



47. Health, Wellbeing & Consciousness, Part 2

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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: You are here on *BayFM*, on *Future Sense* with myself, Nyck Jeanes, my co-host, Steve McDonald, and our two guests this morning, Ashoka Houlahan from *Quantum Uplift* out in the Industrial Estate, and Dr. Steven Booth, who's been on this show a number of times when he's up here from Melbourne, joining us for a discussion on the future of healing.

Steve: And we're going to talk now about how medicine is changing and how approaches to healthcare and wellbeing are changing and how they're being influenced by the shift in consciousness, the changing worldviews, and some of the modalities that are popping out of that.

Just to give a general context, if we think about the paradigm that's being left behind, the Modern Scientific-Industrial, it's been relatively linear in the way that it thinks about medicine. We've tended to specialise, not just in medicine but across all walks of life—specialise in a narrow field, and then go really, really deep and get a lot of knowledge about that narrow field—and in the process of doing that, we've built up a wonderful knowledge base, but we've also focused on the depth in a narrow field to the detriment of the connectivity between the fields. What's changing with this emerging paradigm is that we're going to Relativistic thinking where we're taking that wonderful depth that we've got out of the Modern Scientific-Industrial way, and then we're now looking at, okay, how are these different fields connected together and how do they influence each other? And of course it's playing out in the medical field as well.

We're also in the early stages of an even greater shift into Second Tier consciousness—to the seventh layer in Clare Graves's model, which is a multidimensional, integrative

way of being—and a key aspect of that is the synchronisation of left- and right-brain. In the First Tier of consciousness, in the Layers 1 through 6, we've been alternating between left-brain thinking and right-brain thinking dominating our way of being. The Scientific-Industrial Modern era was a left-brain era, we're moving into a right-brain era now with the emerging Relativistic thinking, and then as we shift into Second Tier consciousness, we're actually syncing both hemispheres, which increases our capacity off-the-scale, basically.

So let's have a chat about how that's showing up in the medical field, and how perhaps we're starting to see more thinking about how different systems in the body are connected, how they're impacting each other, and how that affects treatment approaches.

Steven Booth: Sure. I'd like to start by just pointing out that Chinese medicine has a pattern recognition approach to the way it looks at the body as part of a whole system already. It can be broken down, so some of the current acupuncture research looks in-depth at focusing inwards at things like histamine response and immune response and capillary dilation and the effects of those things, but we do tend to like to zoom out and see the way the pattern that's being presented in the person is reflected in all areas of their life in some way, so that we get a big overarching picture that we can then pick apart with the Chinese medicine thinking.

Steve: I might just point out, too, that from a conscious point of view, when we look at East and West on the globe, generally, there tends to be more of an individual approach in the West and a communal approach in the East, and obviously that flavours Eastern medicine.

Steven Booth: Definitely, and yes, looking at the patterns that are there and how they're interacting with each other so that we can get that big picture to focus on the individual and see how they can fit in as well. It does match with that East/West yin/yang way of thinking.

Steve: Yes, and I guess it's built into Chinese medicine, really, isn't it, the relationship between the different meridians which are all linked to organs; different systems in the body?

Steven Booth: Yes, and they're also seen as one continuous cyclic flow so that the meridians are actually continuous end-to-end and flow into one another, so that each meridian is kind of a differential wave frequency within a larger field.

Steve: Yes, and just while we're on that, let's just talk a little bit about frequency and acupuncture.

Steven Booth: Yes, so everything has a frequency, everything is energy, is information, is story—I like to relate things back to the story. I call the acupuncture I practise 'transpersonal acupuncture' because I'm looking at the person's story; and the acupuncture points have a story associated with them as well that's embedded in the name, so there's information, qi-energy encoding, with every one of the points and their relationships to each other. There are ways of applying frequencies directly to acupuncture points—you can apply tuning forks or electrical pulses or subtle medicines like resonant vibrational drops and bush flowers and those kinds of things onto the points, but also touching the points with intention is a form of frequency transmission.

