



46. Health, Wellbeing & Consciousness, Part 1

Recorded on 29th July, 2019 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: You are now tuned to *Future Sense*, and a great pleasure to welcome my co-host, Steve McDonald. Good morning, Steve.

Steve: Good morning, Nyck.

Nyck: Lovely to see you here, and we have some wonderful other people here in the studio with us this morning.

Steve: We do. We've got a special guest, Dr Steven Booth from Melbourne, who's been on the show a few times. Welcome, Steve.

Steven Booth: Good morning.

Steve: And also Ashoka Houlahan from the *Quantum Uplift* clinic here in Byron Bay. Welcome, Ashoka.

Ashoka Houlahan: Good morning, Steve, good morning, Nyck.

Nyck: And we're here to talk today about the future of healing.

Steve: Yes, we'll talk about health, wellbeing and how it relates to shifting consciousness. We might start, for those people who might be listening live or perhaps to the podcast later and haven't heard you on the show before, Steve Booth, would you like to just give a quick intro of who you are and what your modalities have been over the years?

Steven Booth: Sure. I'm a doctor of Chinese medicine—that's been my most relevant recent study—and before that I was a transpersonal councillor, shiatsu therapist for a long time, and I also practise *Tai chi*, *Bagua* and *Qigong*, and meditation—I'm a long-time meditator.

Steve: And Steven and I are old *kung fu* buddies. We met through our *kung fu* school some years ago. Awesome.

And Ashoka, tell us about what you do and a little bit about your clinic.

Ashoka Houlahan: Thanks, Steve. We've opened a clinic in the Byron Industrial Estate called *Quantum Uplift*. *Quantum Uplift* would best be described as a cellular rejuvenation clinic. We're not medical practitioners at the clinic, but we use some of the most advanced wellness technologies from around the world, and our focus is really on the mantra: 'if you want to be well, heal the cell'. We have technologies in the clinic that include frequency, voltage, oxygen, red and near-infrared light therapy, hydrogen therapy—all things which focus on improving cellular function—and what we find is if we can get the cells working properly, then that has these positive flow-ons throughout the rest of the body.

Steve: That's awesome, thank you, and we'll get you to talk a little bit further about the different technologies that you use, perhaps later on in the show. That's great.

I'd like to start the conversation now just by talking about the kind of ailments or conditions that you're seeing presenting in your clients at the moment, and how that may be related to shifting consciousness in some way. I think this is an area that really isn't being discussed very much, and certainly the people that I talk to who are going through significant shifts in consciousness often have physical symptoms and psychological symptoms, and of course, no one's talking about it. They don't know what it is, why it's happening and those sorts of things.

Steve, what's your experience?

Steven Booth: I guess, as a result of the times that we're living in, we're now exposed to a whole range of different things that we've never had before, including chemistry and

biochemistry, different types of emissions, and especially the news out there which is often confusing and conflicting, and can cause a lot of worry and anxiety. So people are coming in with a lot of confusion about what's happening in the world, and 'where am I?' and this perpetuating fear and anxiety type of stuff. But they're also adapting to that and expressing new experiences that people might be having that might be called a spiritual emergence type of process as well, where there'll be things that they'll share like 'I've had these unusual experiences' or 'this has happened to me and I haven't really been comfortable telling people about it because I think I'm going crazy', and this kind of thing. That's, again, a reflection of opening to new sensory abilities, in my opinion.

Steve: Yes, absolutely. We often talk on this show about how our sensory perception seems to be expanding as we develop through these layers of consciousness. In various layers there are heart openings that occur, just a general increase in sensory perception, particularly in terms of interaction with other people and what we can sense going on in other people and about other people. Sometimes people report having difficulty trying to figure out whether it's something they're feeling in their body is actually their own, or maybe they're picking up on something that's going on in someone else nearby.

Steven Booth: Yes, an increase in empathy and so on as well. Sometimes it helps to reframe that, where people have that idea that they're helping someone by feeling their things for them, where I'll often flip that on people and say 'maybe that's a type of theft and they might need that experience; maybe you don't need to take that on and just consider it as awareness.'

Steve: Yes, certainly in my experience in the psychedelic world, it's a very common thing that people report when they're doing group work in altered states. Often they'll pick up on someone else's experience somehow, and often in the room there will be shared themes too; people are more network-centric. They often report the experience where people will feel like they're carrying the weight of the world. It doesn't feel personal but it's coming from somewhere. Do you have experience of that, Ashoka?

Ashoka Houlahan: Yes, I label that something in my own terms. I call it 'from pain to purpose'. I guess what we're talking about is shifting into a higher state of consciousness which is associated with that purpose. In my own experience, I suffered from depression and I went through seven years of depression and got diagnosed, and the doctors gave me some options. They said, well, we can give you drugs or we can give you some counselling and things like that, and they just didn't resonate with me. From there, I went and saw an energy worker, and the energy worker did some energy work and from that I was guided to go and find these different technologies. Through

that, I was able to actually heal myself of depression, and I didn't know it, but through that, I found my purpose, so for seven years of pain—and this is what I say to many people that come into the clinic—you've got to know you can come out the other side of this, and when you do come out the other side of it, there's often a gift that's waiting for you, and that is synonymous with an elevated state of consciousness as well.

Steve: Yes, absolutely. I can identify with that because years ago I went through a breakdown from post-traumatic stress disorder. It actually happened very soon after I discovered Clare Graves's work and I was just starting to get my head around it. I recognised, when I was going through my breakdown, that it was actually a transformation, and that sort of gave me an understanding that I was going somewhere, I wasn't going to be stuck in this, and that made a huge difference, I think.

Nyck: Absolutely. And if you don't listen to the show or you've just tuned in, Clare W. Graves's work that Steve just alluded to there is the basis of much of what we talk about here—not everything, but it's a model that we spend a lot of time on. If you'd like to tune in more to that specifically, please tune into our podcast, which you can do through most podcast platforms and certainly through our website, www.futuresense.it. We will give you those details in the future, but you can hear some very rich discussions that are going to happen here today—it's already started that way.

If you'd like to join the discussion at any time, you can tune in on our text line and drop us a text on 0437 341119 which comes up here on our screen here and we can respond to that—anything you'd like to comment on or bring attention to.

I'd also like to say we've got a couple of giveaways today. I'll talk about the second one a bit later on today, but Ashoka has given us a \$100 voucher to *Quantum Uplift*, his business out there that he's talking about, in the Industrial Estate in Byron. We will give that away fairly soon. Don't call just yet, but if you are a subscriber to *BayFM*, you know the drill.

Nyck: You are tuned to *BayFM* and you are on *Future Sense* this morning with Nyck Jeanes—myself—and Steve McDonald, and our special guests this morning, Dr Steven Booth and Ashoka Houlahan, who's business out there in the industrial estate is called *Quantum Uplift*, and we will give away that \$100 dollar voucher—thank you so much, Ashoka, for that—very shortly.

Steve: We're talking about health, well-being and transformation, and just before the break we were talking about symptoms that may be related to shifting consciousness. Steven, I'm just curious to ask you whether there's any particular treatment or angle

that you're finding is commonly needed around people who are clearly going through some sort of transformational process?

Steven Booth: Yes, so from my point of view, the key thing seems to be internal alignment. Ashoka was talking about finding purpose on the other side of pain. We know what it's like when you're not in alignment—your head and your heart want different things, you have an internal conflict, there's a battle going on—so shoring up that those internal feelings and structures is really helpful. Having a sense of what's me and what's not me in terms of sensitivity is also something that's really useful. In Chinese medicine, we talk about three treasure's: blood, qi and shen, so we need to make sure there's enough nourishment and grounding so that we're here, having that human experience, and complete and whole.

Steve: That's interesting. I'm finding that grounding seems to be a big issue. I guess we could probably go into side-tracks about why that's the case, but often I'll come across people who are going through a big transformational process and because they're often opening up to interdimensional awareness, the focus is removed from grounding to some extent, and I often find that people need to just do some kind of grounding practice.

