

Quantum

HEALTH

Issue Three | June 2010

Morphic Resonance

New studies from
Rupert Sheldrake

The Mind Body Connection

Author David Hamilton reports
on his findings

Bruce Lipton

The workings of new
biology explained

NES Health Updates

Peter Fraser's new monthly column

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"Genes are not controlling our biology. And this is a great change from a belief that genes are deterministic. Now genes are potentials."

–Bruce Lipton, PhD, MD



"...we're on the verge of a completely new paradigm of the way we live our lives so that we can take these new modalities in healing and apply these to every part of our lives..."

–Lynne McTaggart, author *The Field*



"I would say that what healing is, is learning to correct the human body field so that it works according to the original blueprint."

–Peter Fraser, Chief Scientific Officer, NES



"Reconnective healing is a new form of healing that the researchers feel is here on the planet for the very first time... Suddenly we are able to access a more comprehensive healing spectrum, one comprised of energy, light & information."

–Dr. Eric Pearl



"It appears as though the heart and brain have access to a field of information not bound by time and space... we really do have an energetic or an electronic system, and that's really primary."

–Rollin McCraty, PhD, Dir. of Research, Institute of HeartMath



"What we need to do is foster a revolution that shifts our model from a disease-centered to a healing-centered orientation."

–Marilyn Schlitz, PhD, President, Institute of Noetic Sciences

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"Fascinating and very powerful"

–Chris Smith, Ecotube.com

"It makes the facts of alternative health more credible and easy to understand for the lay-person!"

Welcome to another issue of Quantum Health magazine!



What with summer evenings affording us nice long balmy evenings (oh, that's not in the UK; perhaps a distant

memory I'm drawing upon), and volcanoes stopping the world in its tracks, it's been a strange few weeks. Things have settled down a bit now; the jury is still out on global warming despite a lot of signs that show us 'something' is happening, and globally there have been no health scares to boost the coffers of the pharma corporates for a while; Swine Flu appears to have miraculously gone to ground - perhaps the big corporates are too distracted busying themselves with the little question of the leaky oil well that appears to be baffling all those boffins at BP. At the time of going to press, rubble and used golf balls seemed to offer a solution... really? No, that didn't work either apparently. I think we all suspected as much.

On a much more positive note, we have a wonderful selection of weighty articles for you to feed those little grey cells, and feed them they do. We have been rather excited about interviewing Bruce Lipton, and he did not disappoint. He has waxed lyrical on the workings of quantum mechanics, Newtonian physics, entanglement and everything we needed to ask, but felt silly doing so. Well, I didn't mind asking the obvious, which isn't so obvious if you don't have a science degree. Now I'm positively a genius.

Our national treasure, Rupert Sheldrake, has written us a most enlightening article on morphic fields, which is really fascinating and puts a lot in perspective. He, as usual, has come in from left field on this and delivered a study that will surprise and engage you.

Other contributions include NLP practitioner, life coach and healer Arielle Essex, who tells her own story about her journey to wellness after a pretty dramatic run-in with a tumour. She is refreshingly positive and offers real wisdom.

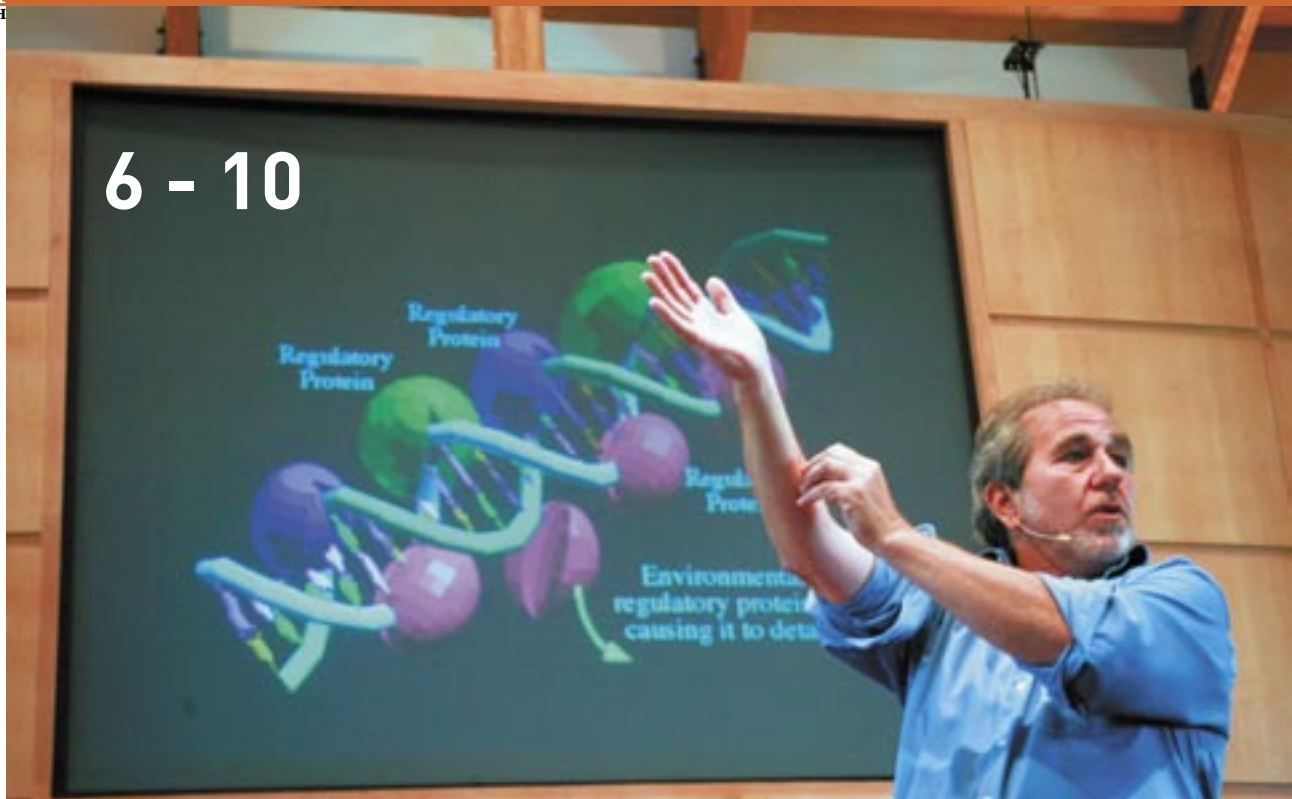
It's good to see so many really important people in the field appearing in one magazine; David Hamilton, talking about the mind/body relationship, author Sasha Allenby explains the basics of Matrix Reimprinting and how it can make real shifts in your wellbeing, Harry Massey enlightening us on how his new formula, The NES Way can help you take back control of your health and wellbeing, and Peter Fraser, Chief Scientific Officer at NES Health has written the first of his monthly columns giving us an update on his research and findings.

We welcome back Thornton Streeter who has been delving about further into the quantum world and has brought his findings to our attention.

I would like to take this opportunity to thank all who have written in, and for the words of encouragement; it's good to know we are delivering what you seem to be enjoying, but if there is more you would like to see that we are not currently addressing, please let us know by writing an email to: trina@talk-media.co.uk

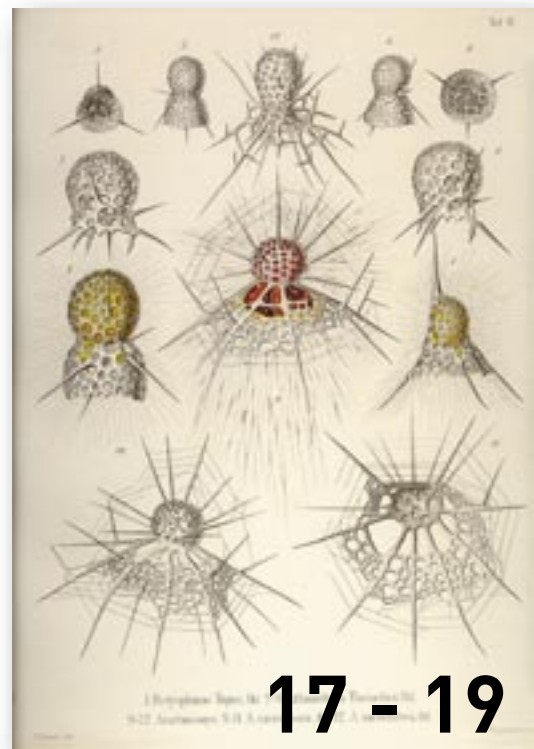
I hope you enjoy this issue, and if you do, please email the link to others.

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An interview with *Dr Bruce Lipton,* new biology!

By Trina Hart

I think most will agree that back in the day, science was perceived as the study of choice for boffins, and well, was perhaps a bit geeky, and certainly not very cool. But how different it could have been for many, had we the option of being privy to the teachings of Bruce Lipton, Cell Biologist and genius (in my humble opinion). His enthusiasm for his subject is contagious, his delivery understandable and his ability to explain to the lay person, refreshing. So I feel we were greatly honoured when Bruce agreed to an interview with Quantum Health.

Bruce is perhaps best known for his book *The Biology of Belief*, and has recently produced another book *Spontaneous Evolution*, both of which explore the relationship between energy and cells, and how that activity relates to, well...everything. Both books flow and give a good understanding of this 'new' biology.

? *Time and again, we are posed with the question of epigenetics and fractals, and those are the two things I don't get, even though I have read a great deal on both. Can you explain a little about those subjects for us?*

OK. When we talk about genetics, we talk about the actual DNA and the actual physical coding of those bases; the DNA code, the hard blueprint.

Here's an analogy; in the old days before television was on 24 hours a day, when the programmes finished broadcasting they would put on a test pattern. The test pattern is from the broadcaster, so let's just look at that as a pattern, and when it comes to your television set the pattern is projected on the screen. Now here's what epigenetics is all about; on the television set is the on and off button, so if you want to see the pattern or not, you have to turn the television on or off. Then there's the volume – you have to adjust the volume of the sound, so that's another button on the television set, then I can say that I can adjust the colour, the horizontal or the vertical, or the focus, I can change all these adjustments. Does the image change on the screen? Yes. But here's the question; has the original broadcast been altered by the dials on the television set? No. Ok, point, genetics is a test pattern broadcast, epigenetics is all the dials and controls on the television set.

The net result is simply this, with epigenetics, I can modify that test pattern on the screen, and create 30,000 different variations from the same test pattern. For every gene blueprint that we have, when you apply epigenetics to it, you didn't change the gene, you changed the readout – the picture. So you can modify every gene in your

body to create over 30,000 variations of image from the same pattern. The point is this, you could come with very healthy genes, but through your life experience and adjusting the dials, you could take a healthy gene and create from it a mutant product.

So basically it's this; genetics is the hard code, epigenetics is the readout of the code, but the readout is modified so that the same gene can provide for many different products, based on how the organism responds to the environment.

Here's another way of looking at it; a gene is a blueprint to make the proteins which are the building blocks of the body, so the character of the body is expressed in the character of the building blocks. But where do the protein building blocks come from? They are the blueprints from the genes that make these proteins. Epigenetics is the equivalent of a contractor. The contractor can read the blueprint and modify the readout to adjust it to whatever they need for whatever they are building. So the point is this; we all came with genetics, and yet it turns out we are all contractors because we can take out genetic blueprints and adjust them to create what we want to create from the same blueprint, by modifying the blueprint. And since you are the contractor, you can always go back into the blueprint at any time to change the outcome as you go through your life.

? *Well that's much clearer now, thanks. What about fractals? Apart from being very beautiful when you see them presented in the most intricate art forms.*

Nature by its structure is fractal. Let's clear up what we mean by fractal; fractal is a geometry, so that's maths. But why do you do geometry, what does it mean? Geometry is the maths by which you put structure into space. So, an architect will use geometry to build a house. If I'm constructing physical things to put in space, I'm going to use the rules of geometry. There are two kinds of geometry that we live in this world with; the one that you and I learnt at school, which is still the principle geometry, Euclidian geometry, where

you plot cubes and cones and spheres and all those kinds of structures on a piece of graph paper, which is just putting structures into space. So accepting that we prepare all our buildings, machinery and our tools using this Euclidian geometry, I then ask a simple question; is nature built on Euclidian geometry? And the answer is no, except when you were 5 years old and you were drawing nature, for example a tree. It has a cylinder with a ball on top – but does that really look like a tree, and the answer is no. Why? Because nature doesn't use that kind of geometry to create itself. It uses another kind of geometry which is a more recent discovery in 1983, which was actually conceived in the 1900s. It's based on a very simple equation with just multiplication and addition. You take the equation, you solve the equation, then you take the answer you got from that equation, then run it back and solve the equation again using your original answer, and then you get a different answer. Then you take that different answer and run it through the equation and solve it again, and you keep repeating this. This in technical terms is called *iterated*, meaning repeating the same thing over and over again.

If you take a line and cut it in half, that would be the equation. Then you take one of those halves and you put it back into the equation, now you cut that in half and you have a quarter. Then you take a quarter and cut it in half and you have an eighth; how many times can you do that? The answer is infinitely. The lines just get smaller and smaller. This is the nature of a fractal. It uses a very simple equation and it repeats it infinitely.

The idea was thought of around the turn of the 20th century, but the problem was to actually plot a picture to see what it ultimately looks like would take more than a million calculations and the problem is that in 1900 it would have taken a mathematician about 50 years or more to work out that calculation. But in 1983 a super-computer in IBM was able to do it. And what was found was that as you blew up the image and went into the detail you would start to see images repeat themselves.

