



Using Intention for Optimum Physical and Mental Health

Guest: Lynne McTaggart

Niki Gratrix Hello, everyone! This is Niki Gratