



SuperCharged Podcast

Healing Emotional Trauma with Niki Gratrix and Harry Massey

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Harry Massey: Welcome to the Supercharged Podcast, where we help you to enhance your energy, health, and purpose.

Wendy Myers: Bioenergetics is truly the future of medicine

Harry: Imagine having a body charged with energy and a mind quick as lightning. Is that a superhero? No, that's you, supercharged. We'll be talking to experts who have studied the physics of life so that you can have energy for life. Welcome to today's podcast with Niki Gratrix. Niki is a certified nutritionist, and an abundant energy expert. She's also worked with NES on and off for a number of years, and is actually in charge of our client program, which I believe we're going to call Breakthrough Bioenergetics, but it's basically about educating clients on how to be healthy, which is all in our portal, which is additional material than you can hear on the podcast. Now, as you'll probably already know, in bioenergetics, we take a mind-body connection approach to wellness. It's a key element of any holistic healing journey. We believe that there's an emotional connection to all illness. What's fascinating about today's podcast is that this isn't just a belief, there is solid scientific research into the connection between emotional trauma and illness, and the body. In other words, the body remembers, and it can have root causes in illness as well as self-sabotaging behaviors and belief patterns. Now Niki is an expert in the field of childhood trauma, and the effects on the mind and body. She also shares what she's learned about a recent large-scale study on ACEs, ie, Adverse Childhood Events, and how these early events affect our health, increase our triggers to stress, and even though we can't turn back time, we discuss some ways that we can address, and even reset our bodies so we don't keep being affected by the past. There is hope. Let's just dive straight into the research. What has studies discovered about emotional trauma? Just

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how does childhood trauma affect our health in adulthood, and what can we do about it?

Niki:

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If we start just talking about emotional trauma for a second, emotional trauma is probably the most underexposed risk factor for all major chronic illnesses in adulthood. One of the ways that we know this, is there is a set of really important studies done, the original one was called The Adverse Childhood Events Study, and it was done between 1995 and 1998. It was by the CDC and Kaiser Permanente. They were looking at over 17-and-a-half thousand adults. They basically surveyed everybody, and asked them if they had had an adverse childhood event, and that's known as an ACE. Then they correlated the number of ACEs that people were self-reporting with onset of chronic disease in adulthood. The results were stunning. The researchers weren't expecting to get the results that they found. First of all, 67% of all adults in that study reported they had had at least one ACE. Of that, 80% said that they had had more than one. Then the correlations were incredible as well. For example, if you have a high level of ACEs, you have a dramatic increase risk of seven out of the top 10 causes of death. If you had like six ACEs for example, you have a 20-year reduction in life span. If you had four ACEs you had things like a 400% increase risk of depression, of Alzheimer's. Two ACEs is double the risk of auto-immune disease in adulthood. For example, if you had eight ACEs you have triple the risk of lung cancer, and three-and-a-half times the risk of heart disease. One illness that I call like the poster child for ACEs was chronic fatigue, where if you ACEs in childhood, you have a six-fold increase risk of chronic fatigue in adulthood, if you have six. That was similar to also things like fibromyalgia. This is probably one of the most important studies done in medicine today. It's one of the most under reported, and it really shows the bottom-line is that emotions are fundamentally important. There's an emotional component to every chronic, complex illness, and every ailment that you can think of in most cases.

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Harry:

Is there a correlation between the type of ACEs and a particular condition, a common thread?

Niki:

In the study, what were they looking at when they were talking about these ACEs? They were looking at things like parents separating or divorce, physical, sexual, or emotional abuse, physical and emotional neglect, domestic violence, witnessing violence in a family, substance abuse, and things like that, there are about 10 that they looked at. Essentially each one counted towards as one ACE, and there wasn't much difference between those, there was approximately the same impact of whether you had any of those kinds of things. But they also dramatically underestimated, even 67% was an underestimate, because they missed ACEs. They missed things like, for example, being a victim of say bullying, or there's all sorts of things they didn't include, homophobia, there could have been financial stress in childhood, many things even traumatic birth is a huge trauma from childhood. A child being hospitalized for a chronic illness in childhood can be very traumatizing for a child as well. Also, one other thing,



