

**Healing Yourself and Others by  
Mastering Energy and  
Information**

By Harry Massey

Copyright © 2009 Harry Massey.

All rights reserved. No part of this book may be reproduced in any matter without prior written permission from the publisher.

Note: While the majority of applications mentioned in this book of Informational and Bioenergetic Healthcare exist, some are still currently under development.

# Contents

<b>Introduction</b>	7
<b>Section A: The Nature of Reality</b>	13
The Five Fundamentals of Information and Energy	
1. Information and energy make up our reality	14
2. Information matches to and attracts similar information	22
3. The quality of information matters	24
4. The repetition of information matters	26
5. Focused information is more powerful	31
<b>Section B: Mastering Life</b>	37
The Five Core Principles	
1. Principle 1: Master the mind and mastering reality will follow	
1.1 Thought, Wisdom and Action Leads to Life Mastery	39
2. Principle 2: Using and Matching up to the right Information	54
3. Principle 3: Using Source Energy	64
3.1 Optimizing the amount of source energy in your environment	66
3.2 Maximizing your body's capacity to use, recharge, store and re-emit source energy	71

4. Principle 4: Improving Diet and Nutrition	73
5. Principle 5: The Physical Body Adapts to what you train it to do	82
5.1 Information matching for fitness	84
5.2 Retraining your Muscles	87
5.3 Easing Painful Muscles	88
5.4 Using NES MiHealth Technology	90
5.5 Physical Adaption from training	94
5.6 Increasing Commitment	97

**Section C: A New Kind of Health for All** 99

I would like to dedicate this book to you,  
the reader.

HM

Introduction

Although I am co-founder of Nutri-Energetics Systems (NES) and also *The Living Matrix* film, two companies dedicated to raising health awareness and on the leading-edge of independent bioenergetic and informational health research, I come to the topic of what it means to achieve a higher quality of life as someone who has taken a long healing journey to life success myself.

This book is based on what I learnt from that journey and now apply to my life and gives a practical overview of how you can more easily achieve a much healthier physical state and higher quality of life – however bad it may seem now. My story is recounted in other books, but let me summarize it for those readers who are unfamiliar with it.

As a vigorous, healthy, athletic university student in England, thoughts of illness or the loss of health were not on my radar screen—until just that loss happened. While travelling abroad, I came down with a virus, which might have been the cause of my problems, although in all likelihood it was not the only cause. So began a nearly decade-long descent into illness. At first I had only flu-like symptoms, but over a two-year period I lost strength and began to suffer from a host of progressively worsening problems, including aggravated allergies, multiple digestion issues, impaired memory, reduced muscle strength, pain and crushing fatigue.

Everything I loved to do — rock climbing, paragliding, running, studying — eventually became impossible. I could barely function well enough to conduct the necessary activities of my daily life. For all intents and purposes, I became housebound, and for much of that time bedridden as well.

Over the years, I sought out many medical specialists to determine what was wrong and find a path back to wellness. Allopathic medicine was not much

help, categorizing my constellation of symptoms under that amorphous label of chronic fatigue syndrome. I turned to alternative and complementary health, educating myself and trying just about every modality, from raw foods to intravenous vitamins and minerals to homeopathy to “energy” medicine. Some approaches helped a little but only for a short time. I could find no long-lasting path back to health.

Then I met Australian Peter Fraser, a former professor of acupuncture, practitioner of herbalism and traditional Chinese medicine, and an independent researcher into the bioenergetics and information systems of the body and what he calls the “human body-field.” The body-field, he explained, is a network of information and energy that serves as a kind of master control system for the physical body, co-ordinating all physiological processes. The basic premise is that if cells and other aspects of the physical body lack the proper information, they cannot do their jobs correctly. Over time, without this information — which becomes distorted because of exposure to pathogens or environmental toxins, too much stress, poor diet, overexposure to electromagnetic fields and such — the processes in the body break down, resulting in the symptoms of disease.

For more than twenty years Peter had been exploring how to detect distorted information in the body-field. He had devised a way to correct distortions in the body-field, so that the body could then improve its state, working more efficiently to resolve any problems and getting back to functioning as nature intended it to — which is to maintain a vibrant state of health and well-being.

Peter’s ideas intrigued me because I knew from my reading in biology and physics that information underlies everything in the universe. In fact, information is considered by many leading-edge physicists to be an aspect of reality that is more fundamental even than energy. No-one had really explored health from this perspective, and Peter seemed to be among the

---

pioneers, so his work caught my attention. And, to be frank, I was so incapacitated that I was willing to give just about anything a fair hearing.

I met Peter back in 2000, he explained his approach and research, and then he agreed to let me use some of the remedies he was developing. They were most unusual remedies, which looked like nothing but water. They reminded me of homeopathic remedies but he soon educated me about how they were different. They were based on the principle that the energetic structure of a substance can have healing properties. Peter's remedies, which today are called Infoceuticals, are pure information.

He has conducted thousands of experiments and collected datasets that correlate the body-field to the various aspects of the body—such as cells and tissues, the various organs, body fluids such as blood and plasma, the emotions, and, most importantly, on how energy is directed and controlled in the different parts of the body.

By taking in the information via his remedies, which encode the information onto tiny amounts of plant-based micro-minerals that are suspended in purified water, distortions in the body-field are corrected, ultimately directing the body's own self-healing capacities. I used these Infoceuticals over the following two years and my health improved dramatically. Today, I am back to a healthy and vibrant state of well-being.

Eventually, I went into business with Peter, turning his human body-field theory into a viable clinical system, called the NES—Professional, under the umbrella of our company, Nutri-Energetics Systems (NES). If you are interested in reading more about NES and the Infoceuticals, about my personal story and Peter's research, I refer you to the more than 400-page book *Decoding the Human Body-Field: The New Science of Information as Medicine* (Inner Traditions/Healing Arts Press, 2008) and our self-

---

published book *The Unturned Stone*, which is available as a free download at [www.nutrienergetics.com](http://www.nutrienergetics.com).

In this book, however, I want to share with you other aspects to recovering well-being and deeper ways of looking at health and your life from a holistic point of view. I also hope you will gain a greater understanding of the philosophy behind NES. This is a practical overview of how you can more easily achieve a healthier physical state and higher quality of life. The basic premise for health, as it is with everything in nature and life, is that all physical matter—from a person to a food to an Infoceutical to a thought or emotion—is a structured form of information and energy.

Information and Energy can be applied easily to achieve the life and health that you want through five core practical principles:

- 1) Master the Mind and Mastering Reality will follow
- 2) Using and Matching up to the right Information
- 3) Using Source Energy
- 4) Improving Diet and Nutrition
- 5) The Physical Body Adapts to what you train it to do.

These five steps mastered will lead to no less of a goal than mastering life itself. The power of cosmic consciousness will be yours.



## **Section A**

# **The Nature of Reality**

---

# The Five Fundamentals of Information and Energy

*Information is a kind of subtle substance that lies behind and beneath physical stuff.*

**MARK BUCHANAN<sup>1</sup>**

Some of what you will be learning in this book may be radically new to you. Information as a medicine? How can something as intangible as information have any effect on your body, never mind on the state of your health? That it does is a claim that may sound unbelievable—or at the very least unfamiliar—to you. So let's start our exploration by looking at information. Physicists at the cutting edge of science are acknowledging that information is a thing unto itself, as necessary to the functioning of the real world—and hence to your body—as is energy. Let's take a look at the five fundamentals of information and their importance to every aspect of our lives, including our health.

These five core concepts are:

---

<sup>1</sup>“Beyond Reality: Watching Information at Play in the Quantum World Is Throwing Physicists into a Flat Spin,” *New Scientist*, March 14, 1998

- 1) Information and energy make up our reality
- 2) Information matches to and attracts similar information
- 3) The quality of information matters
- 4) The repetition of information matters
- 5) Focused information is more powerful

## 1. Information and Energy Make Up Our Reality

What is reality anyway? To answer this question, we have to look beyond manifest reality, beyond the substance that makes matter appear solid. We know, in fact, that all matter, at the level of atoms and of electrons and other elementary particles, is mostly empty space. Most of us are familiar with Einstein's equation  $E=mc^2$ , where "E" is energy, "m" is matter, and "c" is the speed of light. It tells us that matter and energy are equivalent. It tells us that matter is pure energy, albeit energy that is in a dense form.

However, because science has mostly ignored the concept of information, we aren't taught about the implications of how information plays into this insight. There are many philosophical debates about how to define "information." In biology, information is often associated with pattern formation, with organizing principles—with how individual bits coalesce into a functioning whole where the sum is greater than the parts. Information drives a process called "emergence," which explains how order arises from seemingly chaotic activities embedded in a process.

The body is a beautiful example of information, organization and emergence, for it starts from a single cell, which divides over and over, making trillions of other cells, which then specialize into different kinds of cells (there are about 200 types of cells in the human body). Then those cells organize themselves into groups of similar cells, forming tissues and organs—until eventually they make a fully-formed and functioning human being. Information both describes the state of organization of a system and also directs the development of that system, from which "life" emerges.

It takes only a moment to realize that energy itself is not enough to describe and direct organization. Information must be included, because it is what organizes energy. Without information, energy would move chaotically. So,

really, we need both energy and information. We need information to describe pattern and function and to organize the parts of the system into an ordered whole. Then we apply that information to energy, organizing it into patterns that we call matter (in its mind-boggling array of forms). We can now write a new equation: Information + Energy = Reality.

When we apply this equation to the body, we come to understand in a whole new way how biology works. Research at the frontiers of biology reveals that the body is a structured network of information and energy fields. When we ask “What is a human being?” the most fundamental answer is just that—we are structured networks of information and energy fields. The great mystery of conventional biology is how we are “self-organizing” systems. Once the egg is fertilized, it knows what to do, with no outside influence or help. Nature takes its course.

At NES, we have sought to understand how this self-organizing process unfolds at all levels of being, from the physical to the psychological. We describe a process we call “matching.” Matching is a process whereby nature seeks the best possible answer, from a plethora of possible answers, to a situation. You might say that evolution itself is a matching process, with old answers (forms) dropping out as new and better answers (forms) are found. The “best” answer will depend on context, especially the environment in which the system/organism must function or live, which is why we see birds with wings, fish with fins, and humans with arms and legs. The context determines the parameters of what it means to have arrived at a best possible answer.

In our bodies, the same kind of matching processes are going on all the time as our body deals with environmental—both internal and external—conditions. So, for example, when food is scarce, the body can look to internal resources for fuel, burning fat or even muscle if the scarcity becomes too great. The body needs certain minerals but if they are not available, in some

cases it can make substitutions. For example, some enzymes need zinc to do their job, but if it is not available, they can substitute copper for short periods of time. Once again, however, the processes are all dependent on the body's "informational code"—on knowing what will work and what won't. The body doesn't just choose at random. It seems to "know," which is why so many scientists are applying information theory to biology and saying the body has its own kind of inherent intelligence.

For the human body, and nature at large, to function intelligently, they must have information. At every structural and functional level, different kinds and qualities of information are needed to keep the body in equilibrium, where it can maintain its optimal performance, which is one way to define health. These levels of information involve the various aspects of the body, from the cell level up to higher and more structured levels such as the organs and organ systems. It also directs less substantive but no less highly structured networks, such as our immune, nervous, hormonal, lymphatic, blood – and other – systems.

According to this view, the control centers of the body, such as the nervous system and brain, are really not command centers at all, but can be better thought of as accumulation points, where the controlling informational fields are concentrated. They are not exclusively responsible for the body's physiological co-ordination, but are instead concentration points for some of the most intense and active high-level information fields. Even in such complementary medical theories as the Indian Ayurvedic system or traditional Chinese medicine, information is also at play, directing the chakras and meridian systems.