? *Where do fractals fit in with your work – how do you apply this knowledge?*

What the maths implies is this; when you create something out of fractal geometry, (this is the beautiful part), it's the inherent part of the maths that the images repeat themselves in a self-similar fashion at any level of the organisation. It's basically the truth behind the ancient mystical statement: as above, so below, is an actual mathematical reality in fractal geometry. If nature is built on a fractal geometry, not Euclidian, what does it imply about nature? It means the structure and organisation at one level will be self-similar to the structure at any other level. The structures and functions of a cell are the same essentially as the structure and functions of a human being.

? *When you talk about 'new' biology and how science has to be rewritten, do you think this new way of thinking will be embraced by the mainstream some time soon?*

It has to be, because if it isn't we are really going to be going down the wrong track. As the corporate companies keep growing, the drug companies keep manifesting their control. When the corporate economy falls, and the drug companies fall with it, then all of a sudden we'll have an opportunity to consider other alternatives that right now is not generally considered as the money is pushing us in another direction.

? *How do you apply quantum physics in your work?*

When we look at the mechanisms of how things work on the planet, or even in the universe, by definition it means you have to understand physics, and the word physics is synonymous with mechanics, so quantum physics, quantum mechanics, Newtonian physics, Newtonian mechanics; the key word here is the word mechanics, because it means mechanisms – how things work. We have applied a Newtonian mechanics to biology and medicine, which has three principles to it. If something is a Newtonian machine so to speak, it says you can understand the workings of this using these three principles.

One is called *materialism*, which says focus on the matter and don't worry about the invisible stuff; matter is primary. The second feature of Newtonian mechanics is called reductionism, meaning if something is very complicated like a television set – I don't know how a television set works, so I'll take it apart and see how every little piece works inside. And when you get all the pieces inside and have an understanding of what they all do, then you'll have an understanding as to how the television works. So if you put that into biology and how that works, you would look at the chemistry, you want to understand how it works, so you take it apart and look at all the pieces, and when you understand the nature of the pieces you'll be able to create equations or as we call them in biology, pathways.

A pathway is, for example, if I'm looking at digestion, I'll look at a digestive pathway to get the equation. What I'm looking at is a linear sequence which is; first the food comes in here, then this happens, then that happens, then this happens and so on, and all these sequences are making the equation, and then at the end I get 'digestion'. So if I know all the steps from the food going in to the digestion at the end, then I know how digestion works, and if I know how it works, then I can manipulate it by adjusting the pieces from when the food came in, to when the food got digested. So we are making it like an equation, where A goes to B, goes to C, goes to D, goes to E, goes to conclusion. That's a linear process, so that if B in my equation isn't working right, and I don't get the outcome, if I replace B, I can fix the equation, and that's called medicine. Medicine says I'll put the physical thing back in to fix the equation. That's *reductionism*.

The last concept of Newtonian physics is called *determinism*. If I know all the pieces, how they line up, how they interact – if I know that, then I can by definition adjust the equation by adjusting the chemistry, and in the end control the outcome. So, medicine is deterministic. I know all the steps of the equation; I'll find out which step of yours isn't working right, I'll give you a drug to replace that bad part of the equation, and the outcome is you will be healthy.

That's all based on *materialism*, *reductionism* and *determinism*. Quantum mechanics does not replace Newtonian physics, Newtonian physics is still here – the equations are still the equations. Quantum physics is a bigger science, in which Newtonian is a part. The difference between the mechanics of quantum physics and Newtonian physics is profoundly different as quantum physics starts with the invisible forces as primary over the physical forces, and Newtonian didn't even pay attention to this! Quantum physics says it's not your choice to pay attention, or not, it's by its definition that the energy fields are the shaper of the physical world. So the first problem with Newtonian physics is it left out the energy that you didn't see, and you couldn't measure, and you didn't think was relevant anyway, so there's a problem right there.

The concept of reductionism totally fails for this reason. When I was talking about A, B, C, D, E; that's like a straight line, like an equation, so, $A+B+C+D+E=$ solution; that's very interesting, but in reality the quantum physics is not linear. Imagine a 5 pointed star and at each point is A, B, C, D and E – A could talk to B, but A could talk to C, D and E, and B could talk backwards to A, and B could talk ahead to C, so what you start to see is in Newtonian physics is linear, but when you get to quantum mechanics, everything is entangled. So A not only affects B, but D and E as well, but not directly so you can't easily see the connections because it's a matrix of interconnected lines that makes it look a total jumble.

In Newtonian physics it's straight reductionism; I have a disease, I have an equation, if one of those letters is off in the equation I supposedly will be able to fix the disease by placing a drug in there. But in quantum world they are all interconnected, and basically I am not going to be able to determine the nature of the disease very easily, because when everything is connected, to a certain degree all the relationships become mind-boggling to try to calculate, and here's the problem; if I treat this as a linear system and I put in a drug, let's say I find B not working well, so the reaction that goes from A to B to C, the

C event doesn't happen because the B's not working. So I put in a drug that is somewhat like B, but not really the same; the drug is going to affect the relationship when A goes to C, B is going to make it work right. In reductionisms, that should make a healing. But if you put it into an equation where B isn't just connected with C; it's connected with D and E and A, you'll see that by giving that drug B it didn't just affect the operation with C, it interfered with the whole equation. And this is what we call side-effects. They're not side-effects, they're just entangled effects that are so complicated that you thought that it didn't exist, but when you take that drug B in this example, you see them.

This is the failure of the system.

And lastly, the belief that you can control anything, turns out that you can't, because in the world of quantum mechanics, it's not based on determinism. A fundamental principle in quantum mechanics is called uncertainty. The more you think you look at it and know parts of the equation, you can't actually calculate any more, and as you're calculating this part of the equation you're influencing the other part of the equation and all of a sudden, you're not disconnected with this thing; you become entangled. Basically what that says in the world of Newtonian physics is that I would be smart and bright, and be the best doctor in the world because I'd understand all of the equations and I could fix anything, anytime and control it. But we don't live in that world, we live in a quantum mechanical world that says you're not going to see it because of chaos so many interacting parts that are influencing each other to a certain degree that you can't even see, so therefore just your belief that you thought you knew what you are doing is already wrong. Quantum world says there's entanglement.

? *So how would you use this to get to the root cause of a disease?*

● Well, it's not bad to have done reductionism. It at least gives some insight into the connectivity, but as we go deeper and deeper we begin to see the limitations of the reductionism point of view. So for example, a reductionism point of view could say here's the DNA, here's the blueprint, this is the genetic

code, I could tell you what it is. But how's it going to be read? What's the outcome of the code going to look like when you actually read the gene? I can't determine that, that's epigenetics, that has to do with the individual, how they respond to the world, how they're feeling at the time they're making the response – all the other input factors, all these are influencing factors. Those invisible things that I didn't look at before, now turns out that they are profoundly important in my equation. Now they have to be considered as part of everything, so I look at things like mind – mind is like the radio station playing out of the radio, does the radio station go in and change the broadcast? The answer is no. So, the mind being like a broadcast coming out of the radio show by definition doesn't go back in and change the biology, so medicine is like the mind – it's an invisible force, and it turns out they left it out without even knowing the concept behind the placebo and nocebo effect, which is totally mind. Placebo effect is one third of all healing, so I'm sure two thirds of all sickness is nocebo effect. So, what are we starting to find is the 'new age' people beliefs and attitudes completely change the outcome of the experiment. Independent of the drugs.

People allow other people to entangle, and interact with each other and have an influence on each others energy through entanglement. Sometimes people don't get entangled though; that's sometimes a conscious choice or an unconscious choice, and that could interfere with the healing process. And that's why that old famous saying, *physician heal thyself*, meaning as a doctor you're going to entangle with your patients; if you're not well, you're not bringing higher energy to your patient. Your energy as a healer has to be in harmony to enhance the energy of those you are working with and become entangled with.

Quantum Health would like to thank Bruce for this enlightening interview; it's a lot to take in for those of us without a science degree, but hopefully you will agree that quantum mechanics, fractals, Newtonian physics and entanglement seem a lot clearer now.

Chinese researchers use quantum physics to “teleport” photons across 10 miles of empty space

China has been taking a beating in the U.S. press lately. The Chinese company Foxconn has experienced problems with employees committing suicide, the country has not warmed up to U.S. greenhouse gas cut initiatives and has placed a ban on internet maps and satellite imaging. However, the country can be commended for its latest effort - achieving quantum teleportation.

Scientists at the University of Science and Technology of China and Tsinghua University were able to stream quantum information over 16 km of free space, approximately 10 miles. It's called teleportation, but the matter is not actually moved, instead the quantum state of an object is transferred to another (when something is done to the first object, it immediately happens to the second one).

According to the Shanghaiist website, “It's connecting two photons in a way that when one photon is changed, the other changes simultaneously, allowing for information to be transported between the two without using signals or networks. The photons in this case

interacted with ‘89% fidelity,’ meaning that there's a few more tests necessarily before anything can seriously be ‘beamed’ anywhere.”

Source: www.dailytech.com

Autism-MMR doctor is not giving up

HE'S down, but Andrew Wakefield, the doctor who made the now discredited link between autism and the measles, mumps and rubella (MMR) vaccine, is not giving up.

On 24 May, the UK's General Medical Council (GMC) ruled that Wakefield be struck off the UK medical register for “serious professional misconduct” in the course of his research at the Royal Free Hospital in London. The reasons listed by the GMC include dishonesty in a paper published in *The Lancet* in 1998 that first suggested the autism-MMR link, undeclared conflicts of interest, and ethical flaws in the way children were recruited and managed during the course of the research.

Wakefield, however, appears unrepentant. He is due to address a rally in Chicago on 26 May organised by a group called the Centre for Personal Rights, which promotes “individual vaccination choice, parental consent to vaccination for children, and freedom to make healthcare decisions for ourselves and our families”.

He is also due to publish a book arguing his position on autism and vaccines, and has said he will appeal against the GMC ruling.

Source: *New Scientist*: www.newscientist.com



Heartbeats tapped for power generator implant

A minuscule electricity generator implanted in the body could power an early-warning system for hypoglycaemia – or other medical conditions – from a heartbeat. A “nanogenerator” has been implanted in a live rat and has generated electricity from the animal’s beating heart. In future it could run in-vivo sensors.

Zhong Lin Wang at the Georgia Institute of Technology in Atlanta knew that at the nanoscale carefully constructed wires of zinc oxide could act as piezoelectric materials – materials that convert mechanical energy into electricity. So with colleagues he set about creating a flexible generator that could harvest energy from natural actions such as breathing or heartbeats.

This 2 millimetre by 5 millimetre rectangular device was then attached to a rat’s diaphragm muscle using tissue adhesive. “The device is so tiny, you can barely see it by eye,” says Wang.

With each breath, the rat’s implant stretched and twisted, deforming the nanowires and generating up to 4 picoamps of current at a potential of 2 millivolts. Wang then implanted a similar device on a different rat’s heart, generating around 30 picoamps at 3 millivolts.

While the amount of energy generated is small, Wang thinks he can scale up its output enough to power simple implantable nanosensors – blood pressure or glucose sensors, for instance – that have modest power requirements and don’t need a continuous supply.

Journal reference: *Advanced Materials*, DOI: 10.1002/adma.200904355

Source:
New Scientist: www.newscientist.com

How can *NES* help you to take back control of your health, and master your life?

By providing a map for your journey, including offering qualified support, an online community, state-of-the-art health-related products, and the education and information that can help take you from your current state to a greater level of vitality, health and wellness.

It's free to join the NES Health community and the learn "The NES Way." Register now to make a commitment to yourself to master your life.

Who Is NES Health?

NES Health integrates frontier science with the latest findings in healthcare to help you achieve a deeper level of satisfaction with your life and a more vital state of health. Some of the greatest scientists of this century help explain the core elements of our mission, which is based on the principles of body-mind-spirit synthesis and the integration of physics and biology to reveal the real way the body works—through the energy and information of the human body-field.

"Anyone who becomes seriously involved in the pursuit of science becomes convinced that there is a spirit manifest in the laws of the universe."

"The Field is the sole governing force of the particle."

— Albert Einstein

"All matter originates and exists only by a virtue of a force. We must assume behind this force is the existence of a consciousness and intelligent mind. This mind is the matrix of all matter."

— Max Planck, one of the fathers of quantum physics

What these Nobel Prize-winning physicists discovered was that at the heart of the universe and at the foundation of physical reality, everything is information and energy. The most startling finding of quantum physics is that the observer—you and me—is directing how that information and energy takes shape in its physical expression of the world, including your body. We are not separate from our reality, and our perceptions, thoughts, beliefs, emotions and more, may affect our state of being.

More recent science reveals even more about the great mysteries of matter and life. Global scaling mathematics shows how the same structures appear and the same rules apply at every level of

To master your life, we recommend you use the following six “steps” in the order listed below:

- Master Your Body Systems
- Master Your Environment
- Master Your Nutrition
- YoGo!
- Master Your Mind
- Master Your Life

The Six Steps of The NES Way

Master Your Body Systems

This step focuses on your physical reality. Mastering your body systems helps you to become more perceptive about what is going on for you physically and what kinds of improvement you can make. Our priority is to help you feel better, and so we have developed technologies that help you to assess where your body needs support and products that help you re-establish your body’s natural state of vitality.