emotional neglect is very hard to self-report. Probably when you're just asking somebody, "Did you have emotional neglect, or emotional abuse in childhood?" Many adults will probably say, "No," and it's not until they get in a skilled environment where a skilled practitioner is asking them, they'll actually be able to self-report and say, how are you supposed to know how you were meant to be treated in childhood? The chances are, probably nobody's unaffected by adversity in childhood. If you take that into account also with the fact that trauma is inter-generationally inherited ... You might look at your own childhood and say, "Well I didn't really have anything." But what about your parents? What about your grandparents? Because for example, third generations survivors of the Holocaust victims have the same psychological, or physiological expression as their grandparents, and that's been found across the world where there's been war and famine, you see it runs through the generations. That's also been in mainstream studies now, showing in animal studies and so on, showing that trauma can be passed down through the sperm, interestingly, and through the female line as well, but through seven generations.

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Harv:

How exactly are the ACEs affecting our biology? Are ACEs affecting an epigenetic change, or the expression of the genes? Does the environment of ourselves get affected in some ways?

This is a really interesting question about the role of epigenetics. That's a really important factor in essentially how does childhood autobiography become adult biology? Essentially, they were looking at three different aspects. There's three main aspects about how ACEs affect children and we get this expression of illness in adulthood. One of them was behavior, another one is the biochemistry, and this is where epigenetics comes in, and another aspect is the beliefs, the impact that ACEs have on beliefs. In terms of behavior, just touch on that one first, interestingly, if you have a high-level of ACEs, you have a dramatic increase risk of behaviors that are destructive to health. For example, if you had four ACEs, you're more than seven times as likely in adulthood to become an alcoholic. You're more than three times as likely to engage in risky sexual behavior. You're over 11 times as likely, for example, to use injection drugs, obviously that has impacted it. It impacts behavior, essentially addictions, and so on, because unresolved trauma creates pain, and therefore it leads to behaviors to numb the pain. But, there was an amazing statistic from the original paper, that showed that you could essentially have ... not be a diabetic, have normal cholesterol, have good weight, you're a good BMI, didn't smoke, didn't drink, but if you had eight ACEs, you still had a 360% increased risk of heart disease. It can't just be behavior. This is where the epigenetics came in. Now, there was some major researchers that started to look at what actually happens to children at the time of the trauma. They started out with animal models, and then they also confirmed their findings in children. What they found is essentially they started out and found that early life stress changes the expression of the glucocorticoid receptors. Essentially, there's a reset on the stress system. Essentially the body resets itself from the date that the trauma



happens. This is very important, because it also explains why you may have had an early life trauma, and that you don't remember it, but the body remembers. The body has actually reset itself. Essentially what's happening is there's a reset of the, basically the hypothalamic pituitary adrenal axis, the stress axis is now set where essentially you need less stress to cause the stress response, and you have a heightened response for longer. So your whole system's reset. Essentially they found that by using in rat and mice experiments where they would do early separation, and separate the mother from the pup rat. They found those responses. They also were able to replicate it and found it in humans as well. That's the first thing, but the main thing is ... So that was an epigenetic shift that happened, but it wasn't just the glucocorticoid receptors, it was the researchers. Other researchers found that it changes the epigenetic expression of the entire human genome. Genes linked with all the types of chronic illnesses, genes expression that changed towards propensity to diabetes, cancer, mental and psychiatric imbalances and so on. Essentially, you have this biochemical reset that trauma brings on through the change in the epigenetic expression. Essentially, that reset is in place from the day the trauma happened. Some of the researchers said it's as if they are marinating an inflammatory change in genetic expression from a very young age. It only takes a trigger in adulthood for say, the auto-immunity, or whatever is to express, but in truth, the illness started many years ago when the trauma happened.

Harry:

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What's a possible explanation of what's playing out here? Is there a connection at the cellular and energetic level? Is it because there's a distortion in the cellular communication network, or distortion in a field that's then affecting the epigenetic expression?

Niki:

I think that blocked emotions, and emotional trauma ... it works at a multi-factorial level. In the beginning, the epigenetic change changes the biochemistry, it changes the gut flora, it changes the way that the immune system's functioning, and that has an impact on the brain. We know for example that if you change the gut flora and stress and early life trauma, totally will change the gut flora leading to leaky gut and things like this, but we know that if you change the gut flora, that will also change somebody's propensity to anxiety and depression. We know for example that underlying anxiety and depression, gut is associated with that. You can actually treat it now. They're looking at treating PTSD, post-traumatic stress disorder, for example with probiotics. But emotions aren't just working at the biochemistry level. Emotional trauma also is a trauma happening in the energy field, or you could say at the electromagnetic level. Emotions have charge. When we're in trauma, if we don't get to release the trauma at the time that it happens, it's not just the change in the HP axis that resets, there's also a trauma that's frozen into the energy field, and it directly affects the nervous system as well. We're not getting this release that we need. Essentially it's frozen. Emotional trauma is distorted information in the energy field. It is also frozen to the nervous system. The nervous system, that's where the aches and the pains come from when literally the nervous system is



kind of stuck, frozen, and the body becomes stuck into a frozen state as well. Emotional trauma, it is multi-factorial. Emotions aren't just neurotransmitters, they're not just from our hormones, they don't just come from neurotransmitters, they are also electromagnetic, and they directly interact with the nervous system.

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Harry: Do these early childhood trauma events lead to a self-sabotage, or replicating patterns later in life?

Niki: The third thing is that ACEs also impact behavior and identity. The type of impact it has on behavior and identity leads to changes. Essentially what you could call sabotaging behavior, which would lead to adverse health outcomes. For example, the original ACE study actually started in an obesity clinic in Kaiser. It was the researcher that was running the clinic ... The clinic was very successful, people were losing weight, but they had a 55% dropout rate. They couldn't understand why, so they decided to investigate and ask what was happening, 'cause people would be doing really well, and then all of a sudden, they would start to get anxious, they would start to sabotage what they were doing. By mistake, they started to find out that a lot of the people in the study were reporting sexual abuse in childhood. One woman summed it up when she said, "Essentially being overweight was a form of protection. It was a protection mechanism against unwanted male attention." This is directly ... if you think about that, that is healthy plan for somebody, and are you being thing, which is healthy, it was a threat to her identity. It was a threat to her very being. We see that across the board. This is where I also think it shows up a lot in fatigue and chronic fatigue, where part of the type trauma that you can't ... a lot of chronic fatigue people have is what's called attachment trauma, and it's very early life trauma, which leads to basic what you could call self-love deficit disorder from a very young age. People have to find ways to make up for that. So they become achievers, or they become the over-doers, over-givers. These are the types of behavior that they found to cope was to un-love, because they're not feeling it, because they were traumatized as children. You see these kinds of ... actually more subtle addictive behaviors like workaholism, but there's many, that will actually when somebody's trying to implement a health regime, they're going to sabotage it. They're not going to be able to stick to it, because at some level, at that unconscious level, it's a threat to them. If you don't deal with that, you're not going have ... as a practitioner you're not going to have compliant patients. As a patient, or a client, you're not going to be able to stick to your plans. That's one part of it. The other part is the direct impact that ACEs would affect people's belief systems about themselves. If you have ACEs, there tends to be internal belief systems going on such as, that probably is unconscious to the person, such as that they don't deserve health, that they deserve to have suffering. These are unconscious sabotaging beliefs that could work directly on the biochemistry. We all know the placebo effect. We know that the placebo effect now has I think 33% of the effectiveness of all medications and drugs is down to placebo. There's no question about the power of the mind over the



body, but there's also nocebo, which is a strong negative belief that something's going to make you worse, will. ACEs can create a lot of unconscious sabotaging beliefs. I see this many times with my own clients and patients where they could be actually even compliant with a protocol, but doing brilliantly, totally committed and want to get better, and have tried everything, something's just not working. It's not sometimes until we delve into the deeper emotional stuff. We actually go backwards, and we look back, and we actually find that there are these unconscious sabotaging beliefs. Truly, it is why I say the future is the past healed.

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Harry: What possible steps and strategies can people take to help resolve their childhood traumas?

