's just how it works.

Steve: And so on a very large scale, a mass extinction on the planet is simply a purging process at a planetary level.

Nyck: And it's a great shame that we may have come to that place. Clearly there are a lot of extinctions.

Steve: But is it? This is the thing. If it's a natural cycle, it's no more a shame than the leaves dropping off the trees in winter time. I mean, that might be a shame for some people, but for others ...

Nyck: For many people, I mean, the focus on individual species, you can understand. There's a passion, there's a compassion, there's an empathy for the survival of, for the health of all of nature arising, as we're talking about, in consciousness on the planet. That specific sort of response of: 'we can't lose this particular creature here', is understandable and yet it doesn't take into consideration that yes, unfortunately, we are in this major upheaval and a lot of things actually have to pass away to make way for the new. It's almost like compost for the new.

Steve: Ultimately comes down to a fear of death—a fear of our own death, a fear of endings—and the limited perspective that there is such a thing as an ending where, in fact, there actually isn't. Every ending is simply a transition to something else.

Nyck: You're here on *Future Sense* now with myself, Nyck Jeanes, Steve McDonald, and our special guest, Dr Steven Booth in the studio, and we're talking health in all its forms.

One of the newest movements in health, of course, in the world—and most of you will be aware of this—is what we call the *New Psychedelic Revolution*, the potential for some of the natural plants on the planet, and other substances that are similar, analogues of the same, for healing in all sorts of ways. We're talking, of course, about medical marijuana, the obvious one, but also psilocybin, which is the active ingredient in magic mushrooms of various types, and various others: LSD, which is, of course, a chemical analogue of some of these serotonin acting substances; DMT, that is part of that equation, too; and many others, too. So how's that moving? Because it's such a fast moving sphere, the sphere of new psychedelics, of psychedelics for healing on the planet. It's becoming quite extraordinary, really, how it's moving, not so much in this country, but there is movement here, too.

Steve: Yes, it's actually moving a lot faster and a lot wider than most people think and the reason that we're not fully aware of that is because a lot of it's being done underground because of the legal issues around psychedelics. All the classic psychedelics are illegal in most countries around the world, and yet they are proving to be amazing tools both for healing and for personal transformation.

When I first encountered psychedelics many years ago, one of my main interests was their potential as a tool for the transformation of consciousness, and they seem to be serving that role extremely well. The interesting thing is that they have quite a broad spectrum effect. First and foremost, we've got the natural plant-based psychedelics, which are playing a role in reconnecting people with nature and bringing people's attention to the medicines which occur naturally in the forest—and, of course, it's been a massive boon for South America and the Amazon region with medicines like ayahuasca, etc.

Steven Booth: It's an interesting polarity, isn't it? that we have these natural medicines that are criminalised and what they do is connect you to Nature.

Steve: It's a crazy time that we're living in where we're discovering these radically effective medicines and yet they're illegal. On the one hand, we've got the city of Denver in Colorado talking about decriminalising magic mushrooms—there was an article in last week about that.

Nyck: And that could happen any day now (see: https://en.wikipedia.org/wiki/Psilocybin_decriminalization_in_the_United_States).

Steve: That's right. I was talking to a friend who runs a venture capital fund recently, an American who's expecting Colorado to legalise mushrooms completely by next year. He's talking about the possibility of setting up businesses based in Colorado that could produce and distribute that medicine to the world, potentially.

Nyck: In Oregon, they're also looking to put their own magic mushroom decriminalisation measure on the state's 2020 election ballot—that's happening there—and also, Oakland, California, is gaining momentum towards the same sort of decriminalisation, too, in that part of the States.

Steve: That's right, and some people might say that the old paradigm has made such a huge pile of bullshit that the only thing we can do to grow mushrooms on it.

Steven Booth: That's gold.

Nyck: And of course, we have some movement here in Australia, too, and also in the UK with *Imperial College London*. A bit of a sketch about that, because, as you said, there's an acceleration in this and there's so many people who are interested in this space, but still, in my experience, not quite up to how fast this is and how meaningful this is, because there is sort of a hangover still of fear and the perpetration of the propaganda against these substances for many, many years now, certainly since the 60s and before that as well. So that's a slow change, really, isn't it, in people's consciousness to give some space to the possibility that these substances are very valuable.

Steve: They are catalysts for change, and for that reason, the old paradigm crack down on them. People like Nixon, when he was president of the USA, saw social change occurring. This was at a time when the US was at war in Vietnam and they were wanting people to go off and fight the war, and members of the public were getting exposure to cannabis and the classic psychedelics and their worldview was changing—they were starting to protest against the war—and so that's part of the reason, at least, for why we've ended up with these crazy laws which make these medicines illegal.

But it is shifting. I mean, even here in Australia, things are shifting fast. Our study in Melbourne with *St Vincent's Hospital* with psilocybin is going to go ahead very soon—we're just waiting on the psilocybin to arrive—and we've got other things in the pipeline. We've got a potential MDMA for PTSD study in the pipeline, and also there's more talk of another psilocybin study, I think, to treat depression, which may be coming as well. So things are moving very, very rapidly and much more quickly than we see in the media, because, like I said, a lot of it's happening underground.

Nyck: And of course, in London at the *Imperial College's Imperial Centre for Psychedelic Research*, there's quite a bit of movement going on there with Tim Ferriss, who's a very well-known podcaster, author and investor. In fact, his podcast has had 300 million listeners.

Steve: This is something for us to aspire to, Nyck. I'm just reading here on *Wikipedia* that Tim Ferriss's podcast has had over 300 million downloads. That's not quite as many as we've had yet.

Nyck: No, not quite. He's catching up. We're going to have to do better, clearly.

Steve: Tim has made a financial contribution to help the establishment of this *Imperial Centre for Psychedelic Research* in London, which is connected with Robin Carhart-Harris and his wonderful work at *Imperial College London*, together with David Nutt, of course, who is a well-known global figure. I've had the pleasure of having a couple of chats with David, and he's an amazing advocate of psychedelic medicines and has the knack of coming across as a very mainstream sort of a chap, dressed in his suit.

Nyck: And on this show, we've alluded to and talked a little bit about the opioid crisis, particularly in America—and we're not that far behind in this country or many other Western countries now—that opioid crisis is treating some of these symptoms of malaise of this era, of the change of the paradigm shift and people's inability to cope one way or the other, not understanding and having to dumb themselves down to some degree. But those psychological issues are real and we're looking now at substances—natural substances, often—that can actually do a much better job than these opioids. So it's very threatening, of course, to the powers that be.

Steve: Yes, and I suspect this is why the cannabis laws have been essentially politically blocked here in Australia, even though there have been concessions made. Technically speaking, medical cannabis is legal here but the process for obtaining it and the process for being a supplier and everything else has been absolutely slowed down intentionally by our politicians. You've got to factor in that Australia is a very, very big player in the opium poppy market globally.

Nyck: Yes, Tasmania is one of the biggest growers in the world, along with Turkey, of a particular opium poppy .

Steve: Yes, the thebaine variety which is used to produce the OxyContin.

Steven Booth: That resistance to change as well, and the inability to adapt and move forward, does have a time when it's healthy. The desire to maintain homeostasis is an appropriate response at times, until it's no longer appropriate and we have to adjust.

Nyck: So how do you know when it's not appropriate? Because that's such a great point.

Steven Booth: When it doesn't work anymore.

Nyck: OK, how do you know when it doesn't work?

Steven Booth: When you can't adapt to internal and external conditions. You get those alert responses when things just don't feel right anymore or you start to have the expression of symptoms and those patterns of disharmony reach a critical mass where something shows up.

Steve: And we talk about that on this show all the time, using the term 'evolutionary tension' and the slingshot effect. You need the tension in order to create change, so even though it can be uncomfortable to experience, it's a normal part of the change process.

Nyck: Thanks for your texts too. Stephen Booth was just talking there and someone has written in: "So what's the name of the acupuncturist on the show before? A very great chat, but I had to get out of the car before I could catch his name." Well, you're back in the car or wherever you are and it's Dr Steven Booth over here who's currently living in Melbourne, often visiting up here and one of our associates.

Steve: And your website, Steve is ...

Steven Booth: www.drstevenbooth.com.au

Nyck: Fantastic. There are so many angles to take this from; I don't know if there's anything else to talk about. We talk about psychedelics a lot here, and for many people it's like a 'no go zone' still, and other people are very, very interested. I have a friend whose name I shall not mention, and just anecdotally in the last couple of months, I've just reconnected with him—quite a close friend for 30 years—and he's sort of gone off

the map for a few months and I don't know where he was. Now I've discovered that he's actually been healing himself from quite a severe depression, which I think came from an accident that he had. He's been doing it with psilocybin, with microdosing of psilocybin. Anecdotally—and this is a man who's had this kind of experience before; he's not new to psychedelics in his long history—and yet somehow, from the sort of party or the 'fun' application of these substances, suddenly turning to healing with these substances and a completely different experience and a different a deepening of his own connection to nature and to himself through that natural substance. When I hear that personal, recent, local anecdotal evidence, it's very obvious that we've got something magical here in front of us with the proper application of these psychedelics and the proper research that needs to come too.

Steven Booth: I guess people will choose different substances and different ways of using substances according to the layer of consciousness that they're operating from. Someone might choose to numb something out so that they can keep going and keep going; someone might move into more of a feeling state and moving into connection.