Once you’ve achieved your beginning physical wellness goals, you can take well-being to the next level by deeply attending to the state of your environment, learning to interact with your environment in a more masterful way that can help improve every aspect of your life.

the physical world, from the smallest quantum particle to the largest galaxy. The quantum theory of astrophysicist Milo Wolff says that reality is waved based, rather than particle based, and information is the key to the physical expression of matter.

What does all this mean to you? It means that medicine is changing, as is our perception of what causes illness and how we can heal ourselves. NES Health is on the frontier of the new paradigm in healthcare.

The NES Way

What NES has done, and continues to do in its independent research, is to look at how these frontier science ideas apply to biology, and then take that insight and apply it in ways that are

Master Your Environment

From a bioenergetic perspective, your body runs off all kinds of energies other than the fuel it gets from food and oxygen. These energies range from light (photons), to negative ions (electrons), to sound (including elementary “particles” of sound that in quantum physics are called phonons). At NES, we group these natural energies into a single category we call “Source energy.” It is energy from the natural world and the cosmos at large that our body needs to work optimally. NES both advises you about how to optimize the amount of Source energy in your environment and, more importantly, how to maximize your body’s capacity to absorb, store and re-emit Source energy through our state-of-the-art technology, called the MiHealth, and our liquid remedies, called Infocentials.

Master Your Nutrition

We all know that good nutrition is a key to health. This step helps you to more easily receive maximum benefit via nutrition. By giving your body the proper nutritional building blocks—and the correct bioenergetic information to use them—you provide your body with the best environment to run optimally and restore natural health. Our NEStrition supplements have been designed to support this goal.

revolutionizing our understanding of how our bodies work, and what health and well-being mean.

NES Health's chief science officer, Peter Fraser, has spent 30 years researching the dynamics of the information-energy matrix that underlies our physical bodies. This structured network of information and energy is called "the human body-field." Fraser has mapped out thousands of correlations between the body-field and the physical body, revealing a whole new picture of how our bodies work. He has found that physical problems usually are the result of distortions in the energy and information network of the body-field, and by correcting those distortions we can help our body to return to its natural state of self-healing. At an even deeper level, this

research reveals that we are connected with the energy and information of the universe, and the implications take us beyond not only dealing with our physical selves, but suggest that we can also influence our reality, including the quality of our lives and the state of the world.

The philosophy of NES, called The NES Way, is a philosophy that goes beyond consensus-reality and rules, so you can progress in your individual journey in the way that best meets your needs. We have found a template that works, and we suggest you follow the steps of the NES Way in the order outlined below. However, you are free to follow your own intuition and sense of what is best for you, as we understand that everyone's path in life is different.

YoGo!

YoGo! is a step that helps you to more efficiently direct your intent so that your body responds by becoming fitter, more energetic, and stronger. It combines many modalities, from stretches and other movement exercises to increase flexibility and improve overall physical well-being, to using NES technologies, such as the MiHealth, to speed relief to specific areas and reduce pain. You also learn to use the power of your intent and focus through training in breathing techniques, balance postures and more. The overall goal is to increase your mind-body connection, not only to improve your physical state of being, but to usher in a whole new level of connection with the energies of the cosmos to transform your life at the deepest level.

Master Your mind

Although we think we know our own minds, in truth mastering our thoughts, beliefs, perceptions and emotions is one of the most challenging aspects of mastering our lives. The NES ProVision and MiHealth technologies can help you identify any blocks you may be experiencing and then help you begin to clear them and transform your mindful connections to your reality and to the world. The result is a way of being that is both more inner directed and outer focused, achieving

a state of harmony that is crucial to mastering life.

Master Your Life

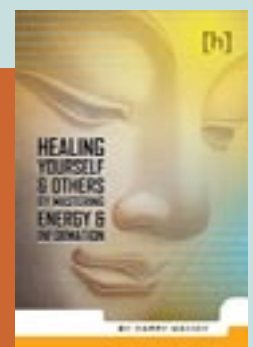
The more connected you are to your state of being in the world, the more energy and information you have at your disposal to create the life you choose. However, it also takes a more refined way of using energy and information to live in this more connected state of being. For instance, it takes energy to be more selfless and to smoothly interact with more people as your world expands. That's why properly harnessing energy and managing it is so crucial to mastering your life. In this step, we teach you how to gradually increase the energy and information you receive and can process, and also how to smoothly and efficiently use your stores of energy to greater purpose.

For more information about Harry Massey and NES Health please visit www.neshealth.com

The brand new book by Harry Massey

Healing Yourself and Others by Mastering Energy and Information, which details more fully The NES Way, is available for £5.95 including P&P.

To order your copy, please email: marketing@neshealth.com giving your contact details for processing.



NEStrition: A Revolution in Food Supplements

Overview of the
NESTRITION Food
supplements:



TUMISMMOOTH
A natural herbal remedy
to promote peak
digestion and relieve
gastrointestinal distress



AO ENZYME
A natural high potency
super anti-oxidant



HEARTBEAT
A natural supplement
to support the Heart
and Circulatory System



HEPPLEX
A multi-ingredient
formula to support and
strengthen the liver



TRANSZYME
A formula to support
cell production



ET SUPPORT
A natural and effective
support for the immune
system and the
energetic immunity



FLAMESE
A natural anti-
inflammatory with
Bromelain

By Dr Saira Moeniralam, MD

NEStrition is a range of carefully balanced food supplements enhanced with bio-information using NES proprietary imprinting technology.

NES HEALTH is dedicated to helping people better achieve greater health and well-being through natural and safe tools, techniques, products and services. We have spent nearly a decade developing ways to enhance the human body's innate self-healing abilities, and NEStrition is the newest addition. This line of imprinted herbs and nutrients has been developed as a holistic approach to supplementation.

To attain a greater sense of wellness or to maintain current good health, our metabolism, immune system and other physical systems need to be working properly. That means our bodies need to receive the proper nutritional building blocks to be able to build, repair and maintain itself.

NEStrition provides high-quality supplements that support the holistic nature of the body. Our unique formulations include the imprinted bio-information to make sure our bodies can easily benefit from supplementation by helping to increase absorption and by directing nutrients in a harmonising and energising way.

NEStrition supplements are unique. They are the only supplements that are specially enhanced with bio-information gathered from our more than twenty-five years of exploration into the correlations between the energy and information of the human body-field and the physiology of the physical body. In this exciting new line of high-quality supplements, NES uses its proprietary imprinting technology to infuse the supplements with crucial bio-information that bio-energetically may help correct energy and information distortions that otherwise might adversely affect a person's overall sense of well-being and vitality. In addition to helping to enhance absorption, this bio-information helps direct the nutrients to the

places in the body where they are most needed, so the body can make the most efficient use of them.

Each of the formulations is a carefully thought-out combination of herbs and nutrients, designed to support important aspects of the body's self-healing capacities. Unlike most common commercial supplements, which contain either a single nutrient or a small cluster of related nutrients that are usually produced artificially, the NEStrition line of supplements are of the "whole food" variety that is found naturally in our food. NES HEALTH has found that when a food supplement is imprinted with the proper body-field information, there is a correlation to how the body's innate intelligence is better able to coordinate a more efficient uptake of the nutrients that it most needs. The potential beneficial effects of the imprinted information is what truly sets NEStrition apart from all other supplements.

Quality, not quantity, is of the utmost importance when considering food supplements. The NEStrition range of supplements contains no chemicals and is made from, pure, natural, and where available organic, ingredients, including botanicals, enzymes, minerals and vitamins that are readily recognised, retained, absorbed and utilised by the body. What's more, all of the supplements have been imprinted with the NES Absorption formula, which bio-energetically may increase absorption. NEStrition supplements contain natural digestive enzymes to further aid optimum assimilation and absorption of nutrients into the body. If the body cannot, or does not, absorb nutrients readily, no benefit can be derived. The NEStrition line of supplements was designed for maximum absorption.

More Information and experience with this superb family of Food Supplements will be presented in future articles.



Rupert Sheldrake

Morphic Resonance

Rupert Sheldrake

Memory is inherent in nature. This is a central feature of the hypothesis discussed in my book *A New Science of Life*. The laws of nature are more like habits. Each species has a collective memory on which all individuals draw and to which they contribute.

My interest in evolutionary habits arose when I was doing research at Cambridge on developmental biology, and was reinforced by reading Charles Darwin, for whom the habits of organisms were of central importance. As Francis Huxley has pointed out, Darwin's most famous book, whose 150th anniversary we celebrate this year, could more appropriately have been entitled *The Origin of Habits*.

Morphic fields in biology

Over the course of fifteen years of research on plant development, I came to the conclusion that genes are not enough for understanding how plants grow. Morphogenesis, literally meaning the coming-into-being of form, depends on organising fields. The same arguments apply to the development of animals. Since the 1920s many developmental biologists have accepted that biological organisation depends on organising fields, variously called biological fields, or developmental fields, or positional fields, or morphogenetic fields.

Many organisms live as free, individual cells. Some form complex mineral skeletons, as in diatoms and radiolarians, spectacularly pictured in the nineteenth century by Ernst Haeckel. Just making switching on the right genes at the right times cannot explain the complex skeletons of such structures without many other forces coming into play, including the organising activity of cell membranes and microtubules.



Morphogenetic fields work by imposing patterns on otherwise random or indeterminate patterns of activity. For example, they cause



microtubules to crystallize in one part of the cell rather than another.

Morphogenetic fields are not fixed forever, but evolve. The fields of Afghan hounds and poodles have become very different from those of their common ancestors, wolves. How are these fields inherited? I suggest they are transmitted from past members of the species by morphic resonance, the influence of previous self-organising patterns of activity on subsequent similar patterns of activity. Morphic resonance also underlies the formation of crystals. Each kind of crystal embodies a crystal habit.

The fields organizing the activity of the nervous system are also inherited through morphic resonance. Through morphic resonance, animals take up the habits of their species; these are their instincts. Each individual both draws upon and contributes to the collective memory. This means that new patterns of behaviour can spread more rapidly than would otherwise be possible. For example, if rats of a particular breed learn a new trick in Harvard, then rats of that breed should be able to learn the same trick faster all over the world, say in Edinburgh and Melbourne. There is already evidence from laboratory experiments (discussed in *A New Science of Life*) that this actually happens.

The resonance of a brain with its own past states also helps to explain the memories of individual animals and humans. There is no need for memories to be stored inside the brain.

Social groups are likewise organized by fields, as in schools of fish and flocks of birds. Human societies have cultural memories that are reinforced by morphic resonance. Language learning is facilitated by morphic resonance with previous speakers of the language.

The memory of nature

From the point of view of morphic resonance, there is no need to suppose that all the laws of nature sprang into being fully formed at the moment of the Big Bang, like a kind of cosmic Napoleonic code, or that they exist in a

metaphysical realm beyond time and space.

If we want to stick to the idea of natural laws, we could say that as nature itself evolves, the laws of nature also evolve, just as human laws evolve over time. But then how would natural laws be remembered or enforced? The law metaphor is embarrassingly anthropomorphic. Many kinds of organisms have habits, but only humans have laws.

Evolutionary creativity

But evolution depends on more than habits; otherwise nature would be entirely repetitive. New things happen. Long ago, the first stars and galaxies appeared. On this planet the first living cells arose, then plants and animals appeared, eyes arose independently in several different kinds of animals, including vertebrates like us, and cephalopods, like the octopus. Some plants started flowering, and all kinds of flowers evolved from them. Animals invented many new ways of behaving, like spiders spinning webs, or bats flying by echolocation. Among humans, creativity has been expressed in every area, including music, agriculture, gastronomy, language, architecture, physics, computing, games, engineering and religion.

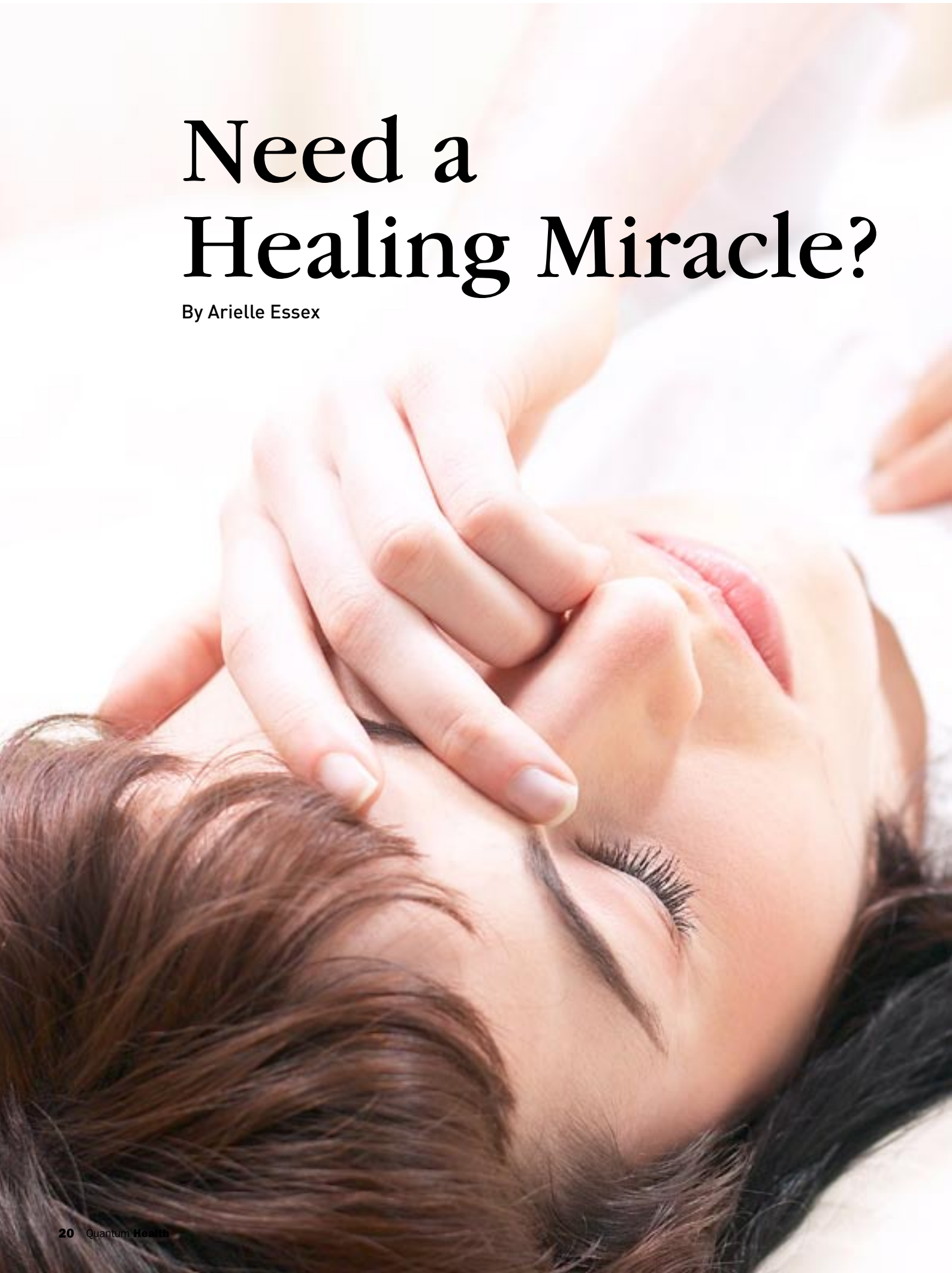
We are now at a new stage of human and Gaian evolution. We too are creatures of habit, and some of our habits must change if we are to survive. We need to do things in new ways. Our creativity, like all other creativity in nature, is subject to natural selection.

Mechanistic, reductionist science is a major cause of the ecological crisis. More of the same cannot possibly make things better. Only by recognising our connections with the rest of nature can we find a vision that can inspire us. We are part of a process of creative evolution in which old habits die hard, but in which new patterns of behaviour can spread much faster than ever before.

Rupert Sheldrake, Ph.D. is a biologist and author of more than 80 scientific papers and ten books, including A New Science of Life (Icon Books, 2009). He was a Fellow of Clare College, Cambridge and a Research Fellow of the Royal Society. His web site is www.sheldrake.org

Need a Healing Miracle?

By Arielle Essex



“ Our sorrows and wounds are healed only when we touch them with compassion

Buddha

”

Before I was filmed in *The Living Matrix* documentary, it never occurred to me that the story of healing my own brain tumour would inspire so many people. Everyone loves a success story of course. More importantly, people want to know what's possible in the field of mind/body medicine. Then they need evidence to prove that it works.

Luckily for me, my tumour was inoperable and the only drug on offer promised terrible side effects that were worse than my presenting symptoms. So researching other ways to heal became the only viable option. Although no one was sure whether my tumour was benign or malignant, it was also fortunate that my tumour was not life threatening. Thus, my long journey of healing discoveries began.

As I wondered why this had happened to me, I became convinced that my body must have had some reason for creating this tumour, although the purpose seemed like a complete mystery. In fact, it seemed incredibly unfair to have manifested such a tumour. Having always looked after my health so well, with a healthy diet, vitamins, exercise, yoga, meditation etc., it seemed like I had done everything right and therefore didn't deserve such a fate.

Every situation, properly perceived, becomes an opportunity to heal.

A Course in Miracles

Thanks to my background in Complementary Medicine and NLP, it was easy to build on my existing knowledge and delve deeper into understanding how the body, mind and spirit work together. It seemed logical that if the mental/emotional stress associated with this tumour could be resolved, this would free up the body's natural corrective mechanism. For the next ten years, this idea would guide my search for the factors critical to healing.



Arielle Essex

My study of Neuro Linguistic Programming (NLP) taught me incredibly insightful techniques for exploring and resolving specific issues linked with my tumour. For example, there was a weird irony about the fact that I'd always wanted to have children, but my body had somehow created a tumour that caused infertility. At first this seemed like a ridiculous coincidence. But later on, the fact I had unconscious drivers that did NOT want children, became the key to my healing process. In fact, most of the clients I work with find that their symptoms prevent the very activities associated with the mental or emotional anguish that created them.

NLP also taught me how to talk to my body, helping me to cope with terrible 5 day headaches. One of the benefits my healing journey gave me was to develop a better relationship with my body. Not only did I learn how to interpret each bodily symptom, but to understand the hidden messages. It was then possible to meet the underlying needs in other ways and negotiate with the body to lessen the pain.

The immune system knows how to protect the body from any disease and correct any malfunction in the cells.

Whatever the body creates, it can un-create. Because every cell is replaced every six months, there is miraculous healing ability available as the body creates:

- a new layer of skin every day
- new stomach lining every 5 days
- new soft tissue every 3 months
- new bone cells every 6 months, etc.

Whenever a cell gets replaced, it grows a brand new cell. So, why doesn't the body look brand new and fresh as a baby every 6 months? Why don't scars disappear? Why do tumours keep growing tumour cells instead of normal cells? What mechanism keeps symptoms in place and what impedes the healing process from correcting it?

But some tumours do vanish, some scars do disappear and spontaneous remissions do occur! What makes these miracles happen? If switching on specific genes contributes to the creation of disease, how can these genes be switched off? What governs the switching process? Now new scientific research from The Institute of Noetic Science (IONS) has finally begun to answer these questions.

After reviewing 1574 cases of people who enjoyed spontaneous remissions from cancer, IONS discovered that the people who heal all make the same eight significant changes on a mental and emotional level. What excites me is that these changes match the same discoveries I made when learning how to heal my own tumour with NLP. What's even more exciting is that anyone can make these changes, especially with a little help. Here are the eight factors that help healing to occur:

- 1** Face the crisis and rekindle the power to find a new way of life that is fulfilling and meaningful.
- 2** Find meaning in the experience, and find reasons to live whilst accepting the diagnosis, but not the prognosis, and above all, believe in a positive outcome.
- 3** Be comfortable with and express positive and negative emotions. Learn to say 'no' when necessary.
- 4** Have at least one strong loving relationship, and a supportive connection with an organisation or community.
- 5** Work in partnership with your physician
- 6** Take control of your life, including personal, professional, emotional, spiritual and medical aspects, and reappraise old beliefs that are no longer appropriate or adequate.

“

There is more wisdom in your body than in your deepest philosophies.

Friedrich Nietzsche

”

7 Shift from dependency to autonomy with activities, attitudes and behaviours that promote increased autonomy and increased awareness of self, of others and the environment. Also increase love, joy, playfulness, satisfaction, laughter and humour.

8 Choose activities that promote awareness and reduce stress. Renewed spiritual awareness and spiritual practice such as prayer or meditation helps.

Through simple NLP exercises, people can learn what it is they need to change and improve their odds for creating a spontaneous remission. People can easily increase their capacity to heal, when they know what to do. Instead of going into shock after a diagnosis, it's possible to turn the experience into a healing opportunity. Instead of trying to get rid of the symptoms, learn to listen to the messages from the body. Instead of going into denial, incorporate this challenge into a new way of life that is fulfilling and meaningful. Instead of feeling fear, flood the body with love and compassion.

After my tumour finally healed, it took me a long time to analyze exactly what had worked. Ironically, the most important factor turned out to be letting go of wanting to heal! Because it is natural to focus on getting well, and because everyone supports the 'battle against disease', no one notices that this way of thinking simultaneously reinforces the reality of the illness. Equally, it doesn't make sense to think about accepting or even welcoming a dis-ease. Yet that is precisely what needs to happen in order to de-stress and be at-ease.

In my special healing sessions and workshops, I help people quickly discover the meaning of their illness, the messages of their symptoms as well as the underlying stressful causes. Then it becomes a simple process of turning each of these around until there is nothing but understanding, appreciation, acceptance, forgiveness, compassion, peace and profound inner relaxation.

The change of thinking is the real miracle. Healing occurs first on this inner level. When the thoughts change, the emotions also change, thereby reducing stress and enhancing the ability to heal.

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Arielle works as a specialist healer, coach and trainer combining practical psychology, NLP, hypnosis, non-verbal intelligence, emotional intelligence into her own unique 'Practical Miracles' coaching approach. For more information please visit: www.practicalmiracles.com.

Her broad base of experience makes for a truly holistic and deep approach. She holds full certification as a NLP master practitioner and trainer, hypnotherapy & time line re-imprinting, coaching, NVI (non-verbal intelligence), EI (emotional intelligence), cranial/sacral therapy, allergy therapy, naturopathy, kinesiology, as well as being fully qualified as a NES practitioner.

Matrix Reimprinting

Rewrite your Past and Transform your Future

By Sasha Allenby



Sasha Allenby

Over the last few decades a group of 'super-techniques' have emerged and are increasingly gaining in popularity. Coming under the umbrella term of 'Energy Psychology', these techniques engage the mind and body simultaneously, and create rapid personal transformation on both a physical and emotional level. In this new monthly feature we will be focusing on one of these techniques, Matrix Reimprinting, and sharing how it can support your personal transformation. Created by Karl Dawson, and evolving from the popular self-help technique EFT, Matrix Reimprinting is mostly used as a stand-alone therapy. However, it can also be used to reinforce the powerful work that you may already be doing with NES Health, and other healing modalities.

First, more about Matrix Reimprinting. Not only is it effective for the treatment of emotional or physical issues, it can also be used to manifest your goals and dreams. Like its predecessors, Thought Field Therapy (TFT) and Emotional Freedom Techniques (EFT), Matrix Reimprinting also uses the Traditional Chinese Medicine meridian system that has been used in acupuncture for thousands of years. TFT and EFT both have a long and impressive history of resolving physical and emotional health issues. The way these techniques work is that you bring to mind and verbalise, in a specific manner, an

issue that you want to work with. At the same time you tap on points on your meridians with your fingers, and this releases stress and trauma from the body's energy system, allowing the body-mind to return to a healthy physical and emotional state. Results for both techniques have always been phenomenal, and have far and reaching positive consequences for our Western medical model of healing.

So how does Matrix Reimprinting differ from these already established techniques? Well, having evolved from EFT, it also contains some important differences. For example, in conventional EFT tapping on meridian end points is used to take the emotional intensity out of a past memory. What you are left with is to be able to recall your most traumatic and stressful life memories without any emotional disruption or stress, which is obviously extremely useful, as negative past memories keep the body in a state of stress. However, with Matrix Reimprinting the memory is actually transformed. You can go into any past memory, say and do what you wished you'd said and done, bring in new resources, and create and transform the picture you have of that memory.

In Matrix Reimprinting we see these past negative memories as being held as pictures or holograms in your body-field. Until you transform them you keep tuning into them on a subconscious level and



they affect your health, your wellbeing and your point of attraction. Changing the pictures creates both physical and emotional healing, and enables you to attract more positive experiences into your life. And by tapping on the meridians of the body at the same time, the process is accelerated.

It is important to recognise that this process is very different from denying what happened. From a quantum physics point of view we have any number of possible pasts or futures, and it is simply tuning us into one that is more resourceful, whilst releasing the stress and trauma that we hold in our body-mind and body-field, due to traumatic life events.

Matrix Reimprinting has grown into a whole host of exciting protocols, including ones which can transform addictions, phobias, allergies, negative core-beliefs, birth traumas, relationships, and many more.

So how can Matrix Reimprinting be used in conjunction with NES Health? In actual fact, they complement each other extremely well. If you use ProVision, for example, it will give you and your clients, some very powerful tools for transforming emotional responses. You may already be aware how powerful the Infoceuticals are at tuning you into old memories. With Matrix Reimprinting you have a tool where you can quickly transform these memories, accelerating the healing of yourself or your clients.

And for Matrix Reimprinting practitioners, the NES Health system is equally exciting. Although the technique traditionally has a great track record of transforming illness and disease (and having overcome bipolar affective disorder and CFS/ME using Matrix Reimprinting myself, I speak from experience), we still recognize the importance of a multi-dimensional approach to resolving health conditions. So coupling transforming negative pictures in the Matrix with correcting information in the body-field with Infoceuticals, NES Health allows us to accelerating the healing of long-term illness and disease.

Matrix Reimprinting also goes hand in hand with other healing modalities. Whatever techniques you use in your practice, having a tool that helps you to quickly transform life traumas enables the body to return from a state of stress so that healing can take place.

Next month we will explore how negative core-beliefs are formed, and how they can be transformed to create health in the present.

The book *Matrix Reimprinting Using EFT* by Karl Dawson and Sasha Allenby will be released by Hay House in August.

For more information on Matrix Reimprinting visit www.matrixreimpringcourses.com

Well it was no butterfly effect that grounded me - you know the Chaos theory butterfly whose wings flapping on one side of the planet cause a hurricane in another...



It was the Volcano in Iceland revealing the chaos of turbulent ash flows instead! Stuck in the USA and worried I was going to miss my chance of lecturing to 100 Medical students on a Scholar programme to a University in the north East of the UK.

My host had invited me to make a presentation on the Integration of the Medicines, CAM and Allopathy. My angle was clear. In order for medical scientists and our mutual clients, the community, to accept natural medicine there must be a level playing field with regard to proving efficacy, and for this to take place for the CAM modalities the common thread that holds them all together needs to be internationally explored.