Niki:

For people to start resolving ACEs, the good news is, you can reverse the impact. You can reverse the epigenetic impact, and you can resolve them. That's the great news. A lot of negative news about the impact, but the good news is it can be reversed. I think for most people, like as a first step, if this information is new to people, the first step is exploration. If you have some kind of illness now, step one would be, start to explore. I mean, you can do your ACE score for example, that's widely available online. The researchers have made available the original questionnaire they used for example. You can go online and start to look at that, and start to investigate, and start to just look at all the aspects of that. Not only your own childhood experience, but what about your parents? Because we said about intergenerational trauma as well. Also, look at things like, were there events that happened where you changed as a person after a certain thing happened? Did you become a super-achiever when something happened? Did you change your health behaviors when it happened? Step one, explore on those different methodologies about how you can do that. There are assessments that you could do. There's other types of questionnaires, energy scanning that you could do, there's also some practitioners who would help you explore that as well. Number one, definitely awareness. There needs to be this exploration as step one. Step two, that I tend to share with people is we need to reset the neural pathways, because we talked about how the stress actually changes the way that the brain is wired. We've built these neural pathways that are linked to the sympathetic nervous system chronically causing this stress response. I know that it's a simple recommendation to people, and it's simple to do, and it doesn't cost anything, but most people simply aren't doing it. It's the idea of what you could call daily reset rituals, like a daily something that you do every day, that would set you into a calm, centered, relaxed state, where you can't fail at anything, you're not trying to prove anything, it's something that you genuinely enjoy doing. Now of course there are things like yoga, tai-chi, meditation, qigong, I call them the big four, because there's quite a lot of data behind how that literally can change neural pathways, it's anti-inflammatory in the brain and so on. These kind of daily practices to reset the nervous system as a foundation really important. It doesn't just have to be that. It could also be things like something that you really enjoy. It could be dancing, could be art,



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could be sunbathing, could be forest bathing, could be doing a sport you that really enjoy, as long as you're not getting into the competitive side of it and kind of stressing the nervous system again. It could be positive social actions with and having a good time with friends and family for example. We need to be doing that. Everybody needs to be doing that really on a daily basis. Not only to help reset something that has been set to the negative in the past, but it's also found that if you have a lot of daily stress, the day-to-day stresses that we have in our lives, just pressures of work, emails, children, all this kind of thing, the research has shown in PET scans that's equivalent of one ACE as well. We're not only want to do these daily kinds of things to reset the paths, but also to keep ourselves conditioned in the present as well.

Harry:

What can be done to restore and reset the effects of ACEs by working at an energetic level?

Niki:

One of the other things that we could do that's very ... is cutting edge, and is actually looking at the energy body. Because the energy body has the pattern and the signature of trauma. See, trauma doesn't just show up in the biochemistry, or the nervous system, it also exists at the energetic level. We now have the technology to measure that, and to assess it. One of the things that we could do is bioenergetics scanning. In for example, the NES Health System, this is one of the ways that we can get an instantaneous snapshot of the types of trauma that may be going on presently, but also from the past as well, with our clients that we see and our patients. In the Mind Screen, for example, we have the hologram screen, and this can be profound. I often see these correlations. One of the things that I do with my clients and patients is I do often get them to fill out quite extensive questionnaires on their emotional history, and I also get them to fill out quite an extensive attachment history questionnaire. Because attachment trauma is also a major part of ... most trauma is from relational trauma. I usually have a huge history already, and when I then get the clients' scan results, it's quite amazing to see the correlations. Before I've even talked to the client, I can see how exactly why, what's showing up in their scan is showing. It usually correlates exactly with what they've said in their questionnaires. It might be someone kind of saying they're feeling hopeless, and helpless, and they'll talk about how they felt in childhood, and there's still a part of them that feels like that. That will show up in the scan. Really when we see that in a scan, obviously this kind of thing needs to be dealt with very carefully, and gently, and compassionately, and in a very accepting way with the client, but it's the trigger for the client to start exploring that. You're not going to shove it down their throat or anything like that, you're going to sort of present that to them. They'll be ... first of all, they're amazing to go, "That's exactly what I wrote in my questionnaires," and I say, "Yes," and then we start to delve in, and they start to explore that. It's amazing just the insight and the connections. Somebody can look at a screen, and certainly make the connection between an ailment that they have, maybe even a chronic illness they've had for many years, and certainly see the connections. Just seeing it,