If you shift your perspective from what the word "matter" means in a conventional sense and instead view it—and the human body—as structured networks of information-energy fields, then many surprising insights arise. For example, if you know anything about electronics, you can

easily see how various aspects of the body look like, and may even function as, antennae.

Cavity physics is the science of how containers or hollow structures affect energy. Cavities tune and even amplify energy. Think of a musical instrument. A drum, guitar and tuba are all just different kinds of cavities, whose shape affects the kind of sound they produce. Change the shape and the sound/energy changes. Shape is information in this respect. Now think of the human body—it is made of cavities at all levels, from the cranium to the nasal cavities to the rib cage to the bones. Even organs are cavities: the brain with its two lobes, the heart with its four chambers, the kidneys, liver, and even the cells themselves—all are cavities. And within the cells are tinier structures that are cavity-like, and each organ is covered with or composed of tiny cavities called microtubules and nanotubes.

We have to ask if this kind of structure to our body is a coincidence—or did nature know her physics? Each of these levels of cavities is attracting, tuning, amplifying or otherwise working with energy. This insight stimulates all sorts of other ideas about how the body powers itself. Traditionally, we're led to believe that 100% of our energy comes from food, and most of that from carbohydrates, many kinds of which may be high in sugar. Yet the people who eat the most sugar are usually the least energetic, and it's no great secret that eating sugar is not the pathway to vibrant health.

We can also look to nature for clues about how the body is powered. For example, during migration some birds are able to fly thousands of miles across the Atlantic Ocean without eating, and yet their body weight hardly drops. When calculations are made to determine how much energy they have expended, there's a considerable shortfall between energy taken in and energy that has been expended. Similar calculations show anomalies with some types of athletes, for instance with long-distance runners. The message

is that we, and at least some other creatures, can operate on something more than just nutrition.

What is that something else? It may be cavity physics at work, with our cells concentrating energy from the sun and other aspects of nature in those cavities, storing it, and using it as needed. At NES, we call these natural energies that the cavities collect and use “Source energy.” In fact, we believe that between 50% and 75 % of the energy our body uses may be from our natural environment, which will be discussed in more detail in a later chapter. My point here is that our body runs on energy extracted from our surroundings, not just from our food. Yet, foods too can be thought of as structured networks of information and energy. Your diet becomes extremely important when thinking about how to improve your health, and this too will be discussed in more detail in a later chapter.

It is the combination of energy and information that transforms our bodies from a diseased state to a healthy one. Let’s go back to our antenna example to see how part of this process works. If we take our antenna metaphor literally, we can see how the cranium looks like a horn antennae, and it is situated exactly where you would expect to find a receiver, with the pituitary gland perhaps acting as a switch between the nervous and humeral control systems. The ribs look like a standard (albeit an old-fashioned) TV antenna. Maybe this is why in some cultures people pray with open arms, in the position that optimizes energy flow, perhaps opening themselves to the cosmic information-energy flow.

Cells have their own kind of antennae. Can you guess what they are? Most people would guess DNA. But DNA appears to be only a small part of the story of biology. The answer is the cell surface, which contains protein sacchrides that are designed in such a way as to be excellent mini antennae. It is crucial that cells communicate with each other quickly and accurately, and that nearly instantaneous communication must happen not only within the body between cells but between the cells and the external environment.

This external feedback loop is especially important in health, for it is where you have the most control over your health. You can choose some of the important information that is relayed into your body-field and body by deciding what to eat, making lifestyle choices, managing your stress levels and being aware of your emotional state as it relates to family, work and other external influences. If we push our exploration even further, we come to the necessary conclusion that the body-field must not be limited by the physical body at all, but also must be influenced by the entire cosmos. It must be affected to one extent or another by external electromagnetic, gravitational and other kinds of natural fields, by sunlight, by the moon, by the cosmic rays and more.

It becomes obvious that what we see and experience through our senses is energy that is dense (matter, light, etc.). We also perceive at an unconscious or subtle level, with our autonomic nervous system and subconscious and other aspects of ourselves reacting without our awareness, to the waves of information and energy that are coming from everywhere in the universe at once. As you increase your awareness and perceptual sensitivities, you are able to discern more of the information and energy spectrum, to which many psychics and people who have expanded their consciousness can attest. Being able to receive and transmit information more easily opens up a whole new world just waiting to be explored. This increased awareness can help you make wiser decisions about how you interact with the world and how you take care of yourself and your body. Information and energy, therefore, are the core of what we think of as the material world—the world of matter—and they are also at the core of what we acknowledge as the world of our individuality, of our personal perceptions and awareness.

## 2. Information Matches To and Attracts Similar Information

You have heard the saying that like attracts like. This is a truism when it comes to energy and information in nature and biology. This concept is crucial to understanding our personal reality—what happens to us in our everyday lives—and also in our own health. Understanding that you may be the “director” of which energy and information fields you attract, and hence that affect your body and mind, is a sobering thought. It means you have to take responsibility for your choices and for the condition of your life. But this understanding can also be empowering and liberating.

We won't go into the science of “matching,” as it is explained in theories put forth by astrophysicist Milo Wolff and his space resonance theory, Peter Fraser of NES and others. Instead, we'll keep things simple. In layman's terms, matching means that in the vast, complex, cosmic field of information-energy, similar vibrations of information attract—or resonate with— each other. It's not that energies and information that are dissimilar to each other don't interact. They do. They just provide our bodies with less than ideal “answers,” which we can think of as “distorted” since they can't be used fully or well by the body. If we overload our bodies with distorted information, or take in distorted information over long periods of time, eventually our bodies will react, often with the symptoms of illness. Illness, after all, is the body's way of telling us, “I don't have the information I need to work correctly!”

As mentioned previously, context is important when it comes to the matching process. What is similar in one context may be less similar in another. For example, sometimes we need a precise answer, whereas at other times an approximate answer will suffice. If we ask, “How long did it take you to read this page?” you could come up with many different answers. You could say it took two minutes; or you could be less precise and say it took between one and three minutes; or you could be extremely precise and say it took two minutes and 12 seconds. The *reason* why we need the information determines which answer is the best answer.

Similarly, if you have a vitamin deficiency, you could address the issue by improving your overall nutrition, perhaps by eating a wider variety of fruits and vegetables. The new information—intake of more vitamins—will match what your body needs, and so your body will recognize those vitamins and use them. The match is very broad. But if you have a specific deficiency, say of potassium, you would want to increase your intake of potassium-rich foods. The match the body is seeking is much more specific. This is how context matters. Sometimes, the body sends a specific signal, as in a food craving when it needs particular vitamins and minerals. It is sending out an information signal and asking you to match it with the desired incoming signal. There are many ways matching happens, but these examples give you a general idea of how “like attracts like” in terms of information-energy fields.

### 3. The Quality of Information Matters

Another important consideration in matching, beyond the concept of context, is that the incoming answer is only as good as the quality of the outgoing question. How do we ensure the quality of the question or information we are putting out? Through our intention and directed attention. A related concept is motivation. If your intention or motivation is clear, then the signals you send out to the cosmos are more precise, and so the information you attract back to you—that will best match to you—will be stronger and more effective once it is received. To use a crude analogy, if the telephone line is clear, you and the person you are talking to can communicate easily and effectively. But if the connection is static-filled, then your message may not get through clearly and the response of the person on the other end of the line may be both less accurate and less relevant. This is one more way in which matching has broad importance in terms of our health. We must be involved in our health by remaining conscious and aware of our choices—and open to taking responsibility for those choices

If you are ill and using a particular healthcare approach, then making sure that the “input” from any therapy is precise, accurate and undistorted is important, which is why some therapies may be more effective than others. The NES—Professional System, iHealth, and ProVision all work at the level of the information network of the body-field, probing the human body-field to determine any distortions in its information fields. The NES Infoceuticals are imprinted with corrective information, giving the body-field precisely what it is asking for. Since the body-field is dynamic, not static, and is extremely complex, it will always need some kind of corrective input.

As long as you are a feeling, thinking, active human being in interaction with people (which exposes you to stress, emotional conflict and other potentially

distorting influences) and immersed in the environment (which exposes you to all kinds of distorting influences, from microbes to pesticides to manmade electromagnetic pollution), your body-field will experience distortions and require corrective measures. What matters to the efficacy of the therapy is the *quality* of the information and also how good a match that information is to you. NES Infoceuticals are so powerful a choice because, for the first time in history, we are now able to precisely read the information from the body on how particular parts of the body should function optimally and this information has been used in the Infoceuticals.

This is in contrast to almost all other therapies, for example homeopathy and herbal remedies also work with information, but are indirect messages to your body-field. They use information from herbs and other substances which are a bit similar to information in the body but not that identical so can only have an indirect effect. In addition to that, a NES practitioner will also precisely match which information (Infoceuticals) you need via ProVision and the iHealth.

#### 4. The Repetition of Information Matters

The quality of the information that you are matching to is paramount to the type of effect that you are going to get, but so is how frequently you provide the information to your body-field or body. Providing the information once

may not be enough to create a lasting healing response, although often it can be. It can take many repetitions of information for that message to get through the layers of energy and information that make up who you are and affect the dense information-energy (matter) of the physical body.

Think of poking a toe into the ocean as opposed to the soil of your backyard. Your toe effortlessly slides into the water, but it is resisted by the denser material of the ground. You have to wiggle it and dig with it to penetrate the soil. Now press your toe against a stone! You get the idea. It's not so different at the level of your body-field and physical body. Illness starts at the level of the information and energy that infuses your body—in the body-field. If that distorted information is left uncorrected, then eventually it can work its way down into deeper levels of your being, until finally it may manifest as symptoms in your physical body. By the time that happens, the distortion is heavily imprinted, and it may take time and repeated messages to correct that distortion.

You have heard the old adage “practise makes perfect.” That holds true in terms of healing messages—the energy and information your body-field needs to stimulate your body's own self-healing abilities may need to be repeated many times before they get through and have an effect. In NES, you may take the same Infoceutical for a month—that's 30 days of repeating the message to your body-field. You may feel the corrective effect right away, in minutes or hours. However, many people need many more repetitions of the message before they notice a shift. For most people, the first correction they feel is at what we at NES call the “functional” aspect of their being. That means in the less dense aspects of the self, such as the emotions, perceptions, thought processes and dreams. People tend to feel calmer, better able to handle stress, more even-tempered and the like.

Sometimes it takes many months before the corrective message manifests itself as changes in the denser aspects of the self, such as corrections to

physical parts of the body. In the case of a chronic problem—one that has been long term—it may take much longer, even up to a year or more. We all want magic bullet remedies, but as is so often case, these tend to only mask our symptoms and not get to the root cause of a problem. The distortion of information and energy remains, may manifest itself in another, often related problem because our body has to deal with that distortion some way or another. This may be one of the reasons why so many pharmaceuticals have side effects—they treat symptoms, not root causes, and they disrupt the cells' information processing functions in ways which were not intended.

There are many ways to reinforce a message. Pairing quality information with repeated exposure to the information ensures your body is getting the message in a highly effective way. For example, imagery and visualization are proving to be powerful ways to increase results in all kinds of endeavors, from sports performance to combating cancer. Let's take a closer look at one example of this approach from my own experience.

I am an avid rock climber. When I hit what I considered a ceiling in my climbing ability, I decided to use visualization and directed attention to see if I could push myself past this plateau and improve my abilities. I started watching climbing DVDs intensively—twelve in a week to really test the theory out—and focused my intention clearly and precisely on the “information stream” about top climbers. I didn't actually use guided imagery, imagining myself climbing, but I did open myself to receiving quality information in an intensely directed way for sustained periods of time. Over the next month, my climbing grade jumped dramatically. Locking in and drawing on the information stream repeatedly had had an effect! I'd made a better match to higher quality information than I'd had before.