Steven Booth: To get back in their body, yes.

Steve: To reintegrate and align.

Steven Booth: And that can also help make sense of those different experiences of different ways of being and different realities—to come back just to your senses and what's happening here, right now in this moment, and to be present.

Steve: Yes, and it really is about being a bridge between Heaven and Earth as they say in Chinese philosophy.

Steven Booth: Yes, it's the Taoist way.

Steve: Yes, and I guess we've come through the Scientific-Industrial era, which has been very materialistic—so very much focused on everyday life and the gross matter, the gross objects of everyday life—and then we're shifting and opening as we transition into the sixth layer of consciousness, into these more esoteric aspects, into the collective

unconscious as Jung termed it, and I guess it pays to continue to pay attention to grounding and not leave it behind entirely.

Steven Booth: I think that idea of paying attention is really important, too. One of the features of a collapsing paradigm is to ignore stuff and keep going and push through, and many types of treatments are often around suppression or numbing things out or putting a band aid on it or disconnecting the warning lights as it were, so you can keep going, keep operating faster, harder, stronger, all of that stuff. That can work for a little while and is useful at times, but we can't ignore that there's more going on than that and there might be a time when a collapse or a breakdown or breakthrough is required to move on.

Nyck: It's interesting when you talk about grounding and the current paradigm that we've been living in for such a long time. It occurred to me that we've been grounded in this paradigm, in the material things that we have and the external things in our reality, and yet, what's coming now is a sort of 'how do we ground ourselves on an internal energetic level?' And physically with that, too—an integrated level with all aspects of our being rather than identifying out there: 'no, I'm okay, because I've got that, there, I've got my house and whatever I might have.' There's a big change there, I think, in what we ground ourselves through.

Steve: Yes, it is a big change, and it's true to say that when we go through the individually-oriented layers of consciousness, like the Scientific-Industrial paradigm has been, it's all about the outside world and how we change the outside world to fit with us. Of course, that takes the attention off the inside world, but we come back to that when we go to the communal stages or layers of consciousness, and so the emerging paradigm—this Relativistic, human-centric paradigm—is very much about looking inwards again, and I guess rebalancing is a huge theme in the emerging paradigm. There seems to be an inevitability that we will go too far in that direction and leave the grounding behind for some time, but then when we come into Second Tier consciousness, it's integrative, and so that's the time when we put all the pieces together and actually do truly bridge Heaven and Earth.

Nyck: Yes, and as you're saying about this layer, and the sense of overwhelm and too much and confusion sometimes, these are all kinds of symptoms of what you're saying as we're reorienting inwards more so. It can actually also feel like there's too much outside, too much to deal with and 'I can't find a place inside myself that centres me', and I would say that's really the goal in this kind of healing, isn't it?

Steve: Yes. Ashoka, with your cell-centred approach, is grounding something that comes to your attention in your work and your clinic?

Ashoka Houlahan: Not so much from the cell-centred approach, but what we really try and do is help people raise their level of consciousness, their level of frequency. At the same time, what you're saying is very, very true, because I think in today's day and age, many of us are looking for this spiritual upliftment, but at the same time we need to be grounded whilst we're doing that. With one of our technologies, the *BioCharger*, it uses some pulsed electromagnetic fields and frequencies and things like that. With grounding—the concept of being connected to the Earth—this is something the ancient and indigenous cultures have always known, and I think a lot of things we have at the clinic are a blending of modern technology with ancient wisdom. So, yes, we do have technologies there that facilitate that. But at the same time, we always respect the indigenous cultures that have always known that that's what they need.

Steve: Yes, of course, and I think an important part of this process in grounding is to try and take a mind-body-spirit approach, an integrated approach, so you're not just thinking about your wellness and addressing things apart from the actual physical body, but also incorporating body movement, and, of course, you've got the oxygen therapy which involves body movement, haven't you? Just tell us a little bit about that.