even in a consultation I've had people have clearings there and then in the consultation, just making those connections between what they're seeing on the scan, and suddenly connections they just never made before. Then, it starts a whole reflective process. That can be healing in itself as well. Infoceuticals are really efficient, wonderful, a gentle way to work with emotional trauma, and blocked energy. In my experience of working with Infoceuticals with my clients, what's great about them is they help to move the energy in a gentle way where things are coming up for the client, but it's not happening in a way that can re-traumatize somebody. It's perfect. There may be ... I've seen my clients ... Suddenly they can feel, they can feel their feelings, maybe they feel sad, or they feel some anger coming up, or they're maybe feeling grief. It seems like it's coming up for no reason, and then we point out, it's like, "No, this is what we're clearing. It's what the Infoceutical's helping." Sometimes people might be having vivid dreams, or they have sudden insights into things. But what's lovely is that it is, as I mentioned, it's not re-traumatizing people. It's a way of releasing the energetic distortions without causing huge amounts of distress. In order to release trauma, we do need to move through these natural stages of emotion, anger, anxiety, denial, anger, grief, and then we get to the acceptance stage, and that's a normal natural process. I feel it's a very safe, gentle way of working with people, and it works.

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Harry:

What research shows that there is an energy field in the body?

Niki:

One of the things that I think has happened in academia when it comes to medicine is that most practitioners and even researchers are over-educated in biochemistry, and under-educated in physics. In truth, the basis of chemistry is physics, it's the making and breaking of molecular bonds, which is essentially to do with charge, and it's to do with things that would fall into the science of physics. Physics is at the most fundamental of all aspects of how the body works, from how action potentials oversell membranes, how we move our muscles. If we think about it, the very signs of life, when a doctor's checking for the signs of life, they're checking for a heartbeat, which is electrical. We know when there's electricity there's also fields created, there's magnetic fields. We also know, for example, with 30 years of research from HeartMath, that there's an electromagnetic field around the heart, which is 100 times stronger than the field around the brain as well. It's really at the essence of biochemistry, our body also functions from physics, profoundly, it's just part of what we are. It's not a new discovery. It shouldn't also be a surprise that there are fields created around the body, and that also, of course we have 5000 years of Chinese medicine that they knew this that long ago, that we also have the meridian system, and the system of acupuncture points. One of the things that I've noticed in the research is that just because the research has been done in say Russia, or Germany, or maybe even Korea, that's a reason to overlook it, even though that the research is there, it's been done. We know that acupuncture points are real ... For example, we know that there is a fourth circulatory system with the acupuncture system, because researchers have injected radio active



phosphorous in a tract that it doesn't just go into the bloodstream, into organs, it goes to other acupuncture points. So we have a system, and there are Ukrainian researchers who've also found what's flowing through that system, energy and information. We definitely have fields, and flows of information that are impacting the biology, and essentially, telling it what to do. Something that I feel that has also been missing in biochemistry is the outcome of the human genome project, where they found we only had around 20,000 genes, we were expecting, millions, because we have millions of different proteins in the body, so therefore, we thought there'd be a gene for every protein, and there isn't. What is the mechanism about how proteins know what they turn into, and how cells differentiate. I think there's compelling evidence that's starting to build up to show that stem cell specifically are profoundly impacted by electromagnetic information in waves. You see this with looking at the research behind pulse, electromagnetic frequency, for example, where that has a profound on causing certain stem cells to differentiate into cardiac cells, liver cells, or whatever. There's a regenerative impact that pulse electromagnetic frequencies have for example. Also, lasers have been found to do the same thing. There was a Russian researcher that was using lasers and playing around with lasers. One day he came out and reported that he'd managed to regrow teeth in his patient. The university he was working at, that was the last straw and they threw him out. Then a couple of years ago, Harvard Medical School came out and said they'd regrown teeth using laser.