Let's follow the climbing example further. Let's say that when mountaineering at altitude I feel a little out of breath. What's the best way of connecting to the information that I need to help my lungs absorb more

---

oxygen out of the air in the lower-oxygen environment? There are several options. Before I climb at altitude, I might take a supplement or add a dietary component to increase oxygenation, such as taking a Cordiphorous mushroom product. This mushroom is said to increase oxygenation through certain phytochemicals that improve lung function. But that is indirect information.

My body has to process the mushroom to extract the correct information, among a plethora of information that product might contain. A better option would be to focus on direct information, such as that found in a NES Infoceutical, perhaps Lung Driver, which provides a message for the lungs, telling them how to optimize oxygen intake and carbon dioxide exhaust.<sup>2</sup> As I take the Infoceutical drops every day, the high-quality message is repeated, helping my body to use it to better effect.

This kind of direct information input is what NES is all about. Peter Fraser, upon whose theory of the human body-field NES is based, spent more than 25 years “mapping” the direct informational correlations between the body-field and body processes. He collected datasets we think of as vectors, which are precise strings of information and the sequenced ways the body-field uses them.

---

<sup>2</sup> A NES Infoceutical is not usually used in direct one-to-one correlation to an organ or problem, although in some cases it may be helpful to make such a connection. In illness, the network of energy and information distortions can be quite convoluted and the body-field may need to be corrected in a roundabout way to address a problem. So, for instance, you may have a lung problem, but your Lung Driver field may not appear as distorted on your scan. This is because the body is asking for something else to be supported first, perhaps your blood fields, heart field or some other related field. Remember, the body-field has a structure, which NES is the only theory to date to have uncovered, and the best results are obtained by following the correction sequence that NES has identified. Your NES practitioner can explain further. Also see *Decoding the Human Body-Field*, especially chapters 9 and 10.

There is a structure to the body-field—and Fraser is the first to reveal it and correlate in detail to modern physiology and biology—and taking information into the body-field in a precise sequence, based on this structure, is important to the results you can expect. Just as DNA has a structure and the sequence of its base chemicals are crucial to its proper functioning, the body-field also has a complex structure that is crucial to its proper function, and by extension to the body's homeostasis. For a fuller explanation of how Peter mapped the body-field and to learn more about the sequence he uncovered, I refer you to our recent book, *Decoding the Human Body-Field: The New Science of Information as Medicine*.

We can't just throw information at our body-field or body all at once or in a haphazard manner and expect that information to be useful. Think of a game of darts. If you just toss darts at the board, you are not likely to hit a bull's eye. You might get close but that would be getting lucky! The more you practise, the more focused your attention and the greater your motivation, then the more likely it is that you will hit not one bull's eye, but a bull's eye every time you throw. The same holds true in terms of providing healing information to your body, whether you are doing so using complementary approaches via the body-field such as with NES or using conventional medicine.

## 5. Focused Information Is More Powerful

People often muddle up both what intention is, and the way in which most energy and informational approaches to health work. Let's explore an additional point about information that has relevance for all of us.

Conventional science identifies something called the “placebo effect,” which is a fancy way of saying that if you think something will help you, it may. Every clinical study of a new drug has to take the placebo effect into account. This is done in many ways, but one common method is to give one group in the study the new pharmaceutical and give the other group a “dummy” pill, which is a sugar pill or some other substance that is considered inert (has no known healing effect). The dummy pill shouldn't produce any healing response, but many people in the placebo group experience the same benefits as those in the group getting the actual drug.

The placebo effect is extremely powerful. Just the belief that you are being given a drug that might help your condition can help your condition! Are these people being fooled? Is the problem all in their head, as so many doctors thought for so long? The answer to both questions is no. Belief and expectation are information—information streams carried on the energy that you are sending out to your body and even out to the cosmos. Through matching, you can actually shift your body-field to change a distorted

---

information pattern, which then may alleviate your symptoms or the progress of your disease. It's not magic. It's an information field at work.

Does this sound familiar? Remember the matching process, where like information attracts like information? Information matching is at the core of the placebo effect. The belief or expectation that you are going to be healed is information you are broadcasting out to the cosmos. It is a field that attracts the information that best matches to it, thus increasing the likelihood that your body will receive the information it needs to get better.

Information applies to both your internal and external interactions. Your thoughts, perceptions and beliefs are the internal information fields you shift when you change your relationship to healing. External information can come from any number of sources, such as the NES Infoceuticals, herbs, homeopathy, etc. The ideal healing situation is one in which both kinds of information fields—internal beliefs and motivation and external healing messages via a therapy or remedy—are maximized. That's why study after study has shown that the more a patient trusts (or has faith in) his or her healthcare provider, the better the results of treatment. The external match (treatment) has an effect, but so does the internal match (patient and doctor in terms of their interpersonal relationship.).

In the same way, your commitment to a therapy and belief in it may determine that treatment's effectiveness. The higher the degree of faith a patient has, the more he or she can enhance (or even bypass) the often indirect information that is being provided in treatment and match up to the direct information from nature that they need to heal themselves. That's why so many treatments can have all sorts of unexpected beneficial effects—the effects are from the patient matching into nature's information field, not just the information field of the treatment.

In terms of a therapy, because all information fields are interconnected, the more *direct* the therapeutic message (as in the NES Infoceuticals) to what the body-field and body need, the greater the likelihood that you will match up with the information fields the body-field and body can use to heal. Of course, the matching process is complex, and no therapy on Earth can exactly match up to every single piece of information that will make your body 'perfect.' But this direct matching approach, which is an approach conventional medicine is slowly adopting and where medicine in general may be headed, can steer you in the right direction so that you're able to access the information that will best help you.

That's why we encourage you to think about and select the most direct information to start your healing process. Maximize both the information that you select to take in consciously and also the unconscious information stream, the part that matches to you through your expectations, belief and even faith in a remedy or therapy. The power of internal information-energy messages – whether you call them the placebo effect or faith or belief or some other term – are powerful agents of change and healing. It is why, ultimately, you are responsible for your healing progress.

So far in this book we have looked at the way information fields (and energy fields) can influence health. Now let's turn to the more practical approaches that can assist you in mastering your life.

## **Section B**

# **Mastering Life**

## The Five Core Principles

*Health is not simply the absence of sickness.*

**HANNAH GREEN Author**

How can you transform yourself from where you are today in terms of your health to where you want to be? What are some practical steps toward accomplishing your health goals? NES HEALTH is a powerful way to address any distortions in your body-field, and you can increase its efficacy by helping yourself in other ways. There are five steps of equal importance which I suggest you consider as part of your plan to achieve a healthier state of both body and mind. Health is more than the absence of disease: it is about having no barriers to experiencing the richness of whatever your imagination can conjure up for yourself. The five core principles that I suggest you focus on are:

- 1) Master the mind, and mastering reality will follow
- 2) Using and matching up to the right Information
- 3) Using source energy
- 4) Improving Diet and Nutrition
- 5) The physical body adapts to what you train it to do

Many people have achieved their goal of improved health by using only some of these steps. For example, some people find relief and even a cure from their

problem by making only dietary changes and using information matching via directed intention. However, practising all five principles will help you achieve more than simply relief from your symptoms—it will foster success at living a fuller life in all ways, from being healthy and physically fit to being emotionally and intellectually fulfilled. It's truly incredible what you can achieve and how wonderful life can be if you adopt this philosophy to the fullest. One of the five principles will be explored in the each one of the following five sub-sections.

## Principle 1

### Master the Mind and Mastering Reality will follow

Many people have achieved their health goals without using what I term “conscious manifestation” techniques. By changing only their diet or lifestyle, increasing their exercise, or using NES or some other therapy, they have reached their goal. However, what most of us seek is more than just physical health; we are choosing to have the fullest life we can, which means being emotionally, intellectually and spiritually fulfilled. Simply put, most of us choose a life of purpose.

Manifestation, you could say, is the ultimate purpose of life. It means that you materialize that which you dream about, you’re easy and happy about what happens, and you live a life that is satisfying to its core. Too many of us have been taught that we have little control over most areas of our lives, that we have to work hard to achieve results, that we are at the mercy of others, and that we should be content with “enough” and not be greedy for more. But that doesn’t need to be true. There is enough for everyone—enough happiness, love, success, money—whatever. Our limits are based on beliefs, not on actuality. We have more influence over the condition of our lives than we think.

The simple fact is that most of us tend to complain about the way things are and then blindly go about our lives, thinking and feeling that “there has to be more” but not believing that we have any power to change our situation. But we do! Manifestation of our desires is not so difficult if we understand how “reality” operates –through information and energy fields where like attracts like.

We know that information matches up to itself, that it communicates instantaneously across space with similar fields of information. Physics tells us as much. Let's explore a little more about matching information fields and how information may be extracted from these fields. We start with phase waves. "Phase waves" very simply are waves of information that encode all the characteristics of an entity. You see a tree or a cloud or a person because electromagnetic (mostly light) waves are hitting them and bouncing back into your eye, carrying information about what that object is in all its visual detail. When the waves of information enter your eyes, they are converted to electrical, chemical and other kinds of signals, which your brain then interprets as a tree, a cloud or a person.

In the parlance of astrophysicist Milo Wolff, who talks about out-waves and in-waves instead of phase waves, your out-wave of attention (noticing the object, directing your eyes to it) is met by an equal in-wave stream of information. If you are paying attention, a message is transmitted, received and understood: this is a pine tree, or this is a raincloud, or this is my spouse. That information field becomes one aspect of your reality, among the myriad other information fields that are imparting information to you through your conscious and unconscious awareness. The key aspect of this exchange, however, is that the more directed or focused your intention and attention, the more information you extract from the phase wave.

If you are walking down the street, focused on your car parked down the road, then you might not be consciously aware of the color of the houses you pass, the fire hydrant on the corner, the people you walk by. You will be pulling in information mostly about your car: Is it blocked in by other cars? Does it look like it's been tampered with? Is that a ticket under the wiper on the windscreen?

However, if you walk while directing your attention to all that is around you, then the stream of information widens, and the street comes alive with a whole new level of detail. There is a deep crack in the sidewalk a few feet in front of you; the brown house has a bright green door; a cat is curled in the sun on the windowsill of the white house; there are rose bushes in bloom along the fence of the grey house; and so on.

This same process applies to your entire life. Bring more directed attention to something – your job, relationships, health – and you access deeper levels of information about it. Widening your scope of attention – say, from looking at a single flower to the whole flower bed – can also draw in greater amounts of information. The information-field matching process is maximized. Thus, it is not so great a leap of imagination or logic to consider that at a fundamental level, matching in part creates our reality.

To get even a little more provocative, imagine if this matching process happens not only between you and physical objects, but also between your inner processes and other people's inner processes—and even beyond that to matching up opportunities and events.

In traditional biological terms, thoughts are electrochemical firings in the neurons and across the synapses in your brain. They are very real energy patterns. To many scientists at the frontiers of consciousness research, thoughts are a lot more than that. They are fields of information that can actually affect material things—such as cells in a petri dish, people across the room or across the globe, and even machines.<sup>3</sup> What some people call an

---

<sup>3</sup> If you are interested in knowing more, see Dr. Dean Radin's books, *The Conscious Universe* (HarperEdge, 1997) and *Entangled Minds* (Paraview Pocket, 2006).

---

intuitive or psychic talent may be a heightened ability to extract information from the web of fields the surrounds us. What we see as commonalities among people may also be linking fields of information, as what you think and feel—your information flow—matches up with the thoughts and feelings of other people, which is how groups and communities come together, forming common bonds. The opposite is also true—thinking negative or harmful thoughts about someone may actually affect that person at some deep level.