Steve: And you've been working with a bio-resonance machine to some extent as well and putting those electrical contact pads onto acupuncture points.

Steven Booth: Yes, so this particular machine is based on Rife machines. It's an open source machine, so it has a range of databases that are used by naturopaths and others that has frequency sets that can be applied to the body, whether it's to acupuncture points, or even remotely through DNA samples and those kinds of things. It's a relatively new technology that's quite available and cheap.

Steve: Just talk a little bit about that remote treatment thing, because I think a lot of people probably wouldn't be aware of that.

Steven Booth: Yes, well, the machine that I'm using is called *Spooky*. It sounds ridiculous and it looks a bit ridiculous too—the logo is this kind of cartoonish ghost—but they're talking about the quantum entanglement effect. Einstein described that remote effect at a distance as being 'spooky'. When one particle resonates with another particle at a distance in a like way, there's an entrainment or an engagement between the things that happen, so applying beneficial frequency to a DNA sample, for instance, or a blood sample, has a tangible effect on the entire body of the person at a distance, whether they're in another suburb or state or wherever they are.

Steve: And for a lot of people listening, I'm sure that would be just like crazy thinking.

Steven Booth: Yes, I felt like that, too, absolutely, until I saw the effect, and you know, I'm willing to give things a go and I'm happy for black box idea. A lot of acupuncture to

me sits in that—there's an intervention applied, something happens, whether I understand it or not, if there's a beneficial effect, I'm happy enough with that. I mean, there is a requirement for evidence base for everything that I do, being a registered practitioner, but along that pathway, if there's an effect, there's an effect. Even the placebo effect is an effect so I'm happy for that.

Nyck: Yes, that's interesting.

Steve: Absolutely, and just before we leave that topic, just talk about the practicality of that. It involves taking a sample of what? Hair or a fingernail or something from a patient, right?

Steven Booth: Yes, even a blood sample. In the new generation of machines, you can put a blood sample into a frequency digitiser, which then can expose it to a range of frequencies. You can also measure heart rate variability based on that frequency exposure to get a very specific diagnostic ability and also to ascertain what are the most beneficial frequencies for that person. If you're using something like fingernails, by the time the fingernail sample has grown, you're not the same person you were when you grew that section of fingernails, so there's a requirement to keep updating the sample.

Steve: Yes, and so you take the sample from somebody, you put it in the *Spooky* machine ...

Steven Booth: Yes, I'll even apply frequency to used needles, so I'll have my used needles that I've had for someone and put them in the sharps disposal kit, and I'll place that whole disposal unit on the frequency generator plate.

Steve: Okay, so the person being treated doesn't need to be present, they can be somewhere else, but in theory they're benefitting from the frequency.

Steven Booth: Yes. There's at least a perceived benefit, but I'll run a frequency set and I will sometimes be able to tell what's being played based on the way I feel. I might perceive a change or a shift in something in my spine, in my felt sense, and I'll check it and I'll be 'oh, that matches with my experience', so to me, that's a validation.

Nyck: And of course, 'spooky' refers to spooky action, which of course is Einstein's quote to do with quantum entanglement, which is what we're talking about here.

Steven Booth: Exactly.

Steve: And I understand that he made the comment because he didn't really understand how it worked, and so he was sceptical of the whole thing.

Steven Booth: No, it's an emerging science and its effect on consciousness is particularly interesting to me, being able to apply a frequency that can help a person shift from one way of being to another, and that has implications for things like the other frequencies we are being exposed to via EMF and Wi-Fi and 5G and all the rest.

Ashoka Houlahan: Can I just jump in there? When I was doing research into the technologies that go into our clinic, I came across Dr. George Lakhovsky and he worked with Tesla to come up with what was called the Multi Wave Oscillator. The Rife frequencies are very specific frequencies; the Multi Wave Oscillator kind of shifts above and below certain resonant frequencies to try and bring them into harmony. Lakhovsky was one of the first scientists that postulated that DNA had a helix structure. He didn't win the Nobel prize for that because someone else went on to prove it, but he was one of the first people to postulate that it had a helix structure, and what he actually said was that that helix structure of the DNA actually operates as an antenna to transmit and receive frequencies at the DNA level. So when we're talking about this spooky action at a distance and you've got a DNA sample on one side of the world, it makes complete sense through quantum entanglement that whatever you apply to that particular DNA, automatically affects the DNA on the other side of the world.