Steve: Absolutely. Even from a recreational point of view, if you look at the way that people use drugs for altered states recreationally, in the individually-oriented Modern strive-drive world, the tendency is to use stimulants like cocaine and those sorts of things because they fit with the general approach to life, whereas in the emerging communal, humanistic network-centric paradigm, MDMA is much more popular because it's all about feeling connected, and that's part of that perspective.

Steven Booth: Some other substances like LSD and mushrooms that are being microdosed for productivity so you can help your business run, it's a completely different way of thinking about things.

Nyck: Talking about these drugs, because the legal drug in Australia that's the most well-known, of course, is alcohol, along with tobacco. "The Australian Institute of Health and Welfare (AIHW)", in another article, "revealed that alcohol was the number one drug causing Australians to seek professional help in 2017 and 2018" (<https://www.aihw.gov.au/reports/alcohol-other-drug-treatment-services/aodts-2017-18-key-findings/contents/summary>). This is from the *Foundation for Alcohol Research and Education* (FARE) and the well-known Dr Caldicott who pops up everywhere is part of this. The alcohol industry lobby group is pointed to as one of the most powerful in the country. "They're extremely active in parliament and they are very big donors. Alcohol industry lobby groups work hard to make sure the government doesn't implement policies that will reduce sales. Such policies include higher taxes or stricter regulations" and of course, the suppression of some of these other substances, medicines, as we're

talking about (<https://thenewdaily.com.au/news/national/2019/05/03/alcohol-abuse-australia/>). So that's the elephant in the room, really, isn't it, particularly in a country like Australia, that alcohol is a huge business and causes so much damage? This article says, I think, that There's 5,500 Australian lives lost and more than 157,000 people are hospitalised each year due to alcohol abuse. That's huge.

Steve: Yes, and again, it's a symptom of the old paradigm. Really, our widespread alcohol use goes back to not just the previous paradigm, but the one before that, which was the Authoritarian paradigm where there were no real immediate rewards in life. You always had to work hard for it for a period of time before it came—you worked for 20 years then you got a watch, or you were a really, really good person, at least in the eyes of God, for your entire life and then you get to go to heaven later. That was the mindset and, of course, to put up with that, you had to numb yourself down and so alcohol was the drug of choice for that particular generation, and it's persisted.

Nyck: I remember reading a book years ago, I can't remember the title but I think I mentioned it before. It's a short book, English book, about the Middle Ages in England and the use of whisky and beer, basically as nutrition, often. They would drink these things in the morning, but of course, filled with wheat ergot, which is very similar to LSD. The theory of this particular little book was that the whole of the middle age in England was kind of a bit nuts most of the time.

Steve: It does explain some of the weird art you see of people flying through the air and all that kind of stuff. It's true.

Nyck: Putting big, huge stones in these circles somewhere and just appearing overnight; all those other things.

Steve: Yes, but alcohol. David Caldicott, who you just mentioned, he's an emergency physician from Canberra and is also one of the leaders and main advocates and organisers and doers of the whole pill testing movement here in Australia. He was very much involved in the second formal pill testing trial that they did just recently in Canberra, which was very, very successful. He's a mad Irishman, but an amazing gift to the world and not afraid to speak his mind in the most Irish fashion.

Alcohol. Now, there was another article, Nyck, about a trend towards non-alcoholic, public bars.

Nyck: Oh, yes. This is a piece on healthy partying: *Welcome to the Underground World of Healthy Clubbing* (<https://www.bonappetit.com/story/healthy-clubbing>): "Clubs in NYC are incorporating wellness practices to help ravers find self-care after dark." Yeah, what's this about? It's obvious it comes out of New York City, of course.

Steve: Again, we've got the collapse and the emergence, so we've got all the damage being apparent from the use of alcohol, and we're just figuring out that our drug classification and legal scheduling system is not based on science, so it actually is not about how dangerous drugs are, it's just about what we're used to and what's socially acceptable and what's not. At the same time as this collapse is becoming apparent, so is the emergence, and here is the new paradigm rising. It's young people who've grown up with exposure to alternative means of obtaining altered states and that need to obtain altered states is part of our life—humans would die if it wasn't for altered states, because every night we go into an altered state called sleep, and it's essential; if you don't sleep enough, then you can't live. It's part and parcel of who we are. Getting into altered states allows us to take different perspectives on life, and that is one of the key tools that support us through change, is being able to obtain new insights and perspectives on how we can live life differently.

Nyck: That's great. Of course, in Graves's configuration, in Layer 6 people are coming together in these ways and looking for ways to be together in an egalitarian and healthy environment and to explore that notion of how to be as healthy as possible within some of the old frames of partying or being together. It's interesting that one of these clubs offers deep listening, plant-based cuisine, and adaptogenic cocktails. The word adaptogenic, it's kind of obvious, but what does that mean in terms of this discussion?