This is not speculation or science fiction, as many clinical studies and much lab research have demonstrated that our intention can affect material things, including other people. A study recently reported in *New Scientist* magazine (“Three degrees of contagion,” Jan 3-9, 2009, page 24) shows that one of the most important parameters of health is your relationships and their happiness factor. Happiness spreads through social networks—family, friends, co-workers and neighbours – and is actually contagious! Just being around happy people increases your own happiness and improves health. The researchers report that your health condition and habits “all turn out to be ruled to a large degree by social forces.” The conclusion they reach is that “we are who we hang out with.”

What are social forces? What is happiness? In reality they are states of mind and being – information fields. They have the power to affect not only your emotional state but your physical state as well. So choose your social network to include people who are satisfied and happy themselves and you stand to increase your own level of contentment and foster a better state of health.

The matching process can even stimulate bonds between events, such as in what we call synchronicities. When you intend something, perhaps to solve a problem or create an opportunity for yourself, sometimes the universe seems to conspire to help you. Someone out of the blue offers an opinion or piece of information that helps you solve your problem. The person next to you on an

---

airplane or bus is just the person who can open a new door for you. This, too, is information matching in action.

All of these points are pertinent to what are called the Laws of Attraction. One of the most important questions you can ask yourself is, “What am I attracting?” Once you answer that question, you can begin to become more conscious of how your thoughts, beliefs, emotions and actions are contributing to that reality. Then, if you don’t like what you see as your reality, you can shift your thoughts, beliefs, emotions and actions. There are countless books on how to accomplish this shift, but here is a method you can follow to get you started:

- 1) Spend some quiet time alone reviewing your current reality — your health, relationships, home and work environments, finances, and such — and pick one area to work on immediately. If you are reading this book, it might be your health. However, be aware that stress at home or work can be a major contributor to health problems, so you might have to start taking good care of yourself in some other aspect of your life simultaneously with focusing on your physical body.
- 2) Once you have chosen an area toward which to direct your intentions and attention, spend some time becoming very clear about how you envision a new reality for that area of your life. Let go of what is past and even of what is. Don’t get caught in worry or blame or regret. You are starting fresh, so enjoy the journey rather than thinking you’ll only be happy when you achieve your goal.

The key is to be present in the moment, then to focus on the change you want to see, paying attention to the *qualities* you choose to enhance in your life. Be specific about those qualities. For example, instead of saying something negative such as “I don’t like my job and want a new one” or as vague as “I want a new job,” focus on the positive change and the

---

qualities of change you choose. (A word of advice: It's more productive to "choose" rather than to "want," since wanting implies a state of deferral, And better yet, think in the present tense, as in "I *have* a job that . . ." and picture yourself already in that new reality and feel an emotional connection to that new situation). You might say an affirmation such as "I choose a new job that reduces my stress, provides me with more flexible hours and pays me 20% more than I am earning now." You also might want to put a time frame in place for getting that job.

- 3) Spend time every day visualizing what you choose as your reality. Visualization is not just about thinking, it is about *feeling*. The more you can feel yourself in the new situation, the more powerful the resonance will be in the information field. In terms of the new job scenario used as an example above, be there emotionally, feeling the satisfaction of performing a job you love, feeling the freedom of a less stressful environment, feeling how happy your kids are that you can be home in time to attend their school play, feeling a deep sense of peace as you bank your extra income now that you are earning more. Make it real! Feel it as real! Get past your intellect and into your heart and emotions. Manifestation truly comes from the heart, not the head.
- 4) Belief. As you monitor how you feel about what you are visualizing, stay alert to any self-sabotaging thoughts, doubts or worries. Doubt is a field of information, just as surety is. Doubt draws doubt. So believe! Belief is one of the most powerful energies in the universe, so use it to your advantage. You have little to lose by doing this kind of information-energy matching technique, but you have everything potentially to gain.

So, to enhance your results, watch out for unconscious defeatist belief patterns. Many people think they want something, but deep down they have self-esteem issues. They don't really believe they deserve the good things in life. There are at least three keys to manifestation:

- i. Being clear about what you desire and putting out the information resonance to draw it toward you
- ii. Believing that what you ask for is available to you,  
  
and
- iii. Allowing yourself to receive it (which means accepting it when it arrives!)

Belief is fundamental to manifesting. If you believe that something will happen you're sending an out-wave of information that will return the necessary in-wave.

- 5) Allowing yourself to receive the reality you desire is, for most people, the most difficult step. To manifest and then to realize that manifestation means to be in alignment with what you want to receive. Think of your visualization as the out-wave, and the manifestation as the in-wave. You have to be in the same state for the in-wave to come back in.

Yogis achieve this through non-attachment to the fruits of their action, that is, by ensuring they have no emotional attachment to success or failure. Thus, the actual thing or event that they are trying to manifest becomes far more likely to happen or will appear in a more complete way. When we take action with non-attachment, friendliness, compassion for others, and free of selfish motivations, then manifestation happens with greater ease. This attitude is a far cry from where many of us are now; however, manifesting still occurs in some form as long as you

are an exact match in your thinking with what you want to attract to you and receive.

As an example, let's imagine that you want to increase your income, as most of us do! Although you visualize that scenario some of the time, most of the time you may be taking an attitude of worrying about paying bills and other necessities. The fact is that the majority of your thought energy is matching to scarcity. The chances are that you will manifest a static or reduced income flow rather than an increased one.

Another example is if you're in an unhappy relationship and use manifestation to shift to a loving and compassionate relationship, the desire for the change may not be enough. You need to match to the state *yourself*, perhaps by releasing anger that has built up inside you and finding forgiveness for past hurts. Ideally, you must be the compassion you want to receive. Only then will your current reality change to give you what you want. That change has to start with you. The results might be a new relationship or, as many people have been so surprised to learn, it could mean a shift in your current relationship, as the other person reacts to your shift and so becomes a more loving person as a result.

The important aspect of this step is to remember that you have unconscious feelings, and you have to bring them to consciousness to align properly. Your emotions are the most accurate guide to whether you are in a state of allowing. Emotions such as unconditional love, compassion, joy and acceptance all bring you into a state of allowing, whereas emotions such as unhappiness, fear and anger keep you out of it. Getting and staying in these emotional states can be incredibly difficult (or easy), and there are many ways to help you make the shift, such as working with a counselor or coach or finding support through your church or school or other organization.

Change happens at both a subconscious and conscious level. To make lasting changes, it's worth looking at both aspects of the self. Here are some tips:

- i. A simple yet powerful way of monitoring your conscious emotional state from moment to moment is by using the Heart Coherence mode in the NES ihealth. Research done by the Institute of HeartMath has linked different patterns of heart rate variability (which is a measure of inner coherence energetically, emotionally and even healthwise) to various emotional states, which the ihealth can monitor.

By simply visualizing and feeling positive emotional states such as gratitude, appreciation, compassion and love, you will move your physical and emotional self to a greater state of acceptance and allowing, so that what you want to manifest will come into form more effortlessly. The NES ihealth helps you to achieve that coherent mode and to monitor it visually, so you have a concrete way of knowing if you are truly moving into heart rate coherence. It is a powerful tool that indicates when your body's systems are truly coherent (which brings with it huge health benefits).

When your body is coherent then you align more fully with the coherence of the cosmos at large. This allows further increased matching to the energy of your desires via fuller information transfer between yourself and the outside world. It's easy to see how this state enhances the manifestation process.

- ii. In terms of your subconscious self, as most of us have experienced, we have every good intention to be kind and loving and then something happens that spins us into anger and hurt.

This is sometimes called “triggering,” which happens when some person or situation outside of ourselves touches a wound within of which we may not even be aware. Then we act from old habits and past “emotional tape loops.”

Each of us has a certain amount of conditioned imprints or tape loops that we run in our subconscious minds, and that’s why we so often react to situations automatically, without even realizing that our thoughts, actions and energies may be detrimental to our life’s goals. These imprints can be difficult to identify by ourselves, precisely because they are at the subconscious level of our being.

Here is where a trained NES/EFT emotions practitioner can help identify the issues. A skilled practitioner use the NES ProVision matching software, to reveal which parts of our brains link to these subconscious emotional tape loops. To help clear the tape loop, the practitioner guides you through a series of ways to reframe the tape loop in a positive emotional way, while simultaneously beaming into an acupuncture point (via a laser in the ihealth) the information that can help clear the tape loop.

This approach uses a fusion of powerful approaches, some of which are based on NES research and informational healthcare techniques, such as those from the Emotional Freedom Technique/Total Freedom Technique, Matrix Re-imprinting and The 26 Ways. In the NES methodology, however, we correct the tape loops by re-imprinting only with positive information, rather than dragging up the negatives of the past which can have the effect of recycling old patterns.

These emotional tape loops can also have very dramatic links to the state of your health, so once the subconscious imprint is released, your body tends to follow in a positive way. This can mean a temporary “healing crisis,” which is a short period where the body rids of itself of this energy and so experiences symptoms of illness during the release, such as mild flu-like symptoms, muscle aches. Soon the body comes back into alignment, for your subconscious and conscious selves are now in greater coherence and the body follows their lead.

- 6) It is also important to actually take action, to follow up on opportunities that manifesting brings to you. Nothing is created just from meditating all day and constantly doing visualizations. Realistically, we move ourselves into greater coherence and manifestation through taking action, within ourselves and out in the world, interacting with people, engaging in situations and doing all the things that we need to and want to so that we are living up to our potential.

Your thoughts and emotional state are powerful parts of the equation, and when they are positive, they can hugely reduce the amount of action needed to obtain the results you’re after. However, the process of manifestation has three parts: action, thought and wisdom. Each needs to be taken into account and applied. Thought without action is lame, and it is not going to lead to wisdom or manifestation. Action without wisdom is hugely wasteful, and also will not lead to your desired results. Thought must breed action, and the attainment of greater inner coherence leads to action with deeper and more considered thought, and this leads to a new measure of wisdom.

Part of attaining a deeper sense of wisdom is to contemplate the probable results of your actions. Doing so not only will help you make wiser

choices but also may dramatically reduce the amount of action required to manifest your dreams and attain your goals.

## Principle 1.1

### Thought with Wisdom and Action Leads to Life Mastery

All of this counsel seems so serious, but the best advice is to relax and be playful with these processes. Manifestation is not work! It's nurturing a new, improved reality into existence. Be motivated to maintain a clear and positive frame of mind and muster the will to sustain your practice — the rest (as in the details) is up to the universe that is alive with energy and information. Allow the laws of reality to work for you, not against you, by doing your part and then getting out of your own way.

That said, I recognize that if you are reading this material while in a state of disease (or of “dis-ease,” as some say), it can be incredibly difficult to focus on your future instead of your current concerns, and even harder to be playful and relaxed with your intent instead of worried or overly serious. If you’re having difficulty applying these processes, I recommend that you choose a coach or health practitioner to assist you. But don’t put off trying these practices yourself! I strongly urge you to plunge in and do the best that you can. What have you got to lose in spending thirty minutes a day intending to manifest both a healthy body and a better life for yourself? And what have you got to lose by spending time recovering the emotions of health rather than remaining immersed in the emotions of disease?

Practicing cultivating the thoughts and emotions of a ‘healthy you’ rather than those of an ‘ill you’ can pay big dividends. So even if you can’t truly imagine yourself free of all of your health problems, at the very least you can use focused intention to give thanks for, and envision success with, the therapies you are using. So, for instance, when you take a NES Infocetical, you can envision it working to correct distortions in your body-field. Then intend that your body-field is influencing your physical body in a positive and therapeutic way, nudging it back towards vibrant health.

Think of yourself as the cheerleader of your own health. With each cheer, you might find the Infocetical, or other therapeutic aid, working more effectively. Remember the placebo effect? If you think a therapy helps, it probably will. This is not some kind of psychological double-talk to yourself, but a very real use of your energy to match to the best possible information field for your body.