This is quantum physics solutions, this is a practical solution for quantum physics to essentially regrow teeth, which means that one day, we won't have to have root canals and so on anymore, we just regrow our teeth. This idea, I think, the energy fields, the energy flow, the energy system of the human body field, I think there's compelling evidence that it contains a blueprint to basically direct the body into the shape it takes and the ways that the cells differentiate, and what makes us human. I think it's the missing piece of information. Even look how fast the information needs to flow. The speed of a nerve, or a hormone, or just chemistry alone, doesn't explain the speed of reactions as well, about how fast cells are differentiating. They're differentiating instantaneously hundreds of cells apart when a fetus is growing for example. I think that is compelling evidence there's a field of information involved, which is directing the biology. That's one of the reasons why I'm involved with bioenergetics, and I'm excited to be in the field, because I think there will be continuing major breakthroughs. By some, they might see that as fringe science at the moment, well the fringe science of today is the main science of tomorrow. Yeah, I think it's the future of medicine.

Harry:

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On the point of the future of medicine, why does biochemistry not give us the full picture? Why is biochemistry too slow to explain how communication really works in the body and the incredible speeds of information that get exchanged? Why does an energy field explain so much more of that than biochemistry ever



has? What does the research have to say? How can bioenergetics help?

Niki:

I think that there are multiple reactions in the human body that take place that cannot be explained by the speed of biochemistry. There are for example, when cells differentiate, when a fetus is growing, cells are differentiating instantaneously hundreds of cells apart, which suggests that there must be some kind of field that's present, that's giving the information simultaneously to all the cells in that vicinity, turning it into a liver or heart, and so on. There's also speeds, there's areas of biochemistry that we don't understand. For example, we haven't really understood the speed that enzymes work, and enzymes that change one molecular structure into another. We found it's only through aspects of quantum tunneling, for example, where we found that it's actually those reactions are happening probably faster than the speed of light. If we think about the complexity and the majesty of the human body, it's not possible to explain that some of these actually very slow speeds of whether it's a hormone, even electricity, the speed of electricity flowing through a nerve isn't fast enough to explain some of the amazing biological expressions that mammals and humans, and all living life have. Most people may not realize that the full front of molecular biochemistry is actually turning into quantum physics, because they're now observing experiments and changes in biochemistry happening at the speed of femtoseconds, which is a quadrillionth of a second. This was only made possible when an Egyptian Nobel Prize winner invented super fast lasers. Super fast lasers allow researchers to be able to observe very fast reactions in chemistry. They're now being able to observe things like how enzymes work in the body at super fast speeds. Essentially what used to be theoretical physics, is now observable in the lab with lasers. A lot of what we were just seeing theoretical is now becoming reality. With super fast lasers, this is starting to point us to be able to prove in a lab setting things like quantum tunneling, or atoms and particles simultaneously appearing and disappearing. They're now able to observe that. What they are finding is that that processes of quantum physics are happening in biology, 'cause now we've got the instruments to measure it. Quantum physics, when people say it's got nothing to do with biochemistry, or nothing to do with medicine, nothing to do with health, they need to just take a look at the latest research in molecular biochemistry and the direction that's going in, which is increasingly into the field of quantum physics. One of my favorite experiments done, and I think it's important one that more people should know about when we talk about human body field, and proof that there's a kind of a light field, and that there's an energetic field around the body, is a study that was done called the Phantom DNA Experiment. It was done by Vladimir Poponin, who's a senior research scientist at the Russian University. What he did essentially, is he took DNA, he put it inside a quartz crystal container, and he pointed, he shone laser light at the DNA. What was amazing, is that first of all, the DNA absorbed the light, and second, he took the physical DNA away, out of the crystal container, and what remained, was this spiral of light of bio-photons, photons of light stayed in a spiral shape for up to 30 days afterwards. Anybody who doesn't think we have a