Steven Booth: It'll do different things according to your state. An adaptation will bring more yang if you need more yang, or bring more yin if you need more yin, in the simplest terms.

Steve: Very interesting, and there is a trend here. Ray Thorpe, who runs the *Happy Herb* shops here in Australia, has been exploring that plant-based elixir scene for a while, and he's got a place here in Byron Bay called *Elixiba*, and I think he's got a couple of other places as well. He's been a leader in that kind of thing here in Australia and I think we're going to see a continuing trend away from the use of alcohol as a recreational drug and towards the use of other things which are healthier for us, basically.

Steven Booth: I've got an article here that says Professor David Nutt from the UK, who was recently in Australia, is creating an alcohol-free booze because he talks about the dangers of alcohol as being more dangerous than crack, so he's creating a synthetic

alcohol (<https://www.theguardian.com/science/2019/mar/26/an-innocent-drink-could-alcosynth-provide-all-the-joy-of-booze-without-the-dangers>).

Steve: Yes, he's been working on that for a while. I spoke to him about that a few years back when he was in Australia. I think he was originally looking at like a drug to counter the hangover impact of alcohol, but now obviously he's moved to providing something that works like alcohol but isn't, and without the health detriment.

Nyck: There's always the trend aspect, isn't there? I mean, that hangover of things becoming trendy. We must do this, we must wear the particular yoga pants, we must go to that particular thing with that particular sort of superfood cocktail, or the adaptogenic something or other, and that, I guess, is a movement that most people need to pass through where they start to adopt newer and arguably better lifestyle choices—food and experiences—and then it becomes a bit of an addiction in some ways and a bit of an obsession for some people. They kind of have to move through that, too, because people can go too far in the other direction and that's just another part of the process, isn't it?

Steve: It's kind of like fossil fuels, isn't it, really? You get used to burning that coal and petrol and stuff, and it's really hard to change, but it's a matter of the alternatives becoming available. That's really the biggest thing. I think a lot of people who are addicted, whether it be to alcohol or fossil fuels, if they're presented with an affordable and practical alternative that's better for them, they'll probably choose that if it works better for them personally, but it's just a matter of the slow change of the systems—our supply systems and social systems and things—to make that happen.

Steve: And we're talking about planetary and personal health and processes of change—change patterns, fractal change patterns, big and small. At the moment, we're in this transition from the Modern way of living to the Postmodern way of living, which is characterised by a change from individuality to a community focus, and all of our systems and approaches to life are flavoured by that. Of course, if we're looking at health care, then you might have noticed that there's a strong rising interest in group health-oriented activities, albeit either general well-being and fitness or from a deeper pathological sort of focus. Steve, you were just saying during the break, there's a really interesting little fact about the thymus gland. Talk about that.

Steven Booth: I was looking for a reference for it but I couldn't find it, but my recollection is that there was a study done where they looked at people that were exiled

from tribal environments and looking at their thymus gland and seeing that it had atrophied. What happens when those people are exiled is that their immune system starts to fail. The thymus gland produces T cells—immune cells—so they'll get sick and often die from just regular illnesses that are going around, and that's a lack of community, a lack of collective love feeling, really.

Steve: And, gosh, Nyck used to work on the *Path of Love* programme, didn't you? And that's a really strong theme—the heart-opening theme that's coming.

Nyck: Yes, and as you're saying, to be seen, of course, it's very frightening for most people in this last period identified in Clare W. Graves's work—in the Modern period, the period we've been under for quite a long time—a period of competition and consumerism and corporatism and so forth. In that era, a lot of isolation has occurred for people, in a world where, on one hand, we're incredibly connected via our technology, many people are feeling, particularly in the cities, very isolated. To come out of that isolation, though, is very scary because it is what you know.

Steven Booth: Very confronting.

Nyck: Yes, it can be very confronting, so those kind of practices—and there has been, as Steve was saying, these communal health practices where people are working on their 'stuff' in one way or the other, somehow, or perhaps are doing a sound healing journey or five rhythms dance, or something—where they're back in community to reconnect and to get over that that fear of actually being with another in a more vulnerable place. Things like the *Path of Love*, which I worked with for many years, and much of the other good work happening out there, does exactly that. It gets people into a situation where essentially they can't really—in a very nice way, in a very loving and held way—can't get away from actually facing themselves and dropping into a vulnerability and being seen in that vulnerability, which I think is the key thing. Actually to be seen in your pain is one of the most healing things of all.

Steven Booth: It's so supportive. If anyone has ever been through one of those experiences where you have an entire group working with you or holding you, holding space, or physically touching you and sending good feelings, it is incredibly overwhelming and reinforcing for your energy field. You feel good—really, really, really good.