The most important things to remember are to be grateful for, and to appreciate, the changes in your health as they materialize. By doing so, you will be moving yourself into greater alignment and coherence, which will help

foster further health improvements. Keeping a diary can be concrete and helpful for you to monitor changes over time and to note your successes.

I talked about the trilogy of thought, action and wisdom. There is another trilogy that is equally important to note. This is the trilogy of therapy, therapist and client that is involved in all healing processes. First, there's the therapy, which in the case of NES is the information that activates the body's own self healing system. Second, is the role of the practitioner or therapist, who applies his or her expertise on your behalf to foster greater opportunities for healing. And since all healing is self-healing, finally there is you, the client or patient. You must be open to receiving the therapy, open to forming a true partnership with the practitioner you choose, and, most importantly, open to healing at all levels of your being. This Trilogy is really the crux of what this book is about—about coaching you to move to a place within which healing comes easily and naturally.

Too often we give our power away, expecting the practitioner to heal us or the therapy to solve all of our problems. But healing is never external. It is an internal process, one of gaining greater coherence between body, mind and spirit. We each must take responsibility for our health. The placebo effect is really a healing effect, and it is not so much about belief in a therapy as it is in *allowing* yourself to heal. That healing may be aided by a practitioner and a therapy, but it comes from you first and foremost.

That is not to say you should feel blame or guilt or shame if you fail to heal. The body and mind are complex, and we can't really know why one person heals and another doesn't. But no healing can take place without your consent, at the deepest level of yourself. Believing in a therapy is important. Many of us are pressured to follow a particular healing or use a specific therapy by our family members and friends, and so we may not be fully committed to it.

The results will be commensurate with our belief. Wanting to get better is a huge factor in finding the right healing path for you, but so is getting in touch with and listening to your own inner voice of knowing. A good stance is to choose what feels best to you and then be committed to giving that therapy all your attention and energy, to fully trying it, yet not to be too attached to the outcome. If you are too desperate for something to work, you will actually be constricting the energy and information your body can use, not expanding it. This approach — to commit to what feels true for you but to not be too attached to the outcome — will pay much bigger dividends in terms of health and well-being because it fosters greater states of coherence, appreciation and gratitude. These states in and of themselves can amplify any healing effects. So, it is important to always remember that you are the most important part of the healing equation.

## Principle 2

### Using and Matching up to the Right Information

*The NES system is . . . asking questions of your body-field and sensing information about the changes in space that are interpreted as responses from your body-field.*

**PETER FRASER AND HARRY MASSEY**  
*Decoding the Human Body-Field*

Correcting your body's information couldn't be more important, and that's where the human body-field comes into play. I've talked about matching and the fields of information-energy through which matching works. In this chapter, I want to focus specifically on NES.

According to leading-edge research, the information and energy that NES calls the human body-field drives physiology, directing how your body works at the below-cell level. You can think of your body-field as the master control system for your physical body. When your NES practitioner does a scan of your body-field, that scan shows what your body-field is identifying as important for correction at this moment in time, and ultimately what it is ready and able to deal with overall. The NES scan reveals which sets of information are distorted and the Infoceuticals that can provide corrective information. For details of the process, I refer you to our two books, *The Unturned Stone* and *Decoding the Human Body-Field: The New Science of Information as Medicine*. However, I will briefly review the scan and corrective process here, because the logic of bioenergetic and informational healthcare

is very different from the approach taken by conventional medicine and biology.

Despite what your symptoms or diagnosis are, the NES scan shows only what your body-field indicates as the underlying distortion in the information and energy of your system. It does not deal with your physical symptoms, and the root cause of your problems at the level of the body-field may seem unconnected to your diagnosis. Think of how a symptom of a heart problem can be a pain in your left arm or indigestion or some other constellation of symptoms seemingly unrelated to your heart function.

Similarly, your health problem may have a host of apparently unconnected energy and information breakdowns. For example, someone with a heart problem may have a clear reading for the heart field on a NES scan, but have severe distortions in energy and information channels correlated to blood oxygenation (stress on the heart often begins with problems in the lungs), calcium metabolism (blocked arteries and such may have their origin in how your body is using calcium), or even in your bones (immune cells, blood cells and other cells are “born” in your bone marrow).

Your body-field may be asking for correction of these bioenergetic fields before it even flags your heart field. Think of your body-field as prioritizing a long chain of events that might have led to your problem. It begins by correcting each item in the chain. Your health is also like a chain — it is only as strong as the weakest link. Your body-field, then, will wave a red flag, saying, “This is weak. Fix this first. It needs help now!” That’s the way the NES scan works, based on the logic of bioenergetic health that root causes may be “masked” and not seem related to physical symptoms. The Infoceuticals provide the corrective information that your body-field needs to coax the body back into better working order.

We at NES always urge clients and NES practitioners to follow the scan, for the body-field knows exactly what it needs at this moment in time. You could say the body-field and the physical body each have their own kind of “intelligence,” although in reality the information the scan provides (the intelligence revealed via the scan) is a result of the matching process. That said, using NES doesn’t mean that you have no input or responsibility for your state of health. Having a clear health goal when you scan can be important for all the information matching reasons I have talked about previously, so be clear about what you want to achieve as the scan is being done.

There are also ways that you can change the information in your environment, in your day-to-day life, to contribute to your overall health rather than just targeting change for a specific condition. An especially useful tool for making holistic shifts is the NES MiHealth, which is described in more detail later in this book. In simple terms it is a tool that uses electromagnetic fields and information fields to “speak” to the body and environment in order to detect and then clear distorted energy patterns.

NES developed one aspect of the MiHealth specifically to reorder and clear stagnant stored information and energy in a space, allowing for more positive and health-giving information and energy to take its place. The MiHealth sends corrective, ordered information to a device that is a room imprinter, which carries the information on negative charged ions into the room. Negatively charged ions are known to enhance mood and help reduce stress. They are produced in abundance, for example, by ocean surf, which is why so many people love to vacation at the beach, where they feel increased levels of relaxation and happiness. The MiHealth and room imprinter combine the benefits of negative ions with imprinted information that enhances the energetic quality of your environment, providing a beneficial overall effect that may contribute to your state of well-being.

---

The MiHealth opens up other amazing possibilities as well. Imagine coming home from a hectic day and soaking in a warm bath that has been imprinted with the Emotional Stress Release information field. Just add some bath salts or Epsom salts (which help to carry the information) and then place the MiHealth pad in the bath, being careful not to get it wet (put it in a silicon bag; it is battery-operated so there is no electrical cord hazard).

The MiHealth can also imprint information via the pad into other mediums. For instance, let's say you want your food to stay fresher in the fridge. You can use the pad, which stores information from the MiHealth, to transmit a "revitalize" information field into the refrigerator. A great test for this is the red wine test: setting a glass of wine on this board for a few minutes markedly smoothes out any tannin aftertaste. Or try placing a lemon on the board: you may notice the acidic sharpness is reduced. Drinks can be easily revitalized by stirring the liquid with the iHealth penergizer.

The point of this short chapter is that while therapy is important, the kind of therapy you choose can matter. The various NES technologies are therapies that use *direct* bioenergetic methods that deal with the information and energy fields that correlate to health. The possibilities of these therapies are exciting, and can be effective in ways that conventional therapies can't.

NES and related therapies rely on the matching process, and they follow a bioenergetic and bio-information logic that is very different from allopathic approaches. It is crucial for you to understand how that logic works if you are using bioenergetic therapies. Still, no matter what therapy you choose, and whether you realize it or not, you're taking responsibility not only for your health, but for everything that could affect your health, from your thoughts to your environment. Let's begin now to examine how and why the environment can be so crucial to your state of well-being.

## Principle 3

### Using Source Energy

*We are the living links in a life force that moves and plays around  
and through us, binding the deepest soils with the farthest stars.*

**ALAN CHADWICK**  
**Ecologist**

In chapter one, I discussed reality as comprised of two major interdependent fields — information and energy. You learned that your physical body is more than flesh and bone: it is actually structured information-energy fields. You also were introduced to the concepts that your body is not separate from the world around you, and that your body has a master field, called a body-field, that interacts with the information-energy fields of the cosmos. I even mentioned that the body uses this cosmic energy, along with nutritional energy, to power itself. It's time now to take a look at this non-nutritional energy in more detail, for it has profound bioenergetic implications for health and well-being.

We know that the body runs on energy, and we also know that the primary source of our energy, at least according to conventional biology, is the food we eat. However, from a bioenergetic perspective, the body runs off all kinds of other energies as well, energies that range across the spectrum from light (photons), to negative ions (electrons), to sound (including elementary “particles” of sound that in quantum physics are called phonons), and even possibly to gravity and other sources that have not yet been studied with regard to biology. At NES, we group these natural energies into a single group we call ‘Source energy’. Source energy is something like constitutional energy or even may be thought of as the life-force energy. It is energy from the natural world and cosmos at large that our body needs to work optimally.

There are two main factors to consider when looking at the role of Source energy in health and well-being: The first is that we all want to optimize the amount of Source energy in our environment; and the second is that we want to maximize our body's capacity to use, recharge, store and re-emit Source energy when needed. Extremely healthy people are able to extract adequate amounts of Source energy, even from environments that have weak sources of it. They also have more reserves to call on when they need more Source energy.

Those experiencing ill health, however, may not have these abilities, and so they tend to fair far better in environments abundant in Source energy. To transform health, bioenergetics suggests that adequate amounts of Source energy combined with the best information (as in a therapy, remedy or even a thought, intention or belief) are ideal for helping the body to recharge its own self-healing capabilities. Let's take a closer look at our two main points about Source energy.

## Principle 3.1

### Optimizing the Amount of Source Energy in Your Environment

Many cultures and traditions have healing philosophies that take into account this life-force energy, what we at NES call Source energy. Examples include the Chinese healing tradition, which calls it *chi*; the Japanese, which calls it *qi*, and the Indian Ayurvedic system, which terms it *prana*. Although in these traditions, the term for this life-force energy is still considered more of a metaphysical concept than a scientific one, both ancient and modern healers identify a kind of robustness in some people that may be identified with their abundant level of constitutional energy.

Some people are able to stave off infections better than others, so they don't succumb to viruses and such as easily. In bioenergetic terms, this hardiness may be at least partly explained as their ability to attract, collect, store and use

Source energy. So, it serves us all well to optimize the levels of Source energy in our environment, so that we may easily attract and use it.

The following overview explains easy ways you can ensure your access to Source energy is adequate:

- i. Expose yourself to the sun. Without a doubt, sunshine is the most abundant reservoir of Source energy. We know from conventional biology that sunshine helps our bodies make and use vitamin D, which has been identified recently as one of the most important vitamins for maintaining health. Studies have shown that most people in the northern hemisphere are low in vitamin D and that getting at least 15 minutes a day of direct sunlight on your exposed skin raises your levels and may promote better health.

However, only actual sunlight provides this benefit. Tanning booths and other artificial sources of light do not. So, if you work indoors, try to get outside for at least 30 minutes every day. Be careful of direct sun in the hottest parts of the day, and of course don't risk getting sunburn. If you live in an area where the weather tends to be rainy or overcast, don't worry, there's still enough sunlight to get the benefits.

- ii. There are more benefits to being out of doors and in nature. We at NES have focused a lot of our research on the characteristics of space and on resonant cavities, which physics shows us can act as collectors and even tuners of energy. Open, unrestricted outdoor areas (especially those high up, as on a mountain, where you have unrestricted space both above and below you) are replete with abundant and free-flowing Source energy.

This will be an idea that is familiar to those of you who know about the Eastern practice of feng shui, which is a study of the flow of energy in our environment and how that energy affects us, both in a positive and

negative way. Also, remember the earlier discussion of our body as antenna.