My own tangible experience of that was, as I said, when I was doing research into the technologies to bring into our clinic. I had a gentleman in the US who had a subtle energy revitalisation platform, and he said, 'I can transmit this to you through intention', so it's not even a DNA sample. I was open to that; I wasn't sceptical but I certainly wasn't willing to just accept that at face value, so he said, 'I'll prove it to you'. I was on a Skype session with him and he fired up his platform and he said, 'look, it's going to knock out your Skype session but just know, for 15 minutes I'm going to be doing this on you.' I was laying down and he fired up his Tesla coil, and while I was laying there, I could just feel this subtle energy come over my body. For the first few minutes, I was sitting there in my head thinking: 'Can I feel it? Can I not? Yes, I can, no', and then I went 'oh, just go with it'. Long story short, for 45 minutes, I couldn't get off the bed. I was just planted into it and I felt my heart chakra just expanded throughout that, and that was being transmitted from the other side of the world through intention.

Steven Booth: Yes, I've experienced similar things with qigong masters working from a distance and those kinds of things, and even inviting healing intention, whether that's some multi-dimensional access, whether it's real or not. I mean, your brain doesn't

know what's real. You watch a scary movie and you get biological responses based on what your mind's perceiving—it doesn't matter. Is it real? Who cares? It's having an effect so I'm happy.

Nyck: I had a text just in. You mentioned 5G there in passing, and someone's written in and said: "Might this kind of technology be able to be used to protect us from 5G frequencies?" Thanks to Susanna for that.

Steven Booth: I think the development of the lightbody and the energy systems is probably going to be a useful adaptation in human consciousness on all levels, including our ability to defend against a bunch of things like that, and to build our internal immune system.

Steve: It's certainly looking that way, isn't it? This is still an emerging field and there are very few people, if anybody, who really understand it fully, but Steven Booth and I have been doing a lot of work, particularly the last 18 months, around the lightbody concept, and it certainly seems to increase resilience. Even the idea of a lightbody, the opposite to that is a dense body, and the more dense your matter is, the more it can be impacted by particles.

Steven Booth: The flip side of that, too, relates to light density. The increasing ability to hold a higher light quotient or a higher frequency means that there's more lines of force within the field which would have a protective or harmonising effect of some kind, so there's a high definition or more dots per inch in your field.

Nyck: You're tuned to *Future Sense* here, with Steve McDonald, myself, Nyck Jeanes, and our two guests, Ashoka Houlahan and Dr Steven Booth, and we're talking about the future of healing.

Thanks for your texts. We've got a couple of texts here but maybe we'll come back to them near the end of the show and keep going where we are right now, I think that would be good.

Steve: And we've been looking at how health and wellbeing, and the approaches to it, are changing over time. Another way of looking at it is that we're moving from a kind of repair approach in the old paradigm that we're leaving behind, where you would only go and see a doctor if something was broken and it needed to be fixed. These approaches are interesting because they don't just apply to medicine—they really apply

across the board—because we're talking about a worldview, a way of being in each of these layers of consciousness. You could relate it to the way that we treat the planet, for example. In the Scientific-Industrial era, we make a mess and then we go, 'oh, gee, I guess we better clean it up'. We made a mine or something and messed up and then we go and repair it.

Nyck: Some people. Some don't.

Steve: Yes, some people don't even bother, exactly.

Then, in the emerging paradigm, the Relativistic, we're moving to a sustainable approach, so we want to do things that are sustainable and we're not going to actually cause damage from day to day by doing our stuff; and then eventually into Second Tier, we're progressing towards a regenerative approach where we're not just being sustainable, but we're actually making things better and improving things. Those general principles apply to all aspects of life, particularly also to health and wellbeing.

So let's talk about the leading edge of this sustainability and regeneration. Ashoka, you were just mentioning during the break that you've got a certain percentage of people who come to your clinic who are not unwell, but they're just looking to regenerate and make themselves better. Can you talk about that?

Ashoka Houlahan: Yes, certainly—the old adage, prevention is better than a cure. We have people that are coming to the clinic who may have had a chronic illness in the past, whether that be cancer or something like that, they're aware of the statistics that there can often be a high occurrence of repeat, and so they're actively staying on top of their health—they're in remission, they are not with any symptoms, but they're actively staying on top of their health. We have other people who just want to be more vital—they want to show up in the world the best version of themselves—and this is part of this whole cellular rejuvenation, because the people that use the technologies at our clinic, at one end of the spectrum, they range from chronic illness, but at the other end of the spectrum, it's elite athletes. These are athletes that are getting paid \$10 million dollars a year. They're using these technologies, not because they're unwell, it's because they're trying to get more out of themselves, and I like to think of everyone else in between. If we can just sit there and actively work on ourselves, make ourselves more vital, increase our frequency and our vibration, more is going to come into our world. It's that quantum field—the greater we amplify our own frequency and vibration, the more that is going to show up in our world and the more fulfilled our lives will be.

Steve: Absolutely. It just made me think about the harmonics that we get between the different layers of consciousness here. We talk about Layer 5, which is the Scientific-Industrial, and there's a big drive there to be the best and to be successful, and so that

can also give rise to this seeking always to optimise performance. The difference between that and the next individual layer, which is in the Second Tier, is that in the Modern Scientific-Industrial approach, it tends to be quite materialistic and it's generally about material performance and success in the outer world; it lacks the multidimensionality, whereas when we get into Second Tier, you also see that same kind of motivation to optimise but it's multidimensional now and it takes into account the integration of mind-body-spirit. That's a key difference.

Steven Booth: So I don't just want to microdose to make more money for my boss?

Steve: No, that's right. How about you, Steve, in terms of your client base? What percentage of people do you see who are ...?

Steven Booth: It's very much shifting towards that wellness-based approach. Definitely, that's where my interest is going as well, and that's probably a reflection. In Chinese medicine, historically, there's always been that movement towards treating the root rather than the branch—the general premise of Chinese medicine. When things start to show up as a symptom, other disease has already progressed, so to pick things up as early as possible and help someone shift into harmony and balance. The doctors in the village would get paid when the people were well, not when they were sick, so it's a completely flipflopped approach.

Then in esoteric acupuncture, which is an emerging field, we're really looking at treating consciousness, treating well people and helping them move through to being their best, being their fullest potential, but also moving into expanded ways of being, especially with the heart opening and shift towards higher values, such as compassion and so on.

Steve: Yes, and it's really, in my view, impossible to disconnect consciousness from well-being or health, because it's really the one spectrum, isn't it?

Steven Booth: And if you don't have health, then it's much more difficult to function, and that's a reflection of life conditions and so on as well. Conversely, if you have *shen*—*shen* is spirit—one of the greatest prognostic tools we have in Chinese medicine is to look at the quality of someone's spirit, based on the shine in their eyes and those kinds of visual cues, and even the way their posture is. So if you have someone that's in hospital, maybe in palliative care with a chronic illness, but their eyes are still sparkling, then that's a great sign.

Steve: And often disease can be a sign of stagnation of energy, so often, when somebody's going through some kind of significant transformational change, you get that backsliding. We often talk about that in terms of the global paradigm on this show, how during times of change, we realise that the way that we are being is not adequate to cope with life, and so the first reaction is to sort of search backwards down the spiral for an older way of being that might work. So we get that regression, which is like a slingshot effect—it is like increasing tension on an elastic band in order to drive you back up the spiral again, and often that involves some kind of disease or initiatory sickness as were saying before.

Steven Booth: A Chinese medicine understanding of that would look at the *gan qi*, the liver *qi*, as being a build-up process. 'There is no pain without stagnation' is the Chinese saying, so there's this build-up of energy, this pressure build-up, to create that shift forwards. Often it comes from 'things aren't the way I want them to be', so there's a frustration and tension built up until there's either an inwards movement of that, which will be a suppression or a build-up of bile and resentment and all those kinds of things, or there'll be an outward expression, which can be radical—you might need to get angry with something or create some big shift—or it might just be finding a new flow, a new way of being, as a result.

Nyck: We've got a few texts and a few questions here. I want to first go back to the 5G debate briefly, which I forgot about before, to come back to a couple of points about waves. We were talking about the wave patterns and when waves can cancel each other out, or 'interfere' which is the correct term—wave interference with each other, either in a positive way or negative way—and you've got a great metaphor from your own personal experience as a helicopter pilot.

Steve: Yes, so from time to time, I would be operating over the ocean, whether it be landing on ships for various reasons or sometimes doing search and rescue and winching people on boats and those sorts of things. You get complex wave patterns on the ocean—there's always a background kind of tidal wave and then you get a wind-generated wave pattern as well, and those two patterns interfere with each other—so if you need to land on a ship or you need to winch somebody off a ship, you can watch for the point where those two wave patterns cancel each other out. I'm not highly experienced in this area, but I used to sometimes think that about once every six waves or something like that, you would get a flat spot, and so if you were going to land on a ship, you'd wait and make ready to do that. The ship inevitably can be bouncing up and down quite a lot, which makes it very difficult to land a helicopter—all credit to the Navy pilots out there—but if you wait, if you're patient, then you'll notice the ship will be rolling, rolling, rolling and then there will be suddenly a flat spot where you get that cancelling out of the wave patterns and that's the time to land.

Ashoka, you were talking about the same kind of cancellation effect of different wave patterns.

Ashoka Houlahan: That's right. So if we come back to this context from a quantum physics perspective, and we look at the building blocks of matter, which are the atoms, when they look down inside those atoms, they find that they're made up of 99.999% of empty space, but what's in that empty space is energy. As we extrapolate out from that, those atoms go on to make up molecules, molecules go on to make up cells, cells go on to make up organs, organs go on to make up us as beings, but us as beings, we're really 99.999% ... I'll say energy instead of empty space. Once we understand this paradigm, that we're not just these physical beings, we're energetic beings, it makes complete sense that we can use energy to influence the energetic part of our beingness, and I think the challenge with 5G and many of these other environmental threats that we have these days, is that we're getting bombarded with certain frequencies 24/7, like a ray beam. So if you imagine yourself as having a toroidal energetic field around your body, and in that field you're getting bombarded 24/7 with a certain frequency—Wi-Fi, 5G, whatever it is—that creates a distortion in that field, and through interference, through physics, you can use energy to influence energy. Therefore, you can use certain EMFs, which are just frequencies or waves, to actually cancel those out. In our clinic, we've got a machine they call the *BioCharger*, and surprisingly, it uses pulsed electromagnetic fields—the keyword being 'pulsed'—and those pulsed fields are used to cancel out harmful frequencies.

Steve: Very interesting, and I understand there's a database of frequencies which apply to different ailments, yes?

Ashoka Houlahan: That's correct. This gets into the work of Dr Royal Rife as well. Dr Rife found through his research that every single virus, pathogen or bacteria has a certain 'mortal oscillatory rate', or in other words, a frequency that will kill it, and so what he would do is he would isolate out these viruses, he would look at them under his slide of his universal microscope that could magnify 60,000 times, and he would just bombard those viruses with different frequencies until he observed which frequency killed them. Then he catalogued that and said 'that frequency kills that virus'. So you can use frequencies to tackle Epstein Barr, fibromyalgia, and a whole host of others based on this concept that we're energetic beings, we're not just physical beings.

Nyck: Reminds me a little bit of a sort of evolution of the theory of signatures of plants and of flowers and so forth, which is using those kind of old wives tales, theories of healing, to advance that very theme, because every plant, every flower, every natural substance has a vibration as a signature.

Ashoka Houlahan: Yes, and essential oils are classic in that regard.

Nyck: Exactly.

We've got a couple of other questions here, and they're coming on all sorts of platforms—everywhere. They're coming in on my text line, they're coming on the Facebook text line and ...

Steve: Multi-dimensional.

Nyck: Multi-dimensional. Someone has asked about Soma-Aura. Do we know anything about Soma-Aura?

Steve: Aura-Soma? What I know is that they just opened the very first shop in Australia at Bangalow, because I was there on the weekend.

Steven Booth: A lovely place, actually.

Nyck: Got to go there, then.

Steve: Yes, interesting. I don't know a lot about the technology but it is, I think, a frequency-based understanding using various methods, particularly the use of colour and also smell—the scent.

Nyck: Yes, that's right.

Steven Booth: It seems to be that the intention in which you use it makes a big difference as well.

Steve: Yes. I have used it occasionally when I've been doing energetic healing work over the years and I've always been amazed. My method of using it is usually to put a couple of drops on my hands, and I rub my hands together and the energy that it seems to generate just on the surface of my palms is quite extraordinary, so there's something going on there.

Steven Booth: You're sensitive to it.

Steve: Yes, absolutely. And then often I would just blow over the top of my hands so that the patient would smell whatever it is, and many, many times, people will have a breakthrough of some sort just by that particular ...

Steven Booth: It creates a shift.

Steve: ... shift in the system, yes.

Nyck: A couple of other comments quickly, too, about the hydrogen we were talking about earlier. Mia's written in and said there are other suggestions on boosting hydrogen in the body in other ways, including "eating watermelon, having indoor plants and going to the beach." That's possibly the case, probably useful information, but she also asks about electric pulse therapy, which was used with her father on the Sunshine Coast who was poisoned with asbestos, had an asbestos disease, with great results. Do we know much about electric pulse therapy? It's all sort of in the same area.

Steve: I think there are a number of different types of electrical pulse therapy. It just depends which one it was. Back in the old days, they used to give people electric shocks to treat psychological disorders. I mean, that's one kind of that therapy.

Ashoka Houlahan: Bringing it back out from a bit of a macro view, if we understand that within the body, the body runs off electricity—and I think even the Chinese medicine, in the meridian system, very much talks to that—and so this is the world of electro medicine. Once we understand that we have electricity that runs through our body—again, blockages and things like that that cut off that flow—if they can be stimulated to flow again, then that creates a healing process. And coming back to Dr. Royal Rife again, he was in the world of electro medicine; he really was the father of that whole movement, and I think his work in research now finds its way out in many different forms and variations, from the spooky probably through to this electro pulse and the Aura-Soma.

Steve: Yes, a lot of people I respect say that physics is the new medicine, and I think a key part of that is getting our head around the electrical aspects and the magnetic fields also. We still don't really have good ways of measuring and identifying magnetic fields around the body and I think that's something that we'll see breakthroughs in.

Steven Booth: The instrumentation will develop. The number of healing modalities that are emerging and the different technologies do correlate with the progression in the stages of consciousness.

Steve: Yes, absolutely.

Steven Booth: And it also means that we need to be able to have more control over our own well-being and our own fields, and doing things like taking a walk on the beach or a walk in the forest is an amazing way to discharge some of that build up.

Steve: Yes.

I think we've got a 15 or 20 minutes left and we need to talk about a documentary that we're screening.

Nyck: Actually, we need to take a break and do that too. There's so much to talk about as we're going on, but we first of all, we have a give-away to do for subscribers, so give us a call. That is for a film that's coming up called *Danger Close*, and this is a new Australian film that's about to be released next week, August the 8th. It's about the battle of Long Tan, and as an ex-military member, perhaps you could give us a brief summary of that battle that happened on August the 18th.