Steve: Yes, it's a theme that's running through a whole bunch of different things. You see it in social media with the 'likes'. You want to be seen, you want to post your photo,

you want to get likes—you want to feel that connection from others and feel the impact of someone else's perspective on your wellbeing.

Nyck: And yet for many people, that's brought up exactly the same sort of stuff as it would in a world without that, in that 'am I liked or am I disliked?' It's the same. It's not very deep, is it? And that's the problem with it.

Steve: It's a factor of the technology that we're using being designed and produced by an individually-oriented paradigm, so the disconnection is built in. It's giving us a disconnected connection to the degree that we're not there in person; we're not having a body-to-body, face-to-face contact, we're just doing it through an electronic means, which is disconnected by nature.

Steven Booth: It's superficial.

Steve: Yes.

Nyck: A lot of this area relates to the coherence of the heart. We mention often on this show, the *HeartMath Institute*, which has been in existence for quite a long time. That institute has been working very much on the idea of coherence, in particular, and the internal self-modulating and regulating experience of coherence, but also that coherence which arises when you're with another when you're with other people and how that's actually expanding now and opening up to a sort of healing potential, I would say, in just that more natural, more vulnerable, more honest experience and expression between people on the planet that seems to be rising, and also more physical touching, too. I think where it's appropriate—because, of course, this is also a contested space—but actually in a safe place, there's so much more actual touch and genuine hugging and love that's physical now, and that's clearly a very important thing to do, that physicality of touch between people.

Steven Booth: Definitely. We have a tendency at the moment to live in isolated little boxes and not know our neighbours and those kinds of things, and that creates a lacking of community and tribe and those yin aspects—collective aspects.

Steve: And much of it is driven by a rejection of the old paradigm, too, and a realisation that because the old paradigm's trajectory has run its course and it's got to the point where it's now degrading, collapsing, and the systems are no longer useful, the tendency with Layer 6 is to want to throw it out the window and rebound in the

opposite direction to fix what seems to be this extreme disconnection problem, so we're going almost to the other extreme in terms of trying to connect.

Steven Booth: Until that doesn't work anymore.

Steve: That's right, it's a cycle, isn't it?

Nyck: And they are fascinating poles you're talking about there, because I'm thinking as you speak, of many people that I know who are coming through that transition and entering these kind of new spaces of connection and coherence like a child—and naively and beautifully often—but then become too attached to that as well and start demanding that "this is the way and this is the path". Again, all of this, as we're saying, is just part of the process of evolution as we move from one paradigm to another paradigm.

Steve: Exactly.

Nyck: We want to talk a little bit about the *I Ching* too.

Steve: Yes, Steve and I catch up regularly and we're researching a number of different areas in a broad spectrum, really, from the nature of consciousness and transforming consciousness through medicine, and Taoist philosophy on understanding the change process. Recently we've been diving deeply into the *I Ching*, otherwise known as the *Book of Changes*. It's a very, very old document, which I think goes back a couple of thousand years.

Nyck: I think it's almost the oldest book in the world—one of the oldest books.

Steve: One of the oldest ones.

Steven Booth: There's been a few transitions of it as well, and a few different maps and layouts.

Steve: Versions, yes, exactly, and for those of you who might not be familiar with it, it describes 64 aspects of change. Each one of those is represented by a hexagram.

Steven Booth: And each hexagram is made up of two trigrams, which are made up of three broken or unbroken lines to represent a shift or a phase shift between yin and yang.

Steve: Yes, so it's based on the fundamental Taoist understanding of the change process, which is this cyclic dynamic exchange or transition from yin to yang, from yin to yang. The interesting thing about it is that Nassim Hamein's work has been delving into the underlying structures of spacetime, and what he's found, of course, is this 64 tetrahedron grid, and he, in a rather genius fashion, has realised that each tetrahedron has six lines in it, and depending on your perspective on the 64 tetrahedron grid, those lines can appear broken or unbroken. So you can actually dismantle his model of the structure of spacetime and get the *I Ching*, which is pretty amazing.

Nyck: And Hamein's work also talks about the number 64 itself, which is an interesting number and appears in all sorts of places. I'll just read some of those, which is rather interesting.

Steve: Yeah, go right ahead.

Nyck: 64 codons in human DNA; 64 hexagrams, as we talked about, in the *I Ching*; 64 sexual positions in the *Kama Sutra*; 64 classical arts listed in many Indian scriptures; 64 is the maximum number of strokes in any Chinese character—I think that's really fascinating; it's the number of cells we have before our cells start to bifurcate—that's very fascinating, shortly after conception that happens; 64 is the fundamental in computer memory bits and coding—you would probably know that, and so on. 64 things are needed to be able to approach the *Ark of the Covenant of the Lord* according to the two copper scrolls were found amongst the 300 *Dead Sea Scrolls*. I tried to find what these 64 things were yesterday, to try to figure out what you needed to approach the *Ark of the Covenant*, but I couldn't find a list of the 64 things—I thought I'd start practising. But the list goes on and on: 64 squares of chess set, of course, and checkerboards; 64 braille characters in the old six dot system; and also 64 is the number of generations from Adam until Jesus, according to the *Gospel of Luke*, and clearly there's some sort of mystic knowledge there.