Being out in nature, especially walking in the hills, is a great way for you not only to get exercise but also for your body to draw in Source energy. Whether you make it a point to sit outside after work or to engage in outdoor activities, such as cycling to work or taking a walk at lunch, or playing outdoors at the weekend, the fresh air and Source energy do you a world of good. It doesn't take long to recharge your body-field with Source energy, and you can certainly make doing so a pleasurable highlight of your day.

- iii. A particularly good place to recharge Source energy, in addition to hills and other high places, is at the seashore. Many of us rush to the seaside for our holidays, and the attraction is not just because of the cool air and the beautiful view—it's also because the wave action of the sea not only produces abundant Source energy but also negative ions and ozone and kicks up micro quantities of beneficial minerals. All of these elements work together to provide a quadruple charge that can revitalize us. Add in bright sunshine and you can't beat going to the seashore for restoring your Source energy.
- iv. You can optimize your home as a reservoir of Source energy. Paradoxically, you do so by removing any sources that could restrict Source energy, or be exposing you to potentially unhealthy sources of energy that could be depleting what Source energy is in your home environment. Not all sources of energy are good for you, such as strong sources of electromagnetic frequencies (EMF), especially manmade EMFs from televisions, wireless phones, computers, and the like, and magnetic energies from microwave ovens. Also be aware of any cell phone towers or electrical high tension lines that may be close to your home.

Of course, in our present-day reality, it's nearly impossible to completely eliminate these sources of polluting energies and frequencies, but we can certainly work to reduce our exposure to them. Even simple things can bring benefit: turn off your computer or wireless router at night, use a landline instead of a cell phone, heat food on a stovetop instead of in a microwave.

You can install inexpensive electromagnetic field protectors on your electronic equipment, especially your computer and cell phone. You can do this easily by downloading the NES EMF screensaver for your computer and EMF shield for your cell phone. Both are also included in the travel mode on the NES MiHealth, so that when you are flying you can better protect your body-field and body from the different types of radiation — x-rays, ultraviolet and conventional EMF frequencies — that you are exposed to in great quantities during air travel. Of course, you can take more intensive measures, but it is best not to be overly worried about your exposure. Worry and fear can manifest symptoms which might not have been there in the first place.

I mentioned the practice of feng shui earlier, and it is beneficial to take some of its principles to heart. The Japanese are known for the water features they incorporate into their landscapes and homes — for good reason. Moving water, combined with the modern addition of a powerful negative ionizer unit, can increase Source energy in your home.

Other aspects of feng shui may also be beneficial in a more generalized way. For example, decorating or choosing furniture with a rounded or oval shapes, instead of with sharp corners or pointed edges, has an emotional effect and may indeed have an energetic effect on you. Using natural, eco-friendly materials in building and decorating, and keeping your environment tidy and clutter-free are also commonsense ideas that have an energetic effect as well.

Adding live plants to your home not only adds to the aesthetics of your space but provides a source of oxygen and clean air as well — if you keep the plants trimmed, fed and healthy.

Finally, sleeping facing west is also an ancient Eastern idea, whose beneficial effect is attributed to aligning yourself with Earth's spin. As you sleep, this alignment is said to have a natural recharging effect. Another idea is to add color, soft fabrics, or other visually-and tactilely-pleasing elements to your space. Increase not only the sense of vitality to your environment, but make it rich and desirable to both your eye and your other senses. Cultivate an atmosphere of abundance, prosperity, health and vigor in every room, but especially in those in which you spend the most time.

### Principle 3.2

Maximizing Your Body's Capacity to Use, Recharge,  
Store and Re-emit Source Energy

This concept is really what the rest of this book is about. Everything in this book will help to maximize your capacity to store and use Source energy as it is needed. It is why I've included chapters on nutrition and exercise. We know these aspects of our life are important for health, but we may not know about their beneficial bioenergetic connections.

The fact of bioenergetics is, however, that the mitochondria that are the powerhouses of all your cells are tubules. Tubules are cavity-like structures, and we know from bioenergetics and physics research that cavities are important attractors, storehouses, and tuners of energy. Your mitochondria appear to have a role that conventional biology does not yet recognize in terms of fueling your body — as collectors and users of Source energy.

Microtubules of all kinds collect Source energy, and that function adapts as you start to exercise or increase your exercise, so the microtubules become more efficient at using Source energy. That's why even seemingly "soft" exercise routines, such as yoga, can be so influential on health: it helps to stimulate the energy flow within your body. That's also why nutrition is becoming more and more recognized as important to long-term health: eating healthily provides the best materials to fuel your body and is also information in its own right, helping your body to build healthy cells and more efficient cavities, which in turn help collect, concentrate and store Source energy for the body's use. Remember, health comes down to your body getting the information it needs to direct its energy in the most efficient and health-giving way.

In terms of using Source energy, let me end this section by mentioning the NES ihealth once again. This biotechnology delivers three specific types of information to help with how your body uses Source energy. First, it has a

function, aptly called “Source,” that can help your body collect and use Source energy in the three main cavities of your body — your abdomen, chest and cranium. Second, it has a “Cell Driver” function that can help your cells increase their use of Source energy. And third, it has a “Source Storage” function that can help your body store and manage Source energy. Using any or all of these settings prior to going outdoors or while there can help you maximize the benefits of getting Source energy from your natural environment.

## Principle 4

### Improving Diet and Nutrition

*The wise man should consider that health is the greatest human blessing. Let food be your medicine.*

**HIPPOCRATES**

The simple truth is that our food becomes us. Food was the first healing agent mankind had, and it remains one of the most potent. But the advice about nutrition can be overwhelming to sort through. I read recently, insane as it sounds, that the optimum diet is organic vegan foods that have been cooked slowly on a low heat for six hours in a clay pot and stirred only with a hard plastic spoon. The meal has to be washed down only with organic cabbage juice.

There are so many advice books about diet and so many kinds of nutritional plans that it's difficult to know where to start investigating diet and nutrition, never mind which advice to follow. You could say that most approaches are right for their own reasons, as there are many ways nutrition affects the body.

The old saying is that there are many roads leading to Rome. The more modern version, at least according to bioenergetics, would be to say that because of the holographic nature of our reality, every path is a valid one, containing as it does the knowledge of the whole. That may or may not be true in practice, as the diet advice example I started this chapter with shows, but it is my task here to offer as sound advice as I can, coming as I am from the perspective of bioenergetic and bio-informational health.

My first suggestion is one of the most important — relax! When deciding on a nutritional plan, you don't need to be bound by countless rules, give up all of your favorite foods, or make eating a chore instead of a pleasure. As I said earlier in terms of your exposure to electromagnetic fields, worry and stress may be worse for you than the exposure. The same is true in regard to nutrition.

Yet, let me be clear. What you eat does matter. Without a doubt, your diet has a dramatic effect on your state of health and well-being. A significant portion of your energy comes from food (in addition to magnetic, gravitational and light energies) as does all of the building and repairing molecules that become your body. Quite literally your food, combined with the information your body needs about how to metabolize that food, becomes you. Wouldn't you want to give your body the best chance of having both the necessary energy and the optimal building blocks for creating and maintaining the most spectacular you? Of course you would!

There are dozens of insightful books about what constitutes a good diet or healthy nutrition. I'll let you read them for yourself. Here I will simply provide a few reminders and tips about starting to make the change to better nutrition through a healthier diet.

- i. Buy organic food when you can for your personal use, and choose organic when available when you eat out. When you can't get organic foods, choose the healthiest options that are available. That means fewer processed, high-salt foods, and avoiding high fructose corn syrup, hydrogenated oils and other additives. It means opting for lean rather than fatty meats. It means lightening up on or foregoing white-sugar-laden, high-calorie, empty-calorie desserts. Need I say more? By now we all know what it means to eat in a health-promoting way.

- ii. Make the largest portion of your diet fresh vegetables, with fruit, proteins and carbohydrates provided in more or less equal proportions. Doing so isn't an exact science, and you'll soon get a feel for what works for you.
- iii. If you're an omnivore, choose the lighter sources of protein: fish in moderation, lean lamb, chicken and turkey. Almost all of us eat more protein than we need, so wean down on your protein intake while upping your vegetable (preferably organic) intake. Also, choose grass-fed and hormone-free red meats and organic meats of all types when possible.
- iv. If you're a vegetarian, getting enough high-quality protein can be a challenge. Load up on beans, lentils, quinoa and other sources of quality protein. There are plenty of books on protein substitutes, so seek them out to make sure your protein intake is adequate.
- v. Reduce your saturated fat content by choosing delicious Omega 3, 6 and 9 alternatives, such as avocados, nut butters and seed oils.
- vi. Reduce your intake of "junk" food, including desserts and snack foods. Doing so may be a challenge if you are used to eating a lot of sugar. You may experience slight withdrawal symptoms. But by foregoing calorie-heavy and fat-rich comfort foods, you will be doing yourself a favor. Replace "bad" sweets with "good" ones, such as fresh fruit and low-sugar yogurts.
- vii. Go antioxidant mad! Antioxidants are molecules, usually from foods, that are used by the body to stop damage to the cells by free radical molecules (reactive molecules in your body that damage cells and contribute to disease and the effects of aging). Choose sweet potatoes,

deep green vegetables, all kinds of berries especially blueberries, and seeds. And you might want to take up my favourite strategy — juicing. Juicing can have such a dramatic effect on your health that it deserves some special attention.

When I make and drink fresh juices, I feel that I am drawing life-force energy into my body, energy that pulsates through me, replenishing and powering me up for the day. Try it for yourself! Commit to making and drinking just one pint of freshly made juice a day and you will find it can have a wondrous effect. Drink it more often if you feel so inclined (or can fit it in to your day, as juicing can take some time).

Why is juicing so health-enhancing? Because fresh juices (made preferably from organic fruits and even vegetables) provide five times the amount of live enzymes and antioxidants — and all sorts of beneficial phytonutrients — than you would get from eating during a normal day, all without five times the calories. And all those benefits are delivered to your body in about ten minutes of drinking the juice. You can also combine juicing with taking the NES Infoceuticals, which provide information directly to your body-field to help your cells work more efficiently and direct the vitamins and minerals to the places they are needed most. The Infoceuticals may also improve absorption of nutrients generally.

A few simple additional guidelines for juicing include using large amounts of greens, such as lettuce, watercress and spinach, to up the nutritional and health benefits. Avoid high-sugar fruits and vegetables, such as beetroots and carrots, or use them sparingly, so that they make up no more than one-quarter to one-half of the total juice content. Apples are a good choice to sweeten your juice, but choose green apples rather than the sweeter red varieties. Finally, since variety is the spice of life, mix it up! Use all kinds of fruits and vegetables in your juices, even ones you wouldn't normally think of going into a juice, such as celery, parsley, romaine lettuce, watermelon, even

broccoli. You will be surprised how tasty they make your juice and how much nutritional value they add.

When you're planning your nutrition strategy, the most important aspects are to be aware and creative. Spend some time thinking about what you actually eat and drink, and become realistically aware of how those foods may be affecting you. The modern idea of just popping a vitamin pill to make up for all your bad eating habits is a fool's game. It's a fallacy to think a vitamin pill or nutritional supplement can give your food the same quality of energy and information as live foods can, especially organic foods. So, I'd urge you to think about and correct what you're eating and change your diet rather than going out and spending your hard-earned money on expensive conventional nutritional products.

That said, I want to point out that there are some beneficial herbs that may help your nutritional status and overall health. There are also some cutting-edge nutritional supplements available, such as NESTrition, which is a line of high-quality nutritional supplements imprinted with bioenergetic information so that the body-field, as well as the body, can make direct use of them. I'd like to talk about this new direction in nutritional supplements just a bit, since NES is leading the way.