Ashoka Houlahan: Yes, with our Super Oxygen Saturation therapy, it does involve some exercise, whether that be treadmill, bike or even on a yoga ball and lifting some weights—whatever the body can do. The purpose of that exercise is to get some flow rate of blood happening. We're connected to a breathing mask and we breathe in 85% oxygen, which is four times more than normal room air—that's around about 21% oxygen—and we flood the cells with that oxygen. The reason for that is that inside our cells we have these things called mitochondria. Mitochondria as what produces ATP or life force—the Chinese will call it qi (chi); the yogis will call it prana; it's all the same thing. The way they produce that is our food gets broken down into electrons, and electrons combine with oxygen in our mitochondria, which gives us more of this life force. It's very hard for us to kind of show up in the world if we don't have that vitality, and if we're suffering from some level of chronic illness, it's really hard for us to move into that next level of consciousness because we're basically in survival mode—we're trying to just survive and get through our day.

So the Super Oxygen Saturation therapy works well with that. We also mix that up with some altitude contrast training, so we flood the body with oxygen and then we deprive it of oxygen, which taps into this fuel called biohacking where we're hacking our biology. That creates certain physiological responses in the body for it to want to take up oxygen more, and we switch that up between high and low oxygen, the result being an increase

in energy and taking lactic acid out of the body and a whole host of other benefits. So movement is a key part of it, yes.

Steven Booth: Increasing efficiency too, isn't it, with the oxygen deprivation?

Ashoka Houlahan: Yes, absolutely.

Steven Booth: So you've got a yin and yang approach.

Ashoka Houlahan: Yes, that's correct. When we deprive the body of oxygen, it makes our cardiovascular network dilate and expand and so when we then switch it back on, we're very much ready to take that up into the cells.

Steve: It's interesting you talk about the life force and the ATP, which I understand is short for adenosine triphosphate, is that right?

Ashoka Houlahan: That's correct.

Steve: I just googled that. It says it's "a complex organic chemical that provides energy to drive many processes in living cells, for example, muscle contraction, nerve impulse propagation," etc (https://en.wikipedia.org/wiki/Adenosine_triphosphate). It's interesting just to note that in this transition from the Modern Scientific-Industrial paradigm to the emerging paradigm, often one of the major, major symptoms is burnout, because in the Modern world, it's all about everything having to be harder and faster in order to be better or to succeed, right? And if you're not being successful then you're not working hard enough or fast enough or long enough hours, and inevitably people burn out, which has given rise to the whole concept of the sea change or tree change, where people have the corporate burnout and they've got to move to Byron Bay and chill out big time.

Nyck: Not to mention super smoothies and things like that as well.

Steve: And of course, we've got all these conditions which are associated with that, like chronic fatigue.

Steven Booth: And depression. 'Depressed' can be translated as 'deep-rest is required in order not to collapse'.

Steve: Ah, that's nice. Very, very cool.

Nyck: This is *Future Sense* with Nyck and Steve and our special guests, Ashoka and Steven. We have a couple of texts. First up, someone has written in and said: 'The best way to ground is to walk barefoot on the earth. Surprising how many people walk on the beach in shoes.' Thanks to Paul for that. Yes, very good point. The other text that we've got in—thank you very much—you mentioned hydrogen therapy before, Ashoka, as part of your suite of offerings out there, and this person has written and said: "I met a bloke who showed me hydrogen capsules to add to water. Can you ask how it is that water could need extra hydrogen?"

Ashoka Houlahan: That's a great question, thanks for that. Water doesn't need extra hydrogen, but our bodies really, really need extra hydrogen, the reason being that the humble hydrogen molecule—for a long time, they thought it really didn't do much. As it turns out, it's one of only four elements that's present in every living organism, that being hydrogen, oxygen, nitrogen and carbon, and, as it turns out, we are made of 75% hydrogen in terms of molecules. When you add molecular hydrogen, H₂, to water, which is called hydrogen-enriched water—or you can breathe it in as a gas or you can bubble it into a bath and you can take it up transdermally—it operates primarily in three ways.