Steve: Yes, very interesting, and it's also interesting, as you said in one of those things, that our modern day computer system seems to use these same numbers.

If you take the 64 characters in the I Ching and lay them out in certain sequences, you can start to unpick the interesting patterns of change and get a deeper understanding of the change process.

Steven Booth: Most people know the *I Ching* as a divination tool, so throwing the coins or throwing the yarrow sticks and getting a reading of what might be occurring for you, maybe in relation to a question. The reason that that works is because the *I Ching* provides a framework of patterns—of understanding patterns—and the change process itself, so looking at the way things relate to one another. Within the trigrams, you have an upper and lower trigram that represent a yang thing and a yin thing, and then together they produce something in the middle. By combining two trigrams, you have a relationship between the two trigrams and the way the positions change, so the way the yin and yang within each line changes can give a lot of information. The more you pull at those threads, the more you can see in it. The *Book of Changes* itself, the *I Ching*, has a number of translations, but each one has a lot of detailed information around feeling states, experiences, and can help you map where you are within a change cycle and the positioning of where you've come from and where you're going so that you have a greater ability to sense. You've got more data points, you've got more information about where you've come from, where you're going and where you are.

Nyck: It's fascinating, actually, the notion of divination itself, which of course is as old as civilisation is on this planet going back in every place. How does the role of divination of one title or the other play into health and healing at this time? How does that work? Because many people say that just woo-woo, it's rubbish, and then many other people are very focused on 'where are my Venus or Mercury today? That's why I'm not so well today, because of this', which is a bit simplistic.

Steven Booth: I like to look at those things as pattern recognition, and astrology as well is a movement of constellated energies that will show up different aspects—so different personality types, possibly, or different archetypal energy systems that are brought together—and the way they move through can be reflected in an individual and where they're at. It might be their makeup and their ability to relate to another person or even to themselves and to the world around them. That, of course, is going to indicate some of their potential health issues.

We look at patterns of disharmony in Chinese medicine, so what's up and why, and how to intervene in that to bring someone back into flow as early as possible. So we're working with preventative medicine as much as possible and I guess the divination is part of that to see what's coming.

Nyck: Well, what's coming this week? Steve pointed me in the last week or so to a website, <https://www.bobbyklein.com>, who gives a weekly reading and they're very good. This week's reading for May 6th, which is today onwards is *no. 53, Jian, gradual advance*. It says: "Roses in a vase, carried in from the garden, red roses of love." I like that—gradual advance.

Steve: Yes, and myself and a few people that have been talking to have been feeling this theme unfolding over the last week. I found I was being drawn to just drop everything in the middle of feeling like I was overly busy and just go do something that was more nurturing and that was actually going to serve me and put me in a better place in order to manage what seems to be a lot of change going on at the moment in the world.

Steven Booth: And that factors into the astrology for this new moon, it factors into the phase we are in here locally in terms of the seasonal cycle with autumn and everything—slowing down and moving inwards.

Nyck: Yes, beautiful.

Steve: And so what we've been playing with is we are looking at the *King Wen* sequence of the *I Ching* and the 64 characters are not arranged in numerical order, but what we've noticed is that when you look at them in a standard representation, they're laid out in like tabular form, which is sort of a square arrangement. We've noticed that there's a very, very old image which I dug off the internet somewhere, of the *I Ching* laid out in a shape that looks like a doughnut, which is actually a two-dimensional map of a torus shape. A torus, a toroid shape, is basically a doughnut shape—most people know what a doughnut looks like. It also represents the same shape as a black hole, basically, and Nassim Hameiri's work says that everything, at its centre, has that fundamental nature of a black hole, which is basically a torus—energetic torus shape.

So anyway, the torus has a north and south pole, which, of course is yin and yang, and then everything in the universe has spin—if you go down to the most fundamental particles, they all have spin. What we've found in this very, very old, flat, doughnut-shaped image is it has 32 of the characters, so half of the characters from the *I Ching*, in the centre of the doughnut hole, half yin and a half yang, and then the other 32 are on the outer boundary, and the inner boundary and the outer boundary on the flat diagram represent the north and south pole of the actual 3D toroid. The change process runs in a spiralling fashion and there are eight steps connecting the two poles, so for each aspect of change, for it to move to a different aspect of change, it has to go through these eight steps to reach the other pole.