For optimal health, you need your cellular control system of metabolism, immunity and growth to be operating properly, and you need to provide your body with optimal nutritional building blocks for those cells to be able to do their work of building and repairing the body.

These functions become increasingly important when your body is trying to shift from a state of 'dis-ease' to one of health. In most cases of healing, the body undergoes some form of detoxification. When the cells start working correctly or more efficiently, they can begin to deal with things they were not able to before, and this often means they start moving stored toxins out of

---

your body. During this stage of healing, your body will likely need increased nutritional support. It also benefits from higher levels of antioxidants (to mop up the toxins being excreted from the body) and enzymes (which are important for metabolism and in making nutrients more readily available for the body's use).

Alternative and complementary therapies are heading toward a new direction in healthcare, one where NES is already staking out the territory — in the bioenergetic and bio-informational approaches to health. Herbalism is becoming more bioenergetic in nature, a concept that was deeply understood in traditional Chinese medicine, which has always combined the biochemical with the bioenergetic. However, with NEStrition we are taking bioenergetics even further, by enhancing nutritional supplements with information your body can use to help enhance its intended functions.

We are taking high-quality supplements and herbs and imprinting them with the proprietary NES information that the body-field can use to regulate information in the physical body, so that the minerals and vitamins are directed to where they are most needed in the body and so the body can use them more effectively. This information that is being imprinted was worked out by Peter Fraser, of NES, over nearly thirty years of testing and research.

Via your practitioner you also can use ProVision to make specific matches between nutritional/herbal building blocks and what your body-field and body are saying they need to best achieve your health goals. These matches can then be correlated to the NEStrition line of imprinted supplements and to the NES Infoceuticals (if in agreement with the NES scan, which takes priority according to the structure of the body-field).

The bottom line is that diet and nutrition — and even supplements — are all important not only to your regaining your health, but also to maintaining it. You have to eat anyway, so as Hippocrates says, why not reap important

benefits by making food a “medicine” and use it to enhance your health and well-being?

## Principle 5

### The Physical Body Adapts to What You Train it to Do

*The groundwork of all happiness is health.*

**LEIGH HUNT**

Author

Health really means being able to do what you want, when you want, with vigor and purpose. That means having a physical body that is strong, limber, resilient, and pain-free. The best way to achieve this is through exercise and stretching. You know what they say: “Use it or lose it.” You become not only what you think, but also what you do, for the simple reason that by doing you’re concentrating your thoughts for a specific purpose.

Research has shown that imagining you are doing physical exercise actually changes the body! In one study, two groups were assigned different tasks: one went to the gym regularly to do weight-bearing exercise, whereas the other group was instructed to sit quietly and visualize doing a weight-training routine. The group that went to the gym improved their muscle mass the most, but the startling finding was that those who only visualized themselves doing the exercise also substantially improved their muscle mass. This result doesn’t mean that you shouldn’t exercise, but it does show how powerfully your mind can influence your body. Putting your mind to work for you in conjunction with your body is a powerful healing strategy.

So, it’s time to talk about your body, for a strong and fit body is what most of us mean when we say, “I am healthy.” Getting physical exercise is a

requirement so obvious it seems none of us would need to motivate ourselves to meet it. Yet it is the one major aspect of health that most people resist. We equate exercise with work or misery. Exercise doesn't have to be — and indeed it should never be — a chore. The motivation to get moving should come not from any need to exercise, but because you are doing something you love. It's really that simple.

As you begin, be realistic about how it will affect you. For example, as you begin exercising after not doing much for a long time, it can feel tiring. However, before long exercise quickly generates energy rather than depletes it. So, start slowly and give your body time to adapt. Often the main problems with motivation come from setting short-term goals that are too ambitious and increasing the intensity of your exercise routine too quickly. When your body has to adapt too quickly, it gets tired. For many of us, this can be a motivation killer.

A realistic goal with whatever exercise programme you decide upon is to increase your level of exertion slowly, by just a few percent (5%-10%) per week. I can't tell you how many times as I was recovering from chronic fatigue syndrome that I pushed the intensity level of my exercise routine up too quickly and suffered for it. I have since learned — the hard way — that *long-term* fitness gains come in slow, gentle increments. Of course, if you're not feeling overly tired as you begin to exercise, by all means feel free to spurt ahead. We all adapt at different rates.

## Principle 5.1

### Information Matching for Fitness

Now that you're matching up with the reality that you desire, choosing the right information to build your physique is of paramount importance. What kind of information comes into play? Here are some suggestions, but you will no doubt want to customize this list to meet the needs of your unique situation, lifestyle, preferences, and state of health.

- i. What specific physical state or condition do you want to improve first, or the most? To answer this question, think of what you want to do in your life that you can't do easily or well now. Maybe you want to keep up with the kids or grandkids, so endurance is your focus. Perhaps you want to be able to bend and kneel more easily so you can do more gardening. Flexibility would be your goal. Perhaps you want to struggle less to lift things, such as groceries. Then strength would be the area most important to improve upon. Or perhaps you want to excel at your soon-to-be favorite sport, in which case all three goals are important.

By answering this question, you can easily assess what kind of activities would help you reach your goal most quickly. For instance, if you are seeking endurance, you would want to explore an exercise choice such as running, jogging, walking or swimming, which improves your aerobic fitness. To build flexibility, you might attend Pilates or yoga classes. If strength is your goal, you might choose weight or resistance training. Of course, most activities contribute to all of these goals, but certain kinds of activities will enhance specific aspects of your body more quickly and efficiently than others.

- ii. What is your level of enthusiasm? If it is low, think about sharing your goal with a friend and asking that person to be an exercise buddy. Or, hire a personal trainer, which is always a good way to be held

---

accountable and become more motivated. Or join a class, where you can enjoy the camaraderie of like-minded people.

If you choose activities you like and know why you are doing them (have a clear goal, like keeping up with the kids without becoming so fatigued, or spending more hours in the garden without joint pain), then you will find that enthusiasm starts out high and is likely to remain high for longer. And remember, build up the intensity of your routine slowly and consistently.

- iii. How committed are you? If you haven't exercised in a while or if you think of exercise as a chore instead of one of the most enjoyable parts of your day, then start with a modest goal. Pledge to exercise, at whatever level of intensity feels comfortable for you, for a half hour every other day for one month. Then at the end of that time period, evaluate your state of commitment again. Can you increase your exercise routine to by 30 minutes for two days in a row with the third day off? If so, go for it.

You will be amazed at how quickly you will get in the groove of exercising, especially as you start to see results and remember that you only have to increase the intensity as your body adapts to handling it. Exercising to exhaustion at the detriment of other parts of your life isn't necessary.

- iv. Finally, ask yourself, "How much do I love my body and my health?" This may seem like a question to which everyone would answer "A lot!" But the truth is that we often pay more attention to the superficial aspects of our body (such as our appearance) than we do to its core state of health. The bottom line is that the more you value yourself — including the state of your thought, beliefs and desires — the better care you will take of your body. Health is precious.

There may be certain aspects to health that you feel you have little control over, but for the most part there is a lot you can do to stay healthy or to regain a more robust state of health. So if you neglect your core physical health, start now to shift your perception. Perception is part of the information field. You match information to information with every thought. So begin to match to invigorating, health-conscious, positive information thought fields about fitness.

One way to do support motivation is to come up with affirmations that you can say whenever you feel you are slipping into old patterns (such as when you reach for an unhealthy food or the thought starts playing in your head that you will skip your exercise routine “just for today”). Some suggestions include: “My health is precious, and I treat it as such.” “My health is important and I make it a priority.” “The next hour of exercise is my gift to myself and my body.” “With every step I take during my walk today, I am becoming more healthy and fit.”

## Principle 5.2

### Retraining Your Muscles

One suggestion is to retrain your body to a better state of health. In a sense, retraining is more a case of “remembering” than “learning” for your body. For instance, there are ways to help change your muscle memory from one of stiffness and pain to one of flexibility and relaxation. As your muscles remember their prior state of health, they will likely begin to regain their former state of flexibility and tone.

Both yoga and Pilates offer very good flexibility, motion and core strength exercises without putting undue stress on your body or requiring you to undertake strenuous exercise. Yoga has a greater variety of moves for improving muscle stretching and flexibility, whereas Pilates offers greater concentration on strengthening and mobilizing your core. Your core is your mid-section, around your lower back and stomach, which is vitally important in posture, body alignment, strength, and many other aspects of your physicality. Having a strong core is also fundamental in achieving excellence in just about every sport.

Take your pick of either, or I'd recommend doing both. There is hardly any city or town that doesn't have practitioners of both disciplines, so it's easy to sign up for classes. It's best to go to classes or take private lessons, as learning the correct form is important. But even if there are no classes near you, you can purchase instructional CDs /DVDs cheaply and easily, or even go to a fitness channel on TV to find instructional classes.

### Principle 5.3

#### Easing Painful Muscles

One of the most infuriating problems for many people suffering with health problems is pain. A lot of that pain is related to the muscoskeletal system, especially the back. A solution-oriented attitude can help you resolve your problems, even if you have been in pain for years. There are many courses of action, but most people don't consider the bioenergetic correlations to pain, which is where much of alternative and complementary medicine comes into play.

For example, you can visit a NES practitioner, who via a NES scan can reveal the underlying correlations via your body-field — the information and energy system that bioenergetically regulates body processes. But there is help at a more specific level as well. A NES practitioner can use the NES ProVision analysis, which I describe in more detail later in this book, to help identify which specific muscles, tendons, or trapped nerves correlate to the majority of your problems. With that knowledge, you can consult with a fitness professional to work out an exercise plan that is safe and effective for you.

However, don't wait for an appointment with a NES practitioner or other healthcare provider as an excuse not to start attempting to solve your pain problems. There's so much that can be done right now, especially through yoga, which is a fun, creative, and interesting way to exercise. Yoga is an extraordinarily good system of stretching, realigning the body, and increasing joint mobility. Muscles and tendons that are stretched and flexible cease to become painful as the tense trigger points melt away. Stiff joints begin to regain their normal range of motion. As the muscles surrounding them stretch, they stop trapping the nerves that come out of your spine. It's very likely that those trapped nerves are at the root of at least some of your pain.

Massage and chiropractic adjustments can also help align the spine and other bones and release tension on the muscles and nerves. However, remember that changing the body takes time, so be willing to stay with your practice or therapy over the long term to help your body release its tension and realign itself at the deepest levels.

Most people stop exercising or give up their chosen therapy as soon as they begin to feel better. That can be a mistake! I can relate experiences of my own (back pain for nearly 11 years) and from my sporting friends — some of whom had extremely severe problems, including one who was so badly hurt he was told he would never walk again) — who all recovered good health

because they used all of the techniques I have been talking about. Most importantly, they stuck with their therapeutic program. They were dedicated to returning to health, no matter how long it took.

## Principle 5.4

### Using the NES MiHealth Technology

Another way to retrain your body and stimulate healing is by using the NES MiHealth. It communicates specifically with the parts of the body with which it is in contact, by sending ultraweak electrical signals to the spot and then “listening” to the body’s response from those signals. It continually adjusts the signal and flow of information back and forth, so that your body’s own communication system then knows to stimulate its own healing processes. The goal is to get your body back to operating with maximum efficiency, which means free of the memory of stress, injury, and pain, and which means replacing that pattern with the information of health.

The latest research shows what massage therapists and other body-workers have always known — that muscles have memory. They can store the informational and energetic imprint of stress, trauma, negative thinking and the like. For example, at the simplest level, when a muscle spasms continually or is generally tight and painful, that “error” message is re-imprinting itself

over and over again into the muscle's fibers. More importantly, whenever you move, the muscle goes back to its storehouse of information and finds the "tight and painful" message that is now stored there and keeps using it. Massage, visualization, other kinds of bodywork, yoga and Pilates, and the MiHealth can be highly effective at helping muscles to release these stored information patterns.