Its best quality is it's a selective antioxidant, and what that means is it only takes out bad free radicals—so the hydroxyl radical, OH free radicals, which are naturally created just through respiration; it happens in our cells, again, within the mitochondria. It's a little bit ironic, but as we breathe, it slowly kills us because we create these free radicals and those free radicals—and I should point out, not all free radicals are bad and we need a certain balance of them—but it's the hydroxyl radical that damages the DNA in the cells. The hydroxyl radical is OH, so you combine that with hydrogen and it just converts it to water. So it's very, very good—it takes inflammation out of the body, it's anti-ageing, it's also a cell-signalling molecule, so it helps from a cell-signalling perspective as well.

In Japan, they're way ahead of the rest of the world. They actually use it in their mainstream medical system—they use it in hospitals. The long and the short of it is any which way you can get hydrogen into you, it's a good thing because it's main property—not its only property—it's a selective antioxidant, which means it only takes out the bad things, but it leaves the good free radicals.

Nyck: Just quickly on 'not all free radicals are bad', could you expand on that just a little bit?

Ashoka Houlahan: It's probably a little bit like the debate that happened around skin cancer and sun. It was a very effective campaign that said 'slip, slop, slap', and I don't want to take anything away from that, but today you find everyone walking around being vitamin D deficient. The pendulum swung too far. And so for a long time, the narrative's been 'free radicals, reactive oxygen species, are bad for us'. The truth is our body needs those and it's all about creating homeostasis in the body. When we've got homeostasis with free radicals and reactive oxygen species combining with the antioxidants that our body naturally produces like glutathione and things like that, everything works well, but when that balance gets out of whack, that's when it creates damage in our cells. That's what causes us to age, that's what starts to break down some mitochondrial dysfunction, and then that has these negative effects throughout the cells in the rest of the body.

Nyck: Excellent. You used the word 'swang'. I like that.

Steve: Steve, is there a corresponding understanding in Chinese medicine around the concept of antioxidants and that kind of thing?

Steven Booth: There would be. Off top of my head, I can't think of one, but using efficiency of energy and those kinds of things, that absolutely applies.

Steve: Okay, interesting. Earlier on in the show, we touched on the idea of sickness and transformation, like going through what, in a shamanic sort of sense, would be an initiatory sickness, which is taking you into a process of transformation. Then, of course, you started to describe your own healing process, which then motivated you to heal other people, which is the classic wounded healer story. I guess, in a sense, even though we categorise some people as doing shamanic work these days, we're all shamanic in some sense, and it's a particularly strong theme in the transition from First Tier to Second Tier because we're opening up to this multidimensional awareness. I think this is part of the reason why we're having another psychedelic renaissance revolution at the moment. These psychedelic medicines are particularly good for bringing awareness to multi-dimensionality, and so I imagine this is a relatively common theme out there, that a lot of people are having this experience of becoming sick, perhaps not realising that it's an initiatory sickness of some sort and that it's part of a transformational process.

Steve, what's your experience of people coming to you who fit that kind of mould?

Steven Booth: I guess one of the things I see with people who have had a range of peak experiences of different kinds, is that they have expanded the boundaries of what's potentially normal or what their experiences are. As a result of that, their normal day-to-day life becomes more stable after a while, so that what they're experiencing on a day-to-day level is more in balance.

The other thing that I get a lot of is people that have been medicated, whether it's pain medications or anti-depressants or things like lithium, that are numbing or buffering everything down to create that same kind of narrow range of experience rather than something like psychedelics that will create an expansion, and then your normal range seems more stable relative to that. So there's a different approach.

Steve: Yes, I guess you could say that some of the regular mainstream pharmaceuticals are almost blocking or slowing down the experience of the transformative illness.

Steven Booth: Yes, absolutely. One of the things that happens, though, is as people take them for a long time, they become less effective or they have increased systemic effects or side effects, so they want to come off them, and then that's often a very difficult process, which in itself is a shamanic initiation. We've got people like Dr Kelly Brogan, M.D., who's a psychiatrist in three different registrations in the US. She's got a book called *A Mind of Your Own* (<https://www.kellybroganmd.com/amindofyourown>). It's an amazing book that describes antidepressant withdrawal as an initiatory experience. Her work is amazing.