I am talking about the meridians – now proven as the Bonghan Ducts in Korea at Seoul University, and all the exciting new non-invasive diagnostic methods, which measure disease by the patterns in the bio-photonic emissions from the body.

When measuring bio-photonic emissions as a healer intends healing, a jump is measured from 300 -10,000 pulses per square centimeter second in the palm of the hand; we are talking a 'Spiderman' silk-like surge of bio-photons. That just blows me away; proof that healers are healing, right there!

Joie Jones research in the US with Functional MRI has also clearly proved that we should see the nervous system like the old fashioned copper wiring in our 'house' and this micro tubule



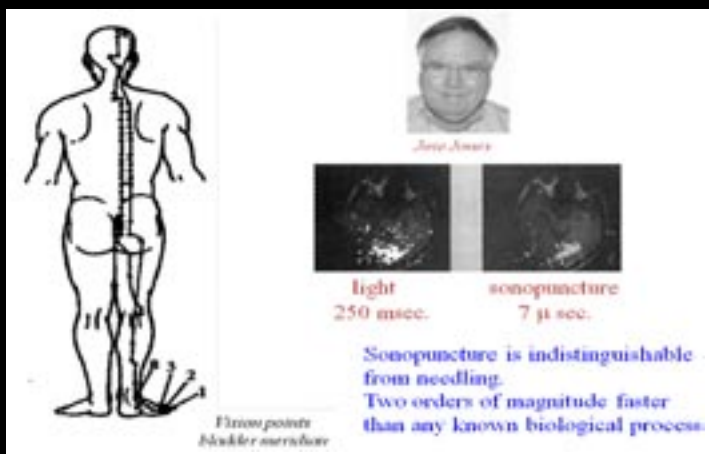
Dr Thornton Streeter: Centre for Biofield Sciences

Bonghan duct system, sensitive like a 'living matrix' spiders web as the fibre optic super highway. Why? Because he showed that signals from stimulating the 'vision point' on the toe with an sonopuncture technique reached the brain faster than shining a light in the owner of the same 'toes' eye.

If that is not enough, how about he Acuvision-4, a Russian device, that I was excited to have in my lab? Here you see an image that was

you concentrate upon to become experiences and actual events. A metaphor where one distinguishes hardware from software, one cannot escape the fact that the mind gives meaning to this cosmic dance of molecular interactions all around us.

The ideas portrayed by Prof. Goswami are a springboard to understand and give justice to non-conventional healing modalities such as Ayurveda, Homeopathy, Mind/Body Medicine, etc.



taken showing how this device causes each acupuncture point to become illuminated.

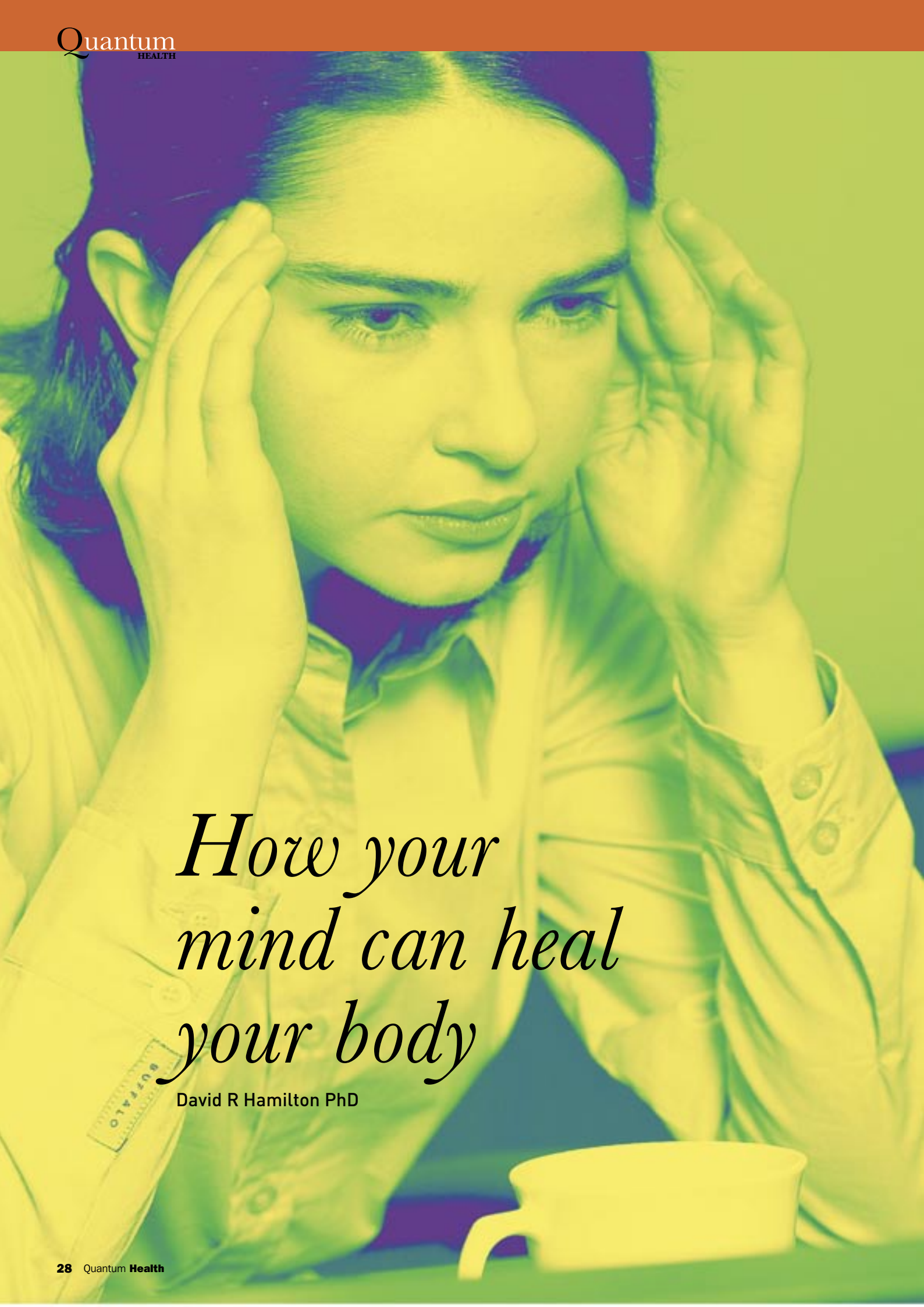
I had a great time recently with Amit Goswami and my friend Ferdinando Pisani Massamormile who recently wrote up our encounter and I could not put it better myself

Mystics of all ages have taught about the dimension beyond time and space. "Then that undivided consciousness and its quantum possibilities collapse in the observers' brain and lead to self-reference – a split of consciousness into subject and object." Thus the objects in the world around us are not determined things, but possibilities of consciousness to chose from. Thoughts are waves of possibilities

These are based on the idea that we are made of subtle energetic dimension and that this interacts with our gross material one. There are many portholes that interconnect the dimensions, for example the Indian chakra system that connects organs with emotions. Therapies like acupuncture work in a similar fashion by operating on the connection between the subtle and the gross bodies.

A new documentary film, *The Quantum Activist*, stars Amit Goswami. His official website is <http://www.amitgoswami.org/>

Remember: Healing and perfect health is just a quantum leap away!



*How your
mind can heal
your body*

David R Hamilton PhD

A few years ago the words, 'all in the mind', suggested that thoughts, beliefs, or ideas were subjective, floaty, non-corporeal, 'things' that had no impact on anything other than how we feel about things.

This has all changed. It is now regarded as scientific fact that there is no such thing as 'all in the mind'. Our thoughts, beliefs, or ideas actually cause chemical and structural changes in the brain as well as changes at the cellular, genetic, and chemical level throughout our bodies.

New research into the placebo effect, for instance, saw sufferers of Parkinson's disease given an anti-Parkinson's drug, which produced a rapid reduction in tremors. Brain imaging allowed scientists to track the associated brain changes. But half of the patients were given a placebo instead of the drug, which amounted to a basic salt-water injection. Not only did their tremors stop in them too, but brain imaging showed almost identical brain changes as those who received the drug. In fact their brains even began to produce dopamine in an area that is usually deficient in dopamine.

This and many other recent studies moved Fabrizio Benedetti, professor of neuroscience at the University of Turin School of Medicine, and member of Harvard's 'Placebo Study Group', to write that, 'The placebo effect has evolved from being thought of as a nuisance in clinical pharmacological research to a biological phenomenon worthy of scientific investigation in its own right.'

Our thoughts, beliefs, ideas, imaginings, and emotions all produce changes in the body.

Many of these changes occur right down at the genetic level. Harvard published a study in 2008 that showed that meditation impacted 1,561 genes in novice meditators and 2,219 genes in seasoned practitioners. Examining some of the individual genes showed that meditation was counteracting cellular decay that normally occurs with aging. In other words, meditation was actually slowing the aging process.

Many people use the mind-body connection to heal themselves. Tom was badly injured in a car accident. His car was hit by a bus, which left him with a fractured skull, broken shoulder, several broken ribs, a shattered pelvis, a broken hip and a broken knee cap. He spent several weeks in hospital and had to learn to walk again, under the guidance of a physiotherapist.

At first the hospital staff thought he might never gain the normal ability to move freely again, but their prognosis began to change as he made remarkable gains in strength.



David Hamilton

Tom had a secret that aided his recovery. He spent about 2 hours a day visualizing himself getting stronger. He imagined a 'mini-Tom' carrying out repair work at each injured part of his body, fusing bones together, rebuilding muscles, even sanding down joints, polishing and then oiling them.

A year after Tom was released from the hospital he even ran a marathon, in an astonishing 4 hours, 8 minutes, and 57 seconds. An incredible achievement considering that the initial prognosis was that he would possibly gain 80% of his movement within 5 years. Tom loves to tell people how the doctor at the hospital, when reviewing his x-rays a few months after the marathon, looked confused and said that it looked as if someone had operated on him and sanded his hip joint down.

There are thousands of similar stories to Tom's now circulating around the world.

Belief undoubtedly plays a role in the healing. Belief impacts the brain, cells, and our genes. When it comes to visualization, something important also occurs. Tom used what I like to call, 'Targeted Positive Thinking', where he focused his mind on specific areas of his body and visualized them actually healing, and he did it over and over and over again. He told me that repetition was the key to this.

And new scientific advances have now shone some light upon why Tom and many others have been able to heal themselves in this way.

It turns out that the brain can't distinguish between real and imaginary. A pioneering study at Harvard had volunteers play a scale of piano notes over and over again for 2 hours, and to do it on 5 consecutive days. Analysis of their brains found that the finger 'maps', the areas of their brains connected to their fingers, had grown much as a muscle does if you exercise it; a phenomenon known as neuroplasticity.

A separate group of volunteers were asked to play the scales in their minds instead, with no piano and no actual use of their fingers. Astonishingly,

brain imaging showed that the exact same areas of the brain had grown, and to the same extent. The brain wasn't distinguishing between actually exercising the fingers and just imagining it.

People are now popping up everywhere and sharing their personal experiences. I recently spoke at a cancer center and learned of a woman who had been told that there was little else that the hospital could do for her. The last resort was an operation in 6 weeks time but even then she was only given a small percentage chance of survival.

So, on advice from a hypnotherapist she visualized worker ants marching into her body and removing small chunks of tumours, lifting them onto their heads and marching them out of the body. She did this over and over and over again for the six weeks leading up to a life-or-death operation, gradually imagining the tumour becoming smaller and smaller and smaller. When the surgeon opened her up, he was astonished to learn that the tumour had gone.

Petula was given a 15% chance of surviving inoperable breast cancer but imagined pure healing water flowing into the top of her head and flushing all of the cancer out of her body. At first she saw thick, brown, sludgy water coming out of her feet but, in time, the water was crystal clear. Her next visit to the hospital confirmed that she was free of cancer. Now, 11 years later she is still free of cancer and the hospital staff still marvel at how healthy she is.

Kevin was admitted to hospital with a suspected heart valve infection. After spending most of the night cleaning his heart valve of muesli – he didn't know what an infection would look like so imagined that it was muesli – using a steam cleaner, he was released from hospital with no more symptoms and a clear ECG.

Tomek had tried just about everything to get rid of several verrucas on his feet. Skeptical at first, he decided to imagine pouring acid onto them and seeing them dissolve. Sometimes he would have some fun and imagine firing acid out of a gun onto them. In 4 weeks his verrucas had gone.

I know a woman who imagined tumours melting like ice, another who imagined that they were edible and pictured a rabbit licking them away to nothing, one who imagined her immune cells swallowing up cancer cells, several who imagine chemotherapy drugs like little pac men or piranha fish chomping away at tumours until they have been completely swallowed up, and still some who imagine speaking to cancer cells and kindly asking them to leave.

I even heard of a woman who lost a lot of weight through imagining piranha fish eating the fat from various parts of her body. But as she was losing weight she also started to shrink in breast size, which bothered her, so she imagined the fish swimming upwards and depositing what they'd eaten from elsewhere in her body onto her breast. Not only did she continue to lose weight but she also gained a cup size.

The mind is a powerful thing. We have the tools of self-healing at our disposal. Using the mind doesn't mean that you have to ditch medical advice or any holistic practices. On the contrary, the most effective use of the mind is to use it in concert with whatever else you are doing.

You have to think. Visualization, or targeted positive thinking, is what you think about.