The easiest way to understand the MiHealth is to think of it as speaking the human body's language, producing electrical impulses that tell the body the location of the causes of problems that the body may have forgotten about. The body then can better heal itself because it can now remember the location of the problem and its cause (which may not be the same). It also has a direct biochemical effect via the C-fibers, a particular type of nerve that accounts for about 85% of all nerves in the body. They are known to stimulate the production of neural and other types of peptides that mediate pain reduction and stimulate tissue repair. These fibers react most readily to electro-stimulation, which the MiHealth provides.

When you use the MiHealth device, you may feel a slight sensation on your skin where you are using it. The feeling varies from person to person, however, the most common sensation is one of "stickiness" as the device moves over your skin. This is perfectly normal. Some people feel no sensation at all. The device has an easy-to-read graphical interface that shows when the device is engaged most effectively and the therapy is working properly, so what you feel is not an indication of the device's efficacy. After the session, you may notice some mild visible effects such as reddening of the skin or feel a slight skin numbness at the site. Both are temporary and quite common to this type of treatment.

The NES ihealth takes the information communication concept further than any other device. Peter Fraser, upon whose theory NES is based, spent

decades researching the dynamics of the human body-field, and that information is used with the MiHealth as well as in the NES Provision scan.

As mentioned previously, the MiHealth contains specific sets of information which give direct instructions to your body, or the part of the body where the device is focused, such as your muscles. However, there are several different modes you can select when using the device. For example, if you have a sore muscle in one arm that nothing seems to be helping, you can use MiHealth in its “muscle memory mode.”

In this function, the MiHealth first sends an information pulse that blanks out the current soreness and pain memory messages, easing the tension in the muscle. In response to this stimulus, the arm muscle sends a message to the body telling it a change has occurred. After treatment has finished, the body will then continue to send a “relaxed” muscle message back to the arm muscle for a few hours, in effect resetting it to a more normal, relaxed and healthy state. The overall effect changes the muscle memory. You can also select modes depending on whether you wish to help alleviate joint, tendon or muscle pain or to energize muscles prior to sporting activities or other physical exertions.

One of the modes on the MiHealth uses an informational dispenser that can be taped to an injured area and will continue to beam information so that a sustained healing response occurs. These diodes are particularly convenient as you apply them yourself to the area you feel they are most needed. For example, you could place them directly on acupuncture points or over organs.

## Principle 5.5

### Physical Adaptation from Training

As your body starts to retrain itself, flexibility increases and painful, knotted muscles return to a more normal state. As a consequence, you will no doubt find yourself with increased motivation to exercise and care for your body. Because your body is now more adaptable to the information you put into it — from thoughts and beliefs to nutrition and directed healing information energy from the MiHealth — it will now adapt much faster, making it even easier to accomplish the tasks and activities you undertake. It is time, thus, to think about beginning a consistent physical routine to further support your physical health.

Physical training covers just about every activity, from walking to running marathons, from playing league football to playing backyard badminton, from swimming to rock climbing. Depending on which activity you choose, it is also a wise idea to work with a trainer or coach to make sure you are working and playing safely, using proper form and so on. However, there are some general guidelines to follow no matter what type of fitness program you choose:

- i. As you begin, especially if you have been inactive for a period, remember not to push too hard and to warm up your body before exercise and stretch afterwards. Take time to recuperate between exercise days or periods. Rest is just as important as the exercise itself! Your body needs time to adapt. If you rush, you risk injury and fatigue.

The amount of recovery time depends on how fit you are in the first place, but a good rule of thumb is to have at least two days a week totally off exercise and to rotate the types of exercise you are doing on consecutive days. In other words, don't lift weights two days in a row. Or if you do, work different muscle groups. If you choose a running activity one day, choose an exercise that takes the focus away from your lower body the next, such as working your upper body with weights. Then remember to rest your body for at least two whole days during the week.

- ii. Consider doing at least one or two days of aerobic activity a week to strengthen your heart and lungs. An aerobic activity is one that raises your heart rate (check with your fitness trainer or healthcare provider for your ideal "target" heart rate) and causes you to breathe heavily, but not to the point of laboring for breath ( or what's called "going anaerobic").

Fast walking, jogging, cycling and swimming are examples of aerobic exercises. If those activities sound too strenuous for you to begin with, remember that walking is a great exercise in itself — just go a bit further than you normally might or plan a route that includes some hilly terrain to give your body a bit of a push.

- iii. Ideally, as you begin exercising you will choose something that works your core — the area around your lower back and abdomen. Your core muscles support your body. Having strong and toned core muscles is crucial to doing just about any kind of exercise safely and properly. Pilates is a great way to safely strengthen your core, as are certain types of calisthenics.

- iv. Remember to stretch before and after exercise, especially if your main goal is to reduce painful muscles and increase mobility. As already mentioned, yoga or other forms of stretching are exercise activities in themselves, so making them a priority in your fitness routine is always a great idea.
  
- v. Have fun and exercise with people you enjoy spending time with. This suggestion may be among the most important elements of your fitness routine. If you like what you are doing, you'll stick with it. You won't have to work to be committed to your body's health if you love using your body.

So try a few different types of activities until you find the one you enjoy the most and also seek out like-minded and motivated people. Remember that as you start exercising, it will take you time to become comfortable with the new activity; but stick with it for a few months and you will soon become comfortable and proficient. Being “good” at a sport or activity takes time, and upping your performance level is satisfying, which itself is a great motivation to keep going.

- vi. Finally, start slowly and give yourself time to work up to fitness, weight loss, and other health goals. It takes time for the body to adapt and change, but it is an expert at doing so. Your body really can do nothing else but change — that is its natural process — so make the change a positive one!

## Principle 5.6

## Increasing Commitment

As with almost everything in life, mastering your health takes commitment. Without commitment and motivation not a lot happens. For sure you'll have some ups and downs, but you'll also notice that as you stick with your health and fitness plan, over time you'll see substantial benefits and improvements, and those are the best motivators of all.

In this book, you have been presented with a wide variety of information and many different paths which you can follow to reach your health goals have been suggested. One final piece of advice is to not take on all of them! In fact, it's best to choose a few and follow them faithfully and well than to try everything half-heartedly or sporadically. Choose a realistic plan, commit to it for at least several months, master it, and then add in other things that can take you even further toward the vibrant, vital, healthy life you deserve.

## **Section C**

# **A New Kind of Health for All**

*Take care of your body. It's the only place you have to live.*

**JIM ROHN**

**Business coach and self-help author**

At the heart of the NES way is our vision of one day having NES Centers around the world. These centers will not only be a clearinghouse of information on health-related topics, but will be staffed with a team of complementary healthcare providers who can assist you in all areas of regaining your health and fostering long-term well-being.

Our approach is radically different from the normal experience of going to different facilities and seeing independent practitioners for different health issues. At a NES Center, your trained “life consultant” will help you assess your entire situation, from your emotions to your physical body, from the reality of your current environment to ways to achieve your grandest goals. Then your life consultant will work together with you and with a team of the Center’s professionals to devise a tailored plan that will provide practical ways for you to proceed on your life’s journey — using your body, mind and spirit.

Your personalized plan will detail four main ways of improving your health depending on the consultation content and your goals:

- 1) Informational assessment and correction
- 2) Emotional-mental conflict resolution and life mastery
- 3) Physical therapies and fitness options
- 4) Nutrition and diet

The emphasis in the NES way is on education as well as on consultation and therapy. Based on your goals, desires and interests, you will be able to choose from among a host of programs, including nutritional counseling, healthy cooking classes, fitness programs including yoga and Pilates and similar kinds of options, all offered by well-trained professionals. You will have access to information about and instruction in visualization, manifestation, and motivation. The NES Centers will be places of community, where you can meet like-minded people who share your desire to get the most out of life.

A major focus of our Centers will be providing access to the absolute latest in bioenergetic and bio-informational technologies. Among these will be the NES ProVision, which will help you and your healthcare practitioner quickly identify key aspects of your overall condition, noting the bioenergetic correlations to the root causes of problems, and making it easier for you to assess the best ways to achieve a more radiant state of health. The NES ProVision scan will also identify body-field distortions and recommend the most appropriate Infoceuticals within your tailored program.

The Centers will also provide nutritional guidance, and you will have access to bioenergetically imprinted NEStrition supplements, which, as mentioned previously, are supplements encoded with information your body-field can use to make physical absorption of nutrients easier while also increasing your body's use of those nutrients.

Let me take a moment to talk in more detail about the NES ProVision, since it can be such a powerful tool to help you reach health and fitness goals.

## NES ProVision

NES ProVision is able to pinpoint blockages in information flow in a more specific way than the NES Professional scan does. For example, ProVision has an extremely detailed musculoskeletal screen that assesses which muscle, tendon, cartilage or joint may be causing problems or pain. As the human body has thousands of interlocking and layered muscles, it can be incredibly difficult to work out what is going wrong using only the standard physical or biochemical methods.

ProVision uses a bioenergetic and bio-informational approach, which may better highlight the specific muscles that correlate to your problem and the blocks to information flow that are affecting those muscles. It couples well with the NES ihealth, so once the problem site has been identified via the ProVision, your practitioner can use ihealth to select the right type of information to send to the area to help alleviate the issue. Your consultant will also give you advice about exercises and stretches that can help, if the case warrants it, and you can continue the bioenergetic therapy at home with your own home MiHealth.

NES ProVision also has a detailed nutritional screen, where your qualified bioenergetic practitioner can make meaningful suggestions for dietary changes and can recommend any NESTrition supplement that may be of help to support both the biochemical and bioenergetic functions of your body. NES Infoceuticals can also be used to clear any distortions in your body-field.

NES ProVision even contains features to identify and remove what are called “emotional tape loops,” which are stubborn emotional patterns that may no longer serve you (or, in other words, that are keeping you where you are). Sometimes particular events in our lives cause intense emotions that imprint themselves in our subconscious, so we aren’t even aware we are running these emotional programs. However, we keep repeating the same behaviors, experiencing the same moods and so on, even when they hinder rather than help us in life.

ProVision is able to determine the existence of some of these tape loops, and then your practitioner can assist you in removing them, using such techniques such as neurolinguistic programming, the NES Infoceuticals, the MiHealth and other modalities. Once you have stopped running these self-defeating subconscious programs, just watch how dramatically your life can change!

NES ProVision also can be used remotely, so if you can't get to a NES Center because of distance constraints or if you are travelling, you can still benefit from this technology. You can be scanned with ProVision via your own home MiHealth and the report will be sent to your practitioner at a NES Center via the Internet. Your practitioner can then make an assessment based on the scan and can discuss it with you over the phone or by email. Any recommendations may then be followed from the comfort of your own home or from wherever you happen to be at that time.

## Summary

The vision of NES is not only to bring you the best and most advanced bioenergetic and bio-informational technologies and therapies, it is first and foremost to help you achieve your life's dreams. That means helping you to assess your current situation and guiding you through the process of improving it.

Our aim is to help you make changes at the core of yourself, which means you have to go beyond just looking at your current physical health to what is actually causing you to stay in your current state. The factors that could be keeping you stuck include energy, information, your physical body, lifelong emotional patterns and even your beliefs and perceptions.

Change and shift happens by addressing all of these factors and others I have discussed in this book. The fact is that to live life to the fullest, you have to be the best you can at *all* levels of your being and we're here to help. Just look for our approved practitioners on our website.

Mastering the steps in this book will take you a long way beyond just becoming healthy; it will enable you to be able to Master Life itself. You will be in full alignment and have full access of The Power of Cosmic Consciousness.