Steve: And Ashoka, I've been to your clinic and I've tried the different modalities that you have there. I imagine that occasionally somebody might have a transformative experience during one of the treatments.

Ashoka Houlahan: The transformative experience is usually not like this blinding flash of something that happens. It's more of a slow and steady thing where it typically goes something like this. A typical pattern we see is people come in, they're feeling suboptimal (to put it mildly), and just through cellular rejuvenation, they start feeling better and better and better. That creates what I call an upward spiral and that upward spiral then motivates them to go and do other things like change their diet or start doing exercise or something else. This upward spiral, I think, also corresponds with an uplifting consciousness—it's the beginning of that process—and really, what our goal is at the clinic there, is not only do that here in Australia, but around the world; to create these clinics where people can come in suboptimal, and over a period of time—it's not a one shot deal, but over a period of time, maybe a couple of months—they find themselves in a complete new reality. We've had a client that came in with an autoimmune disorder, and I could show you the before and after photos. After three

months, this person looks completely different. Through that time, she went on to create a whole new business, her old income went up, but more importantly, she just felt better within herself and she was looking better within herself—she just elevated.

Nyck: The way you're talking about that slow and steady approach, we're talking about two things here: the peak experience, which can happen in a variety of ways—it can just happen to you or it might happen in meditation or a psychedelic experience, for example—but also that slow and steady approach that you're talking about. I guess for some people, one or the other, or perhaps both, is valuable at different times.

Steve: I'll just jump in there and say what you're really talking about is the difference between evolutionary change and revolutionary change. Evolutionary change—some people call it minor change—involves small steps to cross the bridge to something new. Revolutionary change is when you kind of bust through a barrier that's been holding you back, and so you have this sudden increase in the quality of experience. Essentially, you're just talking about the change process happening in different ways.

Nyck: What I was going to ask, too, was, in that slow and steady change, that example you gave there, is it also the case that people's lives and their connections with other people change, and maybe the people who come and go from their lives shift too—their whole perspective occurs in a different way, so they find themselves in a different community, even? Do you see that happen?

Ashoka Houlahan: Very much so from the perspective that once we start to raise our frequency, we attract more things into our field—and this is the quantum field. The reality is we are all connected, we're all part of this one quantum field, and as we raise our frequency and vibration, it's as if the antenna that we have to download information from the quantum field or download experiences or people, becomes boosted. A famous quote of Tesla, he said: "I'm not smarter than anybody else, I've just got a better antenna." He would download information from the quantum field, which is where all information resides, way before the technology ever existed for it to be built, and then he'd go and create the technology to bring that into reality. So the more we increase our frequency, the more we increase our vibration, the more we attract into our lives, the bigger our field, or the bigger portion of the quantum field we start to experience.

Steve: And your *BioCharger* machine is actually a Tesla coil, isn't it?

Ashoka Houlahan: Yes, the *BioCharger* has a number of different technologies in it. It does have a Tesla coil in it, so it's definitely some Tesla technology. It also has a Multi-Wave Oscillator. This is the work of Dr George Lakhovsky. He had a very novel approach to cellular health through the concept of resonance. He said that everything has a natural resonance, which is true. Everything does have a natural resonance—our cells have a natural resonance, and a heart cell has a different resonant frequency to a lung cell, to a kidney cell—and when we have disease in the body, some of those cells start to oscillate or vibrate at a different resonant frequency to the healthy cells. It's a bit like someone singing out of tune in a choir—the choir can bring them back into tune. But if you hit them with the right resonant frequencies, which is what the *BioCharger* does, if you hit those cells that are vibrating or oscillating out of tune with the right resonant frequencies, it brings them back into harmony with the body.

Steve: Beautiful.

Nyck: Well, I expect in the second half of the show, we will probably come back and talk a lot about resonance, frequency and vibration, which is kind of what we're talking about overall in some sense.

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.