Each of us have far more power over our health than we think. Embrace this power and use it wisely.

David Hamilton gained a first class honours degree in chemistry from the University of Strathclyde, specialising in biological and medicinal chemistry and a PhD in organic chemistry.

He worked as a scientist in one of the world's largest pharmaceutical companies near Manchester in the UK.

He left the pharmaceutical industry and returned to Scotland as a motivational speaker.

In 2000 he co-founded Spirit Aid Foundation, an international relief charity helping children whose lives had been affected by war and poverty. In 2002, as a director of Spirit Aid, he helped produce a 9-day, 24-event festival of peace in Glasgow. He served as a director of Spirit Aid until the end of 2002.

In 2005, he self-published his first book, It's the Thought That Counts, which was published by Hay House in 2006. In 2007, Hay House published his second book, Destiny vs Free Will, and his third book, How Your Mind Can heal Your Body, was published by Hay House on 27th November 2008. It's the Thought that Counts was released by Hay House in the USA on 1st February 2009.

David currently gives talks and runs workshops in the UK and around the world.



Science research at NES uncovers more surprises

by Peter Fraser

In December 2009 I set out to try to find out what exactly the immunity theory is in biochemical medicine. I found a wonderful exposé or treatise by a Harvard academic, and this data occupied my mind for months. The upshot of a lot of research and consideration was that we can look at disease simply as the production of or absorption of wrong information. When this is done, we get coherent, testable answers which are pleasing to the scientist because they have coherence. This means it fits with other observed knowledge, often in many different fields.

I was wondering how it could happen that the medical system could give a toxic antiviral (A.Z.T.) for a nonexistent virus (H. I. V.) for a disease that might actually arise from drug toxins (A.I.D.S). Eventually I began slowly to realize that the body information system for healing is derived from its own R.N.A. – a key information source for self-healing. More reading and research revealed that the information from R.N.A., and D.N.A. as well, travels around the body as information imprinted upon a field. The idea dates from a scientific paper from the 1970s, it turned out. It is not a new idea at all. The Energetic Terrains are the heart of our NES healing system and are the only NES Infoceuticals to make a space-resonance match with R.N.A. and D.N.A. Interesting.... I traced the pathway of this healing information to the central nervous system. Yes, biological chemistry agrees that the nervous system is related to immunity. Now we know why! It is carrying the information the body needs for correction of a disease state. The microbes of various types sometimes appear to get to look like incorrect healing messages. Microbes are just information packages, after all. This idea is not foreign to the medical literature on immunity.

At last, after months, the bio-energetic immunity system based on field transmission of genetic information appeared. The NES trainers will soon have all the details about how to make it actually work for healing. Talks with lots of celebrities took place in April discussing subjects such as cosmology and even E.T.F. In the midst of it all I realized how clever Einstein was to insist that a scientific theory had to work in practice. If you



Peter Fraser
Chief Scientific Officer,
Nutri-energetic
Systems Ltd

don't, and instead hold on to interesting ideas from the past, as we all do, you get held up in your movement forwards. I thought of the waste-paper bins in my office full of experiments that did not work, or of the Infoceuticals that did not work; it's hard to drop a pet idea but in science this happens every day.

By May my computer screen was showing a picture of an electron. Someone in U.S.A. found out how to get an image of an electron. Go to www.quantummatter.com to find out more. The image I got from Dr Milo Wolff was of concentric rings, as he himself had predicted. The electron is a standing wave in space, and is real. There is now some real evidence that Wolff is right. Days of useful talks with Dr Rainer Viehweger, and it appears that Global Scaling mathematics has to be the science behind NES discoveries. The logarithmic sequence of frequency ranges I discovered in the late 1990s fit with the predicted behavior of a wave made by the protons in the nucleus of the atom - and of course electrons join this wave as well.

So modifications to our NES course are underway to make sure our NES practitioner are right up to date, so far as science goes. Global Scaling needs a lot of explaining, and to this end Dr Viehweger has written a book in German to get us up to date. It will soon be in English too. With a lot of new knowledge available from all of this activity it was possible to upgrade a number of Infoceuticals and these are already available and in production. A lot of research has been done on how the body actually makes its own field. This actually occurs in the cells, billions of them.

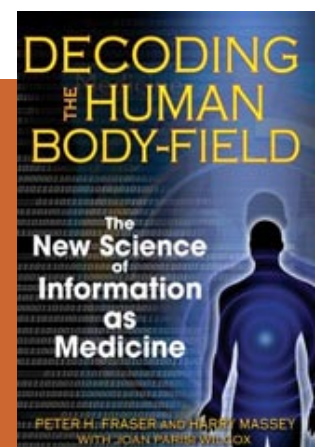
For the first time I have proposed a way in which two types of magnetism as well as Ultra Violet lights are used by the cell to cause the production of energy. In physics, we are told that when this energy moves, it generates a field. And we already know that billions of little fields are able to join up. All of this information is going into a presentation that will be posted on the NES site, in English and Spanish.

I have been doing a few months of work on bio-energetic treatments for anti-ageing for a conference in Madrid. Ageing; are we for or against it? Most people try to stop it, I know. Some quite surprising results occur from this - only four out of our 60 or so Infoceuticals appear to be really useful for this purpose. I am busy taking them all to try to turn back the clock. There are some very useful combinations for regaining mental acuity. NES is the best thing I know for the nervous system. It will be available to you very soon.

Any why all this frantic activity? We have a once in 150 year scientific breakthrough that is what medicine has been looking for in its short 130 year history. If we can get it to work well enough, (and that means better than biochemistry), people might take more notice of what we have achieved. So to do this the great task, Harry Massey and I have gone right back to the beginning of medicine - taking nothing for granted. It will take years to get it more developed, but our space-resonance matching research method goes very fast indeed. Welcome again to the NEShealth revolution.

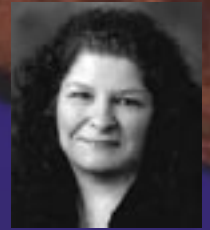
Reader Offer!!!

To find out more about Peter's work and research, Quantum Health are offering readers the chance to buy his book, *Decoding the Human Body-Field: The New Science of Information as Medicine* at the special price of £12.00 (incl. P&P). The RRP is £15.00 plus P&P, so that's a good saving! To order your copy, please email: marketing@neshealth.com giving your contact details for processing.



At play in the Universe

By Joan Parisi Wilcox



Joan Parisi Wilcox

Author of *Masters of the Living Energy: The Mystical World of the Q'ero of Peru, Ayahuasca: The Visionary and Healing Powers of the Vine of the Soul*, and co-author of *Decoding the Human Body-Field: The New Science of Information as Medicine*

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Matching is partly based on the Wave Theory of Matter/Space Resonance theory of astrophysicist Milo Wolff, which posits inwaves and outwaves.
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Are scientists only cataloguers of information about nature, or are they explorers of their own dynamic interactions with it? Are all of us only passive observers of an unfolding cosmos or are we somehow active participants in its very evolution? These are heady questions, but they are preoccupying scientists and non-scientists alike as never before.

If it is true, as physicist Sir James Jeans once proposed, that the universe is more like a great thought than a great machine, then information rules the universe, not matter. Quantum physics has shown that this may indeed be true. And the shift of focus—from matter to information as the foundational aspect of the universe—fundamentally changes the rules of this grand game of existence that we are all playing.

As Einstein and so many other physicists have suggested over the years—and according to a view that has become part of what’s called the Copenhagen Interpretation of quantum physics—Nature may know ahead of time what it is we are preparing to ask about Her and respond in

kind. Physics has shown conclusively, according to the standard model of quantum physics, that an elementary particle is both wave and particle at the same time (its nature is to be in a superposition of all possible states). It is not until we set up an experiment and take a measurement that the particle shows itself as either a localised concentration of energy (a point particle) or a spread out flow of energy (a wave). The decision point in how it reveals itself is what kind of experiment we carry out—what kind of question we are asking or measurement we are taking. In some way we don’t yet understand and so cannot yet definitively explain, our decision—our intention—forces nature’s hand and determines how “reality” reveals itself. Reality at the macroscopic level of our everyday world appears to be based on—and perhaps even determined by—our interactions with nature at the deepest, most fundamental quantum levels.

As physicist John Wheeler says, we may live in a participatory universe. So how does it work? How do we actually influence or use the information that forms the cosmos?



British physicist and computer expert Peter Marcher and American astronaut Edgar Mitchell have proposed a mechanism by which we extract information from nature. They call their theory “phase-conjugate-adaptive-resonance.” It says, basically, that all information is encoded in phase waves and that we extract information from nature according to the level of our attention and intention (with consciousness as measurement device or questioner). Every “thing” in the observable world—including you and me—is encoded by a unique set of phase waves. The more you focus on something, the more information you can detect and process from those phase waves. Think of walking down the street, lost in thought about the meeting you are about to attend. You won’t take in many of the details about the cars, houses, businesses and people who surround you. Your perceptual filter is narrow. Pay attention, however, and you are flooded with information: colors, patterns, motions, sounds, smells, and more. As your awareness increases, information content expands.

In the parlance of NES Health, and independent researchers Peter Fraser and Harry Massey, the mechanism is a “matching” process. Matching is partly based on the Wave Theory of Matter/Space Resonance theory of astrophysicist Milo Wolff, which posits inwaves and outwaves. When an inwave and an outwave interact, they set up a space resonance, which encodes a pattern of qualities, characteristics and such that appears as a specific entity in or aspect of our observable world. Every “thing” in our universe has its own unique space resonance. But what’s more, every choice and intention sends out a wave, which matches to one of the infinite configurations of space resonances in the universe, which becomes the inwave that we interact with. We are all doing this matching, consciously and unconsciously. Matching underlies the so-called Law of Attraction, for according to this theory every aspect of your life is determined by how your own outwaves are matching to only some of the infinite resonance patterns (inwaves) of nature while excluding others. Shift your awareness and thus your own resonances, and you can match to different resonances than you were and so change your life and contribute to changing the

state of the world (since everything is connected to everything else at the quantum level).

These are only two of the myriad explanations for how we participate in a universe that not only is awash in information but that may be fundamentally comprised only of information. Whatever the mechanism by which we interact with nature, consciousness seems to be key, especially in terms of applying our attention and using our intentions. Physicist Euan Squires has said, "Every interpretation of quantum mechanics involves consciousness." And Neils Bohr was not being facetious when he said, "A physicist is just an atom's way of looking at itself." By extension, we are the universe's way not only of looking at itself but also of interacting with itself, as at the quantum level there is no way to say where matter ends and information begins. Where do we (as in our physical selves) stop and the universe begin? This Zen koan-like question is no fool's game. It is perhaps the most relevant question we face right now, as our very existence seems to be threatened by crises of our own making.

Maybe our precarious state is a primary reason why so many physicists, biologists and other scientists are ready to risk reputation and career to lecture and write books about "the self-aware universe," "the God theory" and "the biology of belief." It is becoming inescapable in a universe that appears to be fundamentally composed of information that consciousness is paramount to any and all scientific inquiries. In healthcare, for example, bio-informational medicine is an emerging trend, riding the coattails of mind-body medicine from the alleyways of alternative and complementary medicine into the arena of mainstream medicine. Biology and medical science stand to gain enormously from the switch from matter-based inquiry to information-based and consciousness-based explorations. In these conservative fields, the change so far has been spurred mostly by consumers, millions of whom are exploring the mind-body-spirit connections to health and well-being. Of late, however, the shift is increasingly attributable to researchers themselves, especially in the fields of epigenetics

and environmental medicine. The evidence is that many subjects that were once deemed off-limits to the hard sciences or were considered outside the scope of their inquiry—such as the study of consciousness, nonlocal effects in the macroscopic world, mind's influence on matter—are becoming areas of study that are not only acceptable, but necessary to the continued pursuit of science.

At the turn of the twentieth-century, budding physicists were advised to choose another field because all the main work had been done—nature's major laws had been revealed—and all that remained to do was mop up the details. Then physicists stumbled upon the quantum realm. Our entire view of the universe and of ourselves has changed as a result. Now, at the beginning of the twenty-first century, we find ourselves where we were at the beginning of the last one. If you listen to and believe the mainstream media today, you might think that science was on the cusp on the grand theory of everything and that soon only the details will be left to be filled in. We know this is not true. We have only to look at how the reading of the human genome—which was supposed to revolutionise medicine and provide cures for most diseases—has failed to live up to its epic expectations. The reason is that we are more than matter. We are information. And so is the universe, and nature at large. For all of the advances in modern science, the playing field is expanding, not contracting. And humans as fully consciousness beings and not just as mechanistic bodies have finally been invited into the game. The next century is bound to be as exciting for science and medicine as the last one was. So let the games begin!

Joan Parisi Wilcox has been studying the spiritual arts of Peru since 1993 and has received the rites of the Q'ero and other Andean masters. She is the author of Masters of the Living Energy: The Mystical World of the Q'ero of Peru, Ayahuasca: The Visionary and Healing Powers of the Vine of the Soul, and co-author of Decoding the Human Body-Field: The New Science of Information as Medicine.