Steven Booth: And there was a breathing in and out movement as well, like you'd move from the inside to the outside until you can't go out anymore and you'd move back in.

Steve: That's right, yes, and the spin can be in both directions. There's an interesting correlation with computer code because you've got 64 characters and if you lay them out in a linear form and then understand that you can flow through the sequence forward or backwards—so each character has a forward or a backward orientation, depending on how you experience it, how you come across it—that gives you 128. And then if you bring spin into the process as well, two directions of spins, you get 256, which of course is important computer coding.

Steven Booth: There's a dimensional shift as well, so that when you're taking this 2D image and imagining it in three dimensions and seeing it as it would be expressed in an actual field, it would be three dimensions at least, and maybe spin creates a fourth.

Steve: Yes, so all that probably sounds like wild, esoteric theory to most of the listeners, but the interesting thing from my point of view is that if we can just crack this, and we're very close to doing it, then we'll have a very, very detailed map of change, and that can help us to diagnose a change state and to understand what's next in the change process to an incredible amount of detail, and it could be digitised, it could be put into a computer form.

Steven Booth: The other thing that was interesting in that was the positioning. Each of those data points might have an individual kind of feeling about it, but the positioning—where it's at—will create an entirely different perspective on it, so it's just like if you have a note in music, you play the same note in a different sequence, it might sound or feel different.

Steve: Yes, exactly. And so if anybody's listening to the show or to the podcast and they know about this kind of torus-based map of the *I Ching*, and maybe they're further down the track and analysing it than we are, please reach out. You can email me at steve@futuresense.it. We would love to hear from you if you've got any more information on this.

Steven Booth: Particularly practical application.

Nyck: And that's a good point to mention, that you can listen to our podcasts via that website, www.futuresense.it.

Nyck: Here on *Future Sense*, we're in the last 15 minutes of the show. We've been talking about health and healing. There's so much to talk about here, ranging widely and hopefully there's been some things that have clicked in with you.

One of the things, I guess, that many people consider, is that technology hasn't been particularly good for our health in so many ways, and there's some evidence to say that. Of course, currently there's the big debate around 5G, which is a big thing. But we'll come back to that another time again.

Steve: Actually, technology's been amazingly good for our health. We would not be where we are today if it wasn't for technology.

Nyck: Well, there you go. So flesh that out because there's been, just recently, some announcements also by *Apple* talking about this—their contribution to health.

Steve: Yes, well, with the general move in the paradigm shift towards connection and the visibility of systems and those sorts of things, some of the things that are showing up are, for example, *Apple's* smartphones and smartwatches now have the capacity to monitor your vital signs. The *Apple Watch* in particular, can monitor your heart rhythm and then if you want to share that data, it can go into collective data bases where they can analyse what is a healthy rhythm, and also they can feed in medical data on how heart rhythms look just prior to heart attacks and those sorts of things. As I understand it, the *Apple Watch*, although I don't have one myself, but Ross Hill does, who is one of our advisers in Melbourne—morning Ross—as I understand it, the watch can actually warn you if you look like you might be going to have a heart attack just by monitoring your heart rhythms and matching that with known medical data. Just the whole big data space in itself is amazing, the amount of data that we're collecting.

Steven Booth: As I was saying before, the more data points we have, the more information we have, the clearer patterns show up, and if we're interested in looking at patterns and flow and change and cycles and rhythms and biorhythms and things, this could be quite an interesting thing in terms of being able to spot and predict things earlier. If we suddenly saw spikes in the heart rates in the population, for instance, that might give us more information about something that's going on that we're not aware of, and we can respond to that.

Steve: That's right, and it all ties into the planetary picture as well, because with the climate changing at the moment and the Sun just about to start going through grand solar minimum, which is going to run from 2020 to 2055, the protective layer that's normally provided by the solar wind is dying back because the Sun's going quiet and we're going to be subject to more cosmic ray impact, which has health implications. There are a number of studies out there which talk about the potential health and actual health implications in the form of cosmic ray impact.

Having the technology to monitor large numbers of people—who are volunteering, of course, to be monitored—from a positive, constructive health angle, is going to be, I think, very, very beneficial and very useful as we move forward into life conditions which are unknown for us; unlike anything that we've lived through throughout history.

Nyck: I wanted to ask you guys in the last few minutes that we have today about the light body—light body activation—because that seems to be where the cutting edge may well be beyond the physical body that we are also. We are more than that physicality and most of us, I think, that we know and who listen to this show probably believe that one way or the other, they feel that, they know that somehow, but there is actual technology available and coming online and slowly being discovered and practised to activate what's known as the light body. Can you give us a bit of an expansion on that area?