light body, we have trillions of DNA cells in our body, right there, there's a light body. We have ... there's a shadow light body for every DNA cell. What I also think's absolutely fascinating, if you take that, and then consider what Luc Montagnier did with his experiments, where we basically transported DNA. He basically put DNA into water, and then he removed the physical DNA, what remained was the spiral, just what we call the energetic signature, and then he transmitted that signature into another test tube of water, that just had the component parts of DNA, and the DNA reconstituted itself. Now, that's incredible research, but it also points towards a powerful well for water, maybe we can take information like a perfect DNA strand, the signature of a perfect DNA strand, and print it onto water, and maybe somebody could drink that, and it would improve their DNA. Now that's profoundly interesting, and essentially, that's going in the direction of starting to have some kind of understanding about how Infoceuticals work. It's very interesting to look that this idea that what they found in this experiment with the PoPONIN did, of why you would have this spiral of light that stayed where it was for 30 days afterwards, what are the forces that would keep that spiral shape of photons from light in place? It obviously, it suggests something deeper, some kind of forces, at a deep level in the universe, perhaps structures of the universe that are actually shaping and impacting the direction, and the flow, and the structure of bio-photons.

There's deeper information and structure in the universe that's actually impacting on that light. I think one of the very interesting implications from the work, and the research that I've done in bioenergetics now is the link between consciousness, emotions, thought, and kind of manifestation, and manifesting in the world. One of the things that I'm looking into at the moment, and I have been working with myself for many years and starting to bringing it in with my own clients as well, is starting to have this deeper understanding that quantum physics has brought us that ... First of all, I mentioned about emotions have charge, and they have an attracting force, and also that, our thoughts, there are significant experiments showing that consciousness itself may be working on this non-local quantum level, which means that in essence, our thoughts, and our consciousness is connected to everything. That being the case, one of the things that I encourage people if they're open to it, is to start to sort of think about the implications of that, in terms of actually making their lives easier. If you are feeling like you're isolated, disconnected from the world, that's probably physically totally impossible anyway, but also, when you understand that thoughts potentially have a profound impact, as do emotions on what you're attracting in your life, part of the understanding we can get from quantum physics is if we can resolve emotional trauma, give more direction to our thoughts and emotions, be in touch with what our core purpose, and *raison d'être* is, what do we feel passionate about? That's emotional charge, and that's also sending information out to this connected universe. That is going to help attract synchronicities, events, people, situations to us, to help us manifest our *raison d'être* on the planet. This is actually really important, because there's so many people with fatigue, we have this epidemic with fatigue, and I really think



a part of that is this disconnect that we don't understand who we are in the universe and how the universe functions and our role in it. I think what's ... the sort of the study of bioenergetics has to offer, is to also get people back connected to their true essence, and the truth of who they are and what they're capable of. To actually manifest much more easily, to pay more attention to what's going on within. Those that don't go within go without. So connecting into once we clear all that emotional work, I've seen so many of my clients, like people, situations, even where they're geographically live, just falls away, and their whole life's changing, and they're attracting new friends, new people, new situations, their job can change. We can actually understand that in part with what we ... Emotions, thoughts, and this connection to the greater universe, and the information field that's available to us, once we connect into that, we can get into a flow. If we learn how to connect to it, and let go of the grasping, and let go of some of the ways that we're not taught to be in the world, and not to function from, if we can bring in what we can understand from quantum physics, I think our lives could get easier. I think a fundamental part of recovery is from any illness, and to have a super-charge happy life has to be connecting with your *raison d'être*, your purpose in life. Then also you want to know how to get in the flow to manifest that and bring it in. I think that's where this sort of inner-work of the thought, and the emotional work connecting in, and knowing, and trusting that the truth of the universe is this connect to everything, which really means everything is potentially available to you, that you could have a very happy, abundant, easy life, and not have to end up with fatigue, or pain, or whatever else it's been. I think it's your birthright, and that it was our way of being. Many of my patients, and clients, when they recover, they're not the same people that they were before. They don't go about their lives, or they're ... Everything, health, relationships, everything changes. I think these new understandings have a huge amount to offer humans and how we go about our lives, and basically live happier, more content lives.

Harry

These studies in bioenergetics show that there's a lot of help. Just remember, the past does not have to control your present and in the future. Just ensure that your future is bigger than your past, and your present will always be happy and hopeful.

Wendy:

Please keep in mind that this podcast is not intended to diagnose or treat any disease or health condition, and is not a substitute for professional medical advice. Please seek a medical practitioner before engaging with anything that we suggest today on the show.