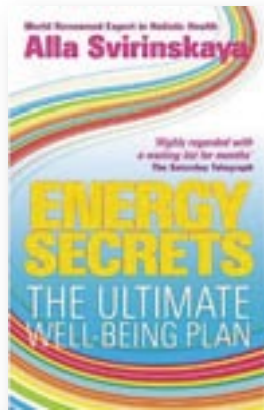
Book Reviews

Energy Secrets: The Ultimate Well-Being Plan

by Alla Svirinskaya

ISBN: 978-1848502062

Price: £10.99



Energy Secrets reveals the lost wisdom of healing practices from around the world, including traditional methods from Alla Svirinskaya's Russian heritage. In Energy Secrets, Alla shares her unique perspective on ancient techniques perfected for modern living. Her co-ordinated approach to the physical, emotional, mental and spiritual areas

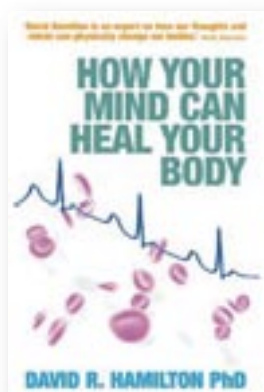
of daily experience will turn your life around. Follow Alla's step-by-step programme to becoming your own healer. You will find invaluable advice and techniques, including deep but simple detox programmes that use store-cupboard ingredients, protection techniques to help with your daily emotional exchange with others, and easy meditations for sustainable happiness. Start living in flow with your energy today!

How Your Mind Can Heal Your Body

by Dr. David Hamilton

ISBN: 978-1848500235

Price: £9.99



In this compelling and groundbreaking new book Dr David Hamilton shows how the mind can have the power to heal the body. Here he describes the power of positive thinking and how thoughts and emotions mould the structure of the brain and change our body at a cellular level. The book also includes true-life

stories from people who have successfully visualized themselves well and contains a powerful list of specific visualizations that you can use to heal yourself from illness. How Your Mind Can Heal Your Body unleashes the hidden powers within the mind to heal you in dramatic and enduring ways. This inspiring book is practical, positive and promises to have a direct impact on the way you view the mind-body connection.

Earthing: The Most Important Health Discovery Ever?

By Clinton Ober, Stephen T Sinatra MD, Martin Zuker and

foreword by James L Oschman PhD

ISBN: 978-1591202837

Price: £15.99



Earthing, or grounding, refers the connecting your body directly with the earth.

Earth is an electrical planet, charged with a subtle surface energy commonly known in the electrical world as 'ground'. When in contact with the Earth, this tranquil energy naturally transfers to any conductive object

– whether it is a metal rod, a wire, a tree or plant, or a barefoot human – and they become 'grounded'.

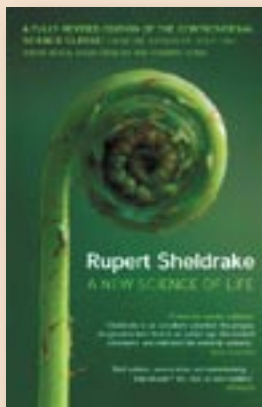
The solution for chronic inflammation, regarded as the cause of most common modern diseases, has been identified. And it is not blueberries. It is something right beneath our feet-the Earth itself!

Throughout most of evolution humans walked barefoot and slept on the ground, largely oblivious that the surface of the Earth contains limitless healing energy. Science has discovered this energy as free-flowing electrons constantly replenished by solar radiation and lightning. Few people know it, but the ground provides a subtle electric signal that maintains health and governs the intricate mechanisms that make our bodies work-just like plugging a lamp into a power socket makes it light up. Modern lifestyle, including the widespread use of insulative rubber or plastic-soled shoes, has disconnected us from this energy and, of course, we no longer sleep on the ground as we did in times past.

Earthing introduces the planet's powerful, amazing, and overlooked natural healing energy and how people anywhere can readily connect to it. This eye-opening book describes how the physical disconnect with the Earth creates abnormal physiology and contributes to inflammation, pain, fatigue, stress, and poor sleep. By reconnecting to the Earth, symptoms are rapidly relieved and even eliminated and recovery from surgery, injury, and athletic overexertion is accelerated.

This never-before-told story-filled with fascinating research and real-life testimonials- chronicles a discovery with the potential to create a global health revolution.

To buy your copy please go to: <http://www.energyresearch.us/>



A New Science of Life: The Hypothesis of Formative Causation

By Rupert Sheldrake
ISBN: 978-1848310421
Price: £9.99

Rupert's book *A New Science of Life* was published in the UK in February 2009 in a completely revised new edition, with an update on research on morphic resonance.

Conventional scientific theories cannot explain certain phenomena.

After chemists crystallized a new chemical for the first time, it became easier and easier to crystallize in laboratories all over the world. After rats at Harvard first escaped from a new kind of water

maze, successive generations learned quicker and quicker. Then rats in Melbourne, Australia learned yet faster. Rats with no trained ancestors shared in this improvement.

Rupert Sheldrake sees these processes as examples of morphic resonance. Past forms and activities of organisms, he argues, influence organisms in the present through direct connections across time and space. Individual plants and animals both draw upon and contribute to the collective memory of their species.

Sheldrake reinterprets the regularities of nature as being more like habits than immutable laws.

Described as 'the best candidate for burning there has been for many years' by Nature on first publication, this updated edition will raise hackles and inspire curiosity in equal measure.

Why Am I Sick?: What's Really Wrong and How You Can Solve It Using Meta-medicine

by Richard Flook and Rob van Overbruggen
ISBN: 978-1439242902
Price: £19.99



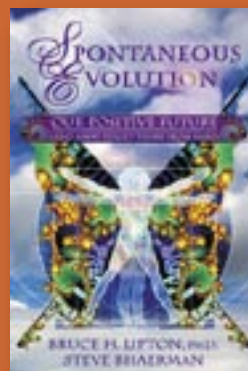
The new revised first edition of the groundbreaking book *Why am I sick?* (subtitled *What's really wrong and how you can solve it using META-Medicine*) by Richard Flook with Rob Van Overbruggen has been released. Richard Flook, Author and Head of International Training META-Medicine, addresses the problems of traditional medicine, explores new research and a new approach to how we can go about healing ourselves. In the early chapters of *Why am I Sick?* Richard addresses the current state of healthcare in the world, why pain and disease

happens and what the causes are. He explains the two distinct phases of every disease (or what's known as the disease process in META-Medicine®) and why a disease can keep reoccurring. Later subjects turn to healing, the role of the brain in controlling disease, the nature of microbes in disease, and also antibiotics and immunisation. In the final chapters he discusses vitality and food, drugs and their side effects, basic psychological symptoms, and the future of medicine. As a warning Richard says that *Why am I Sick?* goes completely against the present thinking of traditional medicine and that the information provided within is controversial and designed to encourage the reader to think differently about disease. How is it that despite all of the technological and scientific advances of the 21st century so many people are dying of terrible diseases? Why is it that the medical profession seemingly has no interest in why we have an illness and exclusively

deal with symptoms? What if there were ways of determining exactly why we have a specific disease or ailment? This is what Richard fundamentally strove to answer in his book.

Spontaneous Evolution: Our Positive Future (and a Way to Get There from Here)

by Bruce Lipton, Steve Bhaerman
ISBN: 978-1401925802
Price: £13.99
Also available as an audio book: £27.00



We've all heard of people who've experienced a seemingly miraculous recovery from illness, but can the same thing happen for our whole world? According to pioneering biologist Bruce H. Lipton, it's not only possible, but it is already happening. In collaboration with political philosopher

Steve Bhaerman, Dr Lipton invites readers to explore a startling re-examination of evolution, the role of DNA, the relationship between mind and matter, and how our beliefs about nature shape us. As Dr Lipton and Steve Bhaerman explain, by changing our beliefs, we can trigger the spontaneous evolution of our species to create a brighter future.

Eminently readable and infused with wit, *Spontaneous Evolution* foretells of civilization's amazingly positive future and, more importantly, offers a pathway to help us get there.

Not one to be missed!

Why am I sick?

By Richard Flook

Shiri should be dead. Her doctor told her so several years ago. She had suffered with pulmonary hypertension, a disorder that affects the heart and is often fatal; hence her doctor's comments.



Shiri is a fighter, literally. She was in the army for many years and a master marksman. However she also had never been able to hold down a relationship, she had a sex addiction problem and her bisexuality had always troubled her. She had been raped many times. After the last incident, at age 24, she sat for hours, with her gun in her hand, contemplating whether to end it all, or live. Now in her late 30s she wanted to move on. She had trained as life coach, an NLP master practitioner and is very knowledgeable about personal development. She had done a lot but her health issue still plagued her. Plus she wanted to have a 'real' relationship that did not revolve around sex and one where she loved the man she was with.

When she came to see me she wanted to know why she was sick. Why her sexuality like it was. Why could she not hold down a relationship. Were there any connections between the rapes and her heart disorder? What could she do about it and why her doctor, who she respected a lot, could not answer any of these questions.

I see many people who are looking for answers to why they have a disease. I admit most of them are not as dramatic as Shiri's case, but those people, when they ask their doctors or anyone in the medical profession, are unable or even dismissive of their clients asking them 'Why am I sick?'

So why is a person sick? And why don't the medical profession know why?

In my book called 'Why am I Sick?' I describe the state of health in the world. It is amazing to think that in 2010 one of the biggest killers, cancer, even with the 3 trillion dollars spent on war against it since 1980s, that even more people are dying from it than 30 years ago. No cure has been found. The only interventions that the medical profession have are chemotherapy,

radiotherapy and surgery, therapies that have remained the same since the 1950s. What has happened is that more and more money has been pumped into finding more complex toxic drugs, more focussed radiation treatments, more precise surgery, but at no time have these medical researcher/doctors, who are supposed to be some of the smartest people on the planet, have they asked – what causes cancer? Why is it there? Could there be a link to stress and cancer? Could a person's stressful experiences, such as a divorce, sacking, rape have something to do with their disease?

Research at the start of this century uncovered that chronic stress does certainly account for almost every major illness. [Segerstrom and Miller 2004]. And that cells change how they function and their structure based on their environment. [Lipton and Bensch 1991]. That a cell cannot be in a stress state (working) and also repairing (resting) at the same time. [Lipton et al 1991]. That as we are in a stressed state the heart is sending waves of energy throughout our bodies and also out into our world, affecting everything we do, how we behave, who we interact with our environment – see Heart Math Institute and Rupert Sheldrake – Morphic Fields.

What this all means is that there is a direct link between stress and disease; that certain diseases are caused by specific stressful events. These events get stored in our bodies and our brain at the same time affecting our whole nervous system and subsequently our heart, our behaviour and our environment.

However disease is not something that affects just one organ, it affects ALL of us, from our mind, to our emotions, from our whole nervous system, to getting right into our heart, from our interactions with our friends and family, to how we behave at work, to what we eat, to how we feel psychologically and spiritually. Disease,



Richard Flook

and solving it, is more than just taking a pill, it means we have to work on our insides as well as our outside, in order to get well and maintain wellness.

When a stressful event happens, it affects our mind; trapped emotions become lodged in the in the brain in specific places that correspond directly with specific organs. (You can see this phenomena in my book and on my website <http://www.facebook.com/l/3b380;www.whyamisick.org>). It affects our heart and therefore our autonomic nervous system. It changes our behaviour with others and it alters how we interact with our environment. Basically a stressful event affects our mind, body, spirit, social interactions and our environment.

What makes a stressful event turn into a disease is when we hold onto or continuously repeat the stressful situation; either refusing to resolve it or only half resolving the situation.

So what is the solution? If you are unfortunate to suffer from some chronic disease, then a pill from a doctor is only a part of the answer. You need to look further into why your disease was there. What caused it to occur stresswise. This is where a META-Medicine Health Coach can help. They know what specific stressful events cause certain diseases. E.g. eczema is a separation conflict. Irritable Bowel Syndrome has to do with something the person heard that they cannot digest. Back ache has to do with a deep personality issue that affects the person's self worth. Not only can a META-Medicine Health Coach work out why the disease is there, but why is it chronic. They can explain physical symptoms, the process that the disease goes through, what is happening psychologically, what's happening behaviourally and most importantly what is the right set of interventions that need to be carried out, in order for the person to get back to wellness.

This is the beauty of understanding why you are sick. From this information you can then put together the necessary changes that are required to completely heal. Changes such as working with a NES Health practitioner, clearing the emotional content with an EFT/Matrix Re-imprinting, changing ones diet working with your doctor on reducing, or changing your medication; truly an integrative approach to healing.

As for Shiri, I assisted her in clearing the stressful events that caused her disease to be there. Some of these problems stemmed back to an incident when she was inappropriately played around with as a three year old. Through my understanding of why she was sick, I was able to work out the correct order to resolve these events. I am trained in psychological clearing techniques. She also changed her diet, went on a NES Health protocol, and she worked with her doctor to change her medication.

After a few weeks from doing the work, everything changed; her attraction to women disappeared and her sexual addiction stopped. Her heart went through many changes and then her blood pressures stabilised. Her medication was changed to a less toxic pill. But the most magical thing that happened to her is she is now engaged to be married, she is in love for the first time with a man she so happy to be with. Her life has completely changed beyond recognition. She is alive, well, happy and is loving life to the absolute full.

Richard Flook, META-Medicine® Head Trainer, Licensed META-Health Consultant, Master & Trainer of NLP, Time Line Therapy™ and Hypnotherapy.

Richard is a founding member in the UK of META-Medicine®. Richard is on the board of the International META-Medicine® Association and is applying and Training the META-Medicine® Principles worldwide.

Richard has spent the last 16 years studying human behaviour. He has been actively applying META-Medicine® with clients and achieving amazing results for the past 4 years. He also works with therapists teaching advanced therapeutic interventions.