Steven Booth: There's definitely the idea that frequency medicine is going to be the medicine of the future—frequency and vibration, including sound technology. The way we interact with each other conveys a frequency or vibration as well, and we're always communicating on a whole range of different levels—chemical, postural, as well as verbal and the rest—so finding a more coherent mapping of the different energy systems that have evolved through different disconnected cultures throughout the world and looking at a connected way of viewing that, and finding points of intersection between those ideas and then looking at what that looks like in terms of an energetic map, this idea of a light body emerges. I look at the sacred geometric forms and the forms that are more coherent patterns of expression of energies, and when we get to that place, we can more easily integrate further information so we can find that simplicity in the complexity and deal with new information, new chemistry—maybe there's cosmic rays and things that are coming in—and adapt more easily to changing conditions.

Steve: So early last year, Steve introduced me to the work of Dr Mikio Sankey around esoteric acupuncture, and he's written seven books, which are essentially a map of what seems to be a newly emerging pattern of energy within the human body, which he has defined according to the Chinese medicine system and the acupuncture points.

Steven Booth: He's also integrated other systems. There's the western Kabbalah system in there, there's the Hindu chakra and nadi system, there's some of the *Theosophical Society's* information in there, there's a whole complex synthesis going on in his work.

Steve: Yes, so we've been doing some very practical work around that in terms of using our long-term understanding of Chinese energy systems from our martial art, which we've both been studying for over 20 years now, and using that to activate energies within our own bodies to obtain altered states of consciousness, and then experimenting with advanced body scanning and healing techniques that we're accessing through that kind of work.

So maybe we can just talk very quickly about our experience the other night. Steve's just been through a dental emergency, right?

Steven Booth: Yeah, a bit of a healing crisis. I ended up in emergency, getting some dental work done, and I've had some persistent inflammation and infection since then that I've been treating. Steve's done some work with me in the energetic field recently where I felt an immediate and marked difference. Even though I've been working on it considerably myself, having someone else with experience and the ability to sense what might be happening for me, so feeling that resonance and then being able to make a change based on those feelings.

Steve: Yes, so I did what I call an energetic scan of Steve's head, and I found an energy anomaly in one side of inside his skull, which seemed to be related to the tooth issue. You had the tooth extracted then, right?

Steven Booth: I had a root canal begun. It's in process.

Steve: So I found that and basically dissolved the energetic issue there. We then also worked with what seemed to be, what felt to you, like a gap in your energy field on the opposite side of your head, and so I did some energy work—and when I say energy work, I guess the closest thing you could relate it to is something like Reiki, where you're working with a subtle energy that's emitted from your own body. I used my energy to restore your outer energy field on the right-hand-side of your head, and what did that feel like?

Steven Booth: It felt like a smoothing or a stabilising of one side and a balancing between left and right to me. That ability to go into a shared space where we both have a common experience and an agreement so that the story matches, it feels the same, is definitely part of that healing and sensing and the confirmation that comes out of that.

Steve: And there's some holographic element at play here because when I tune into you and scan your head, I actually feel it in my head.

Steven Booth: Yes.

Steven Booth: So there's a resonance, an energetic resonance that happens there, and that allows me to use my headspace to do the work, and it's being transmitted to you, right?

Steven Booth: That's it. So yesterday I did a group acupuncture session where we used an array of 16 points, and during part of that session, I was able to hold the entire pattern in myself, but also feel in the people that were there, whether they were getting those nodes activated or not, and then work with them individually and collectively to help that flow continue and increase and stabilise.

Steve: So this is really physics that we just don't understand yet—it's nothing more. Hamein says this, is that what these things are that we call mysticism and stuff is just science that we don't really understand.

Steven Booth: We just don't have the words and language yet. It's like the Chinese would talk about *chi* because they didn't have words for viruses and bacteria.

Steve: Yes, so there's something going on here which at some point in the future we will be able to define scientifically—exactly—but right now we can just experience it and feel it.

Nyck: Very quickly, because we do have to finish now, these capacities that you're talking about here, are we evolving into this or has it always been there? What's going on there?

Steve: I think the answer to those questions is yes.

Nyck: Yes and yes.

Steve: It's always been there. What is evolving is our perspective on it, so our perspective is broadening and we're understanding these things in more detail and with more complexity than we have before.

Steven Booth: It's a states and stages kind of question, isn't it?

Steve: Exactly, but there are stories from throughout history of people have been able to do this kind of healing work.

Steven Booth: Yeah, they write books about them.

Steve: Totally.

Nyck: We'll have to go now. Thanks to Dr Steven Booth for being with us again today—please come back whenever you're up here--and to my co-host, Steve McDonald. And thanks to all of you out there—thanks for tuning in and being conscious of your own health and healing as much as you can. Blessings and healing to all. We're sending that resonant energy to you right now. Thank you. Thanks for joining us. Bye bye.

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