Steve: Yes, so in terms of casualties, the battle at a place called Long Tan in Vietnam was the largest, most significant battle that Australian troops were involved in, and certainly one where we took the most casualties. Very briefly, the story was that the Australian base in South Vietnam was at a place called Nui Dat and just nearby, very close to Nui Dat, was a rubber plantation at a place called Long Tan. One evening there was an attempted attack on the Australian base by a very large North Vietnamese force of around about 2,500 people. It came as a surprise to the Australians, and it just so happens that that particular night there were some entertainers visiting from Australia and they were having a music concert at the base.

Nyck: Col Joy and Little Pattie, among others.

Steve: That's right. So it was a clever time to try and take the base by surprise. There was a report of something—I'm not exactly sure what initiated the first exploration out into the rubber to see what was there—but one company of Australian troops, about 100 troops, went out to see what was going on out there while this concert was going on. They ran into this huge North Vietnamese force and got into a terribly vicious fight—

I think they lost 18 dead and many wounded. It was really only the artillery barrage from the Australian base that saved them and saved the base from being attacked, and that's where the name *Danger Close* comes from, relating to calling the artillery in on your own position to the point where you're also in danger from your own artillery, but that was what saved them, basically.

Nyck: 108 Australian soldiers—interesting number that, talking about numbers and vibration. We have a double pass to give away to *Danger Close*, but it's also relevant for us too, and it's relevant to our conversation in a way, because also on August the 18th, which is the 53rd anniversary of the Battle of Long Tan, we are showing movie down here at the Byron Theatre—Steve and I and our associates. It's called *From Shock to Awe*, a documentary by Luc Côté and Janine Sagert, and this is a film about a journey of hope and transformation, a new approach to PTSD healing using psychedelics. We talk about this often on this show, and many of you may know that, for example, MDMA for PTSD is now in the third stage of approval with the *Federal Drug Administration* in the US; likely to be legal for this kind of therapeutic application for PTSD by 2021, which is pretty amazing. So that's coming up on August the 18th.

Nyck: Here on *BayFM*, we're nearly the end of the show, *Future Sense*. One last text just in from Dave. I'm not sure I can read at all: "Wonderful brothers, as usual. On war and evolution, perhaps one day we can have brother Steve break down the evolutionary push and pull ..." An interesting question, we will come back to that another time. Thank you for that one.

Steve: So with the time that we've got left, we're going to dance around the leading edge of health care and well-being in medicine generally, and I'm interested to talk about two things: first of all, customisation of treatments; and secondly, some of the interdimensional aspects, particularly around lightbody activation and those sorts of things.

So let's just talk about customisation briefly. In my experience with psychedelic research, what I've learnt is that we each have a unique genetic makeup which can impact the numbers and types of enzymes in the body, for example, which can affect how we metabolise different medicines, and so you can have people who won't be responsive to certain treatments. There's been some early stage research around MDMA therapy, and a study identified that if people had a lower than average level of oxytocin receptors in the body, they were less likely to be responsive to MDMA therapy for treating post-traumatic stress and those sorts of things. So I can see that where medicine is headed is to eventually be able to do quite a detailed analysis of your

particular makeup in many, many different ways, from genetics through to whatever we can measure in the future, and then absolutely customising treatment.

I guess this also speaks to the naivety of things like vaccination programmes, where they say everybody must take this medicine, right? Because everybody's different.

Nyck: One size fits all.

Steve: Yes, and without a doubt, a certain percentage of people are always going to have some bad reaction or even a fatal reaction sometimes to certain things. So let's talk about that.

Ashoka Houlahan: One thing which we're looking at at Quantum at the moment—it's very early days, so I can't elaborate on it too much—but it's the idea of epigenetic testing. They used to think that we were at the predisposition of our genes and our future was set in that way. This new testing takes into account testing of the human genome sequence for individuals, and then it applies machine learning to that to project out into the future on how certain lifestyle changes will influence their biological age as opposed to their chronological age. Ultimately, the goal is to have the biological age less than the chronological age, which represents more vitality. Like you said, different people have different makeups and therefore different lifestyle changes will have different influences for people, and I think that is the leading edge of where medicine and healthcare is heading, and customisable based on the person's set of genes.

Steve: Yes, I think so, too. One of the esoteric sources that we often talk about is Kryon, and when you're working in the space that we work in, it pays to pay attention to things that are out of the box, because often that's where the significant changes come from—it's from stuff that people are ignoring or rejecting or not paying attention to for some reason. Kryon has been predicting scientific breakthroughs for about 30 years now. For those of you who don't know who Kryon is, Kryon is a channelled entity that an American guy called Lee Carroll speaks on behalf of—<https://www.kryon.com> if you want to go and listen to the free audio there—and Kryon has been talking for some time about anti-aging and the fact that we will, at some point in the not too distant future, develop the capacity for anti-ageing, and not necessarily simply by supplemental technologies, but actually developing a relationship with our own cellular makeup in our own DNA to the point where we can personally slow down or even switch off, or perhaps even reverse, our ageing processes.

Steven Booth: And I think Bruce Lipton talks about it as well in his *Biology of Belief*, that you're inner narrative and your belief systems actually trump your genes in terms of

what they can do. Chinese medicine is really a systemised way of doing N-of-1 medicine where every person has an individualised treatment, but using overarching patterns and collective ideas.

Transitioning to the lightbody stuff you wanted to talk about, if you look at the lightbodies being a new and emerging synthesis of multiple points of view, each of us has our own specific individual point of view. We see the way that the emerging patterns have points of intersection, even ideas from different cultures and different belief systems have emerged, and the energy body has to now upgrade to cope with the new and developing capacities.

Steve: Yes, absolutely, and I'm sure that in the years ahead, we'll see some good science being put together around these things. There are a lot of healing modalities at the moment that are rejected by many people, like subtle energy healing—reiki and those kinds of things—which many people swear by and benefit from. Mainstream medicine doesn't acknowledge that at all; even Chinese medicine is pooh-poohed often, isn't it?

Steven Booth: Absolutely. Some of it is that we're using the wrong measurement tools. It's like if you measure the intelligence of a fish by its ability to climb a tree—it's not going to work.

Steve: Exactly.

Steven Booth: So using, say, psychological testing methods that look at a person's subjective inner experience might be much more useful for looking at something like energy healing than looking at, 'oh, there's no blood test for depression'. It just doesn't make sense.

Steve: Yes, exactly, and in terms of what we're talking about as lightbody activation, this seems to be an additional energetic pattern which the body develops at a certain point of development.

Steven Booth: A hyperconnected way of being where you have these existing maps, like the chakra system and the meridian system which have commonalities, and those commonalities are strengthened as we move through. There is also the capacity for those points to communicate to one another and tell a greater story as a result.

Steve: Yes. You and I have been doing a lot of work around this for the past year-and-a-half or thereabouts, and we've had some really interesting experiences of using the esoteric acupuncture and also altered states to aid in the activation of this more sophisticated energetic patterning in the body.

Steven Booth: And the field interactions have been particularly interesting, each coming with our own individual characteristics and compositions and then interacting in those places. There's some skill sharing that happens and some energetic transference or resonance that seems to take place in those states.

Steve: Yes, certainly that's been the perception. What we're talking about here, literally, is basically getting into this state of higher energetic activation and then usually we will just stand or sit opposite each other and facing each other, and then we both experience this energetic interaction between the bodies. It's like our particular resonant fields are interacting and recalibrating themselves by referencing off the other person's pattern.

Steven Booth: That's right. I think that encounter with the singularity might be another thing to mention at another time, too.

Steve: That's right. We can get back to that on another show.

Nyck: We are in a singularity here.

We have to complete here and finish up. Thanks to our guests this morning, to Ashoka Houlahan from *Quantum Uplift*, and to Dr Steven Booth, who's a fairly regular visitor to this show. And thanks for your texts and your engagement with us this morning. It's been a great pleasure to be here. Thanks, Steve.

Steve: Thanks Nyck.

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