The most exciting moment of my life, well at least my life as an author, was walking into the bookstore and seeing the picture of me (not too bad a one for a change) with the title of my latest book and "Author of the Month" blazing above my head. How wonderful, at last my dream comes true. Below the poster was a table, just as in my dream, piled high with copies of my books. I allowed myself a little snuffle of emotion and took a photo to capture the moment.

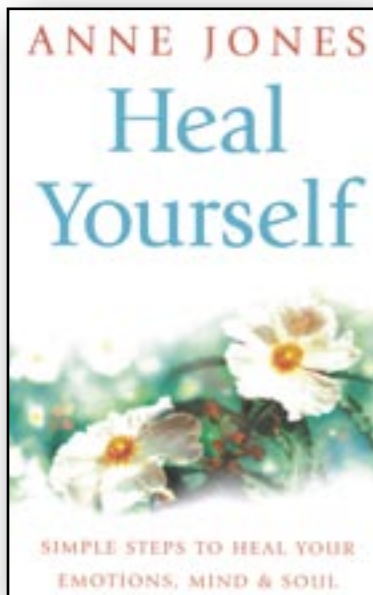


Anne Jones



Getting Your Dream into Print

by Anne Jones



My journey to reach that point had been challenging, rich and interesting. Intertwined with my development as an author there have been a number of extraordinary experiences as a spiritual healer, which led me to give workshops, to travel the world, to meet hundreds of people with interesting problems which fed the content of my books. Very neat. My own personal “awakening” occurred fifteen years ago in Malaysia where my husband had been posted and

I lived the privileged life of an ex-pat wife. I had a gardener, cook, cleaner and driver leaving me free to develop some latent talents and unfulfilled dreams. Up to that point my life had been a crush of computer sales, teaching, small business development, housekeeper and surrogate mother for two teenagers and wife. Not unusual for a would-be superwomen of Maggie Thatcher’s Britain. So to have unlimited time to do my own thing was a luxury. WASP work ethics can never be denied so I spent my days developing and editing the Expat Magazine, fundraising, running PC workshops and oil painting. For balance I played at organising dinners, games evenings and parties. What a life! I then had an extraordinary

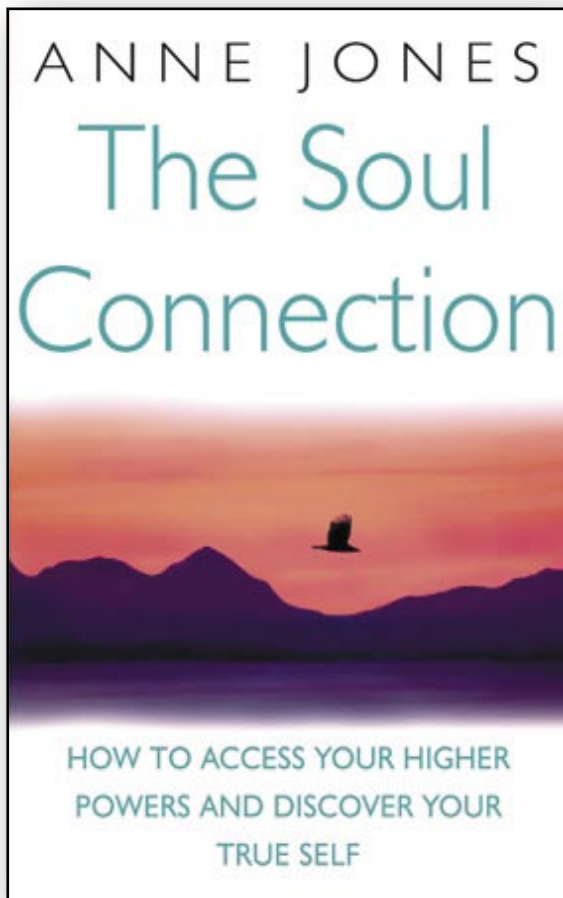
experience, definitely life changing. I was relaxing on my bed one afternoon when I heard a voice, loud and clear, telling me to start healing. I sat up in shock and replied “how?” I was told to speak to Sal, “Miss Piggie” the restaurant reviewer of our magazine. I saw her the next day and she handed me a pile of books by Betty Shine a well-known medium and healer and I was off and away.

Over the next few months I discovered an entirely new dimension of life as I practised my new art on friends and family and as my understanding grew I began to teach and share many of my amazing experiences. I became totally engrossed in my new work and gave up all other pastimes. I had a number of visions and dreams around that time and one night I dreamt I was in a bookshop standing before a huge pile of books – all mine! The next morning I woke up passionate to write my first book.

The toughest call for an author is the discipline of writing. There are thousands of half written novels waiting for the energy and determination to be finished. Once I have a deadline agreed with my publisher I mark out weeks in my diary that I keep exclusively for writing, I then set myself up somewhere without a phone and work to a schedule. I determine how many words I will write each day and I don’t start to play until they are written. It can feel like a long haul but just when you think you will never reach the end, it’s

I didn’t have a clue how to take my dream into a reality, so discussed my plans with anyone who had experience of publishing and gathered some useful advice. I discovered there are a number of steps to follow, these are:

- Produce a synopsis, with an overview of each chapter, including anecdotes or case studies or, if a novel, the characters, their back story, and the plot.
- Write the first chapter or two. This will give agents and publishers an idea of your writing style.
- Give details of:
 - your market, for me this has been Mind Body and Spirit and Self Development,
 - the number of words you estimate to write, MBS market is about 60,000, for a novel more likely 80,000 plus,
 - your deadline for finishing your first draft,
 - the selling points or plot overview; over 50% of bookstore browsers choose a book from the plot synopsis.



copies of a novel or 7,500 of a nonfiction book would classify as a success. So you can see it is quite difficult to make a fortune from writing. Of course, the joy of seeing your dream in print is worth thousands!

Just remember, however, tough it gets and however many obstacles, rewrites and delays you meet on the way, don't ever forget your dream, keep bringing it back to mind and stick with it. The result will, without doubt, be worth it no matter how many you sell or give away.

To find out more about Anne's work and books please visit www.annejones.org

Anne Jones spends her time giving workshops/retreats, guest appearances on TV and radio, touring the world with her work and helping many people understand themselves, heal scars of trauma, reclaim their confidence, self-esteem and love.

*Her first book of six books, *Heal Yourself*, is an all-round, down-to-earth guide to healing your body, mind, emotions and soul. Her other books are: *Healing Negative Energy*, *The Ripple Effect*, *Opening Your Heart* and *The Soul Connection*, with her 6th book about to be published. Anne also has guided mediation CD's to accompany each book.*

Anne is also the founder of the Hearts and Hands for Africa, a registered charity which is supported by the profits raised from all of her work. Anne regularly visits Zambia where she meets her partner in the charity Dr Cary Yasof. They work to help Aids orphans by getting the children back to school and supporting the grandmothers and carers with microloans for small businesses and self supporting initiatives.

upon you and with great exhilaration you send it off to your agent or publisher. Champagne time!

All that done, you then sit back and are amazed that you are not famous in a month! Well maybe you will be but this is a hard business and most books sell fewer than 1000 copies. Sales of 5,000

- Send the above to a number of agents. You will find plenty on the internet but choose those that deal with your type of book. These days publishers won't accept anything that is not via an agent.
- When you find an agent you will need to sign a contract which will detail the agent's commission, this is likely to be about 12% plus VAT. For this they will find you a publisher and organise a favourable contract on your behalf and collect your royalties, which normally are paid half-yearly.
- Next you sign a contract with the publisher.

My publisher has been Piatkus, a division of Hachett's Book Group and they have always given me an advance, not mega but then I am not a celebrity! They guide me and edit my books, proof read and do all design and layout. They also correct punctuation etc. for me, thank heavens. I just have to write the book on time and make the changes that they suggest. Once the book is complete, normally a nine month process, they will distribute the book in UK and any overseas markets where English is read. They will also organise overseas rights, selling to publishers in other countries.



Jason Siczkowycz
(NES practitioner)

On The Application of Human Body Field Theory:

Correlates of Informational and Energetic Distortions With Functional Aspects of Human Physiology

By Jason Siczkowycz (NES practitioner)

You receive regular medical screening and treatment, but you still have symptoms. Why? Maybe you feel good physically, but you don't mentally and emotionally. Why? First, I would argue that, on the physical level, you are probably dealing with a less than ideal function of some area of your physiology, but it isn't nearly bad enough to be reflected as a disease process based on regular medical screening. In other words, your liver enzymes might not be elevated, for example, but your liver might be sub-clinically weak. This one example can lead, in my opinion, to dozens of symptoms, and eventually diseases. Secondly, I would argue that, prior to the symptoms of sub-clinical or functional issues with the liver (in this example), there was a distortion in the Human Body-Field, the "informational and energetic" field that governs biology. Distortions in this field may occur months or years prior to symptoms. I'm not arguing that you shouldn't receive regular medical screening; medical diagnostics are immensely useful and important and absolutely required to provide evidence of pathology (disease). However, there is a place for "functional diagnostics" as a complement to your regular medical screening, and I believe among the most sensitive are computerized Body-Field analyzing technologies.

The idea of functional/sub-clinical disturbances in

human physiology is immensely interesting to me, because for the last thirteen years, I've noticed strong correlations with specific symptoms and specific functional imbalances. I've also noticed anecdotal resolution of symptoms after correcting functional imbalances. Functional disturbances can obviously be very complicated, multi-layered, and also have a multitude of causal factors. That being said, what I believe some of the most useful information I've learned over these years is what sub-clinical/functional issues to look for when symptom-sets are presented. Importantly, my anecdotal experience shouldn't be used as a suggestion of "cookie-cutter", or "one size fits all" protocols to use just because a person has a specific symptom. Also very important to point out is that sometimes the distortions and their physiological correlates don't make sense from the perspective of what we understand about normal human anatomy and physiology. This happens a lot too, and speaks to the idea that we are just beginning to understand this whole other control system that appears to govern biology. And it certainly is a beautiful thing when you start with correcting "macro" or large field distortions in the body-field without addressing any specific bioenergetic correlates and you achieve dramatic anecdotal symptomatic improvements.

One of the most common symptom sets seen in any health practitioners office and one which

often does have clear functional correlations is upper gastrointestinal complaints, such as heartburn and reflux. Antacids are among the highest selling medications in the world, and for good reason. As mentioned above, among the most common bioenergetic correlations one might see are body-field distortions related to gallbladder, liver, or pancreatic function. The gallbladder and liver obviously are pivotal to the digestive process primarily due to their function of bile secretion. The pancreas produces the full spectrum of digestive enzymes. Anecdotally, countless clients have had symptomatic resolution of their chronic symptoms after bioenergetically supporting these areas. That means, of course, supporting the healthy function of these areas rather than treating a disease process. In almost all cases, medical diagnostics were already done, which found no functional cause or pathology, and so the client was taking antacids to help address the symptom. As to what might cause functional disturbances within these areas, like any other area, one would look for correlations with toxins, emotional stress factors, and dietary excesses or deficiencies.

Among the many benefits of functional diagnostics and natural medicines are that they could save an immense amount of money in healthcare costs. This is for several reasons. First, prescription medications generally do not support the body's normal function, and, as a result, do not even attempt, in most cases, to address the cause. Taking a medication which mitigates symptoms, but does not attempt to improve function, can potentially lead to a disease process "down the road", because the underlying functional weakness will only get worse. A perfect example to illustrate this point is the above example in which a person would be taking an antacid for heartburn, when the underlying cause is a functional issue with the gallbladder, liver, or pancreas. Secondly, supporting normal human physiology with natural medicines is very cost-effective, as these remedies are not expensive, nor is functional testing, especially when it does not involve lab tests, as is the case with Body-Field Analysis. Third, when one's well-being is optimized, which

may often translate into more energy, less pain, better mood, etc., production can obviously improve in the work place. Less sick days are likely to result. While I'm on a roll, I would even go so far as to say that improving the overall well-being of the population could reduce crime, since a person who is more balanced physically, mentally, and emotionally is much less likely to perform unethical or "unconscious" behaviors.

Back to the discussion of assessing the Bio-Field as an excellent, cost-effective, functional diagnostic tool. First, it is non-invasive. Second, the results are immediate. Third, it can be done on any one at any age. Fourth, it gives information about possible causal factors behind the distortions, which can include toxins, stress factors, and emotional stress imbalances. Specific to NES Provision as a biofield analyzing technology, there is an important order in which to correct distortions in the field, and it took Peter Fraser decades to determine what that ideal order is. Working according to this order is specifically allowing the body to heal itself without forcing it to address things that it might not be in the best position to address. It truly is allowing the body to guide its own healing process.

For the physics of how this technology works, I direct you to www.neshealth.com where you can find information about published books, lectures, studies, and the detailed theoretical foundation of human body-field theory. My passion is to provide valuable clinical insights into how body-field distortions appear to correlate to physiological imbalances and symptoms in a clinical practice.

Jason Siczkowycz has been practicing functional diagnostics and natural medicine since 1997. His passion is to educate clients about how to support the body's innate healing abilities as a complement to their medical care. He is currently the President of Complete Health, Inc., a complementary medicine clinic that was originally established in 1976. Jason was initially accepted into one of the top Aeronautical Engineering programs in the US as a senior in High School, but then found that his passion was the human body and health. Subsequently he completed a BS in Nutrition and Doctorate in Traditional Naturopathy. He has been using the NES Body-Field Analysis technology as his primary tool since June of 2004. Jason is proud to say that his Great Grandfather ran a successful natural health practice in Chicago for nearly 40 years, starting in the late 1800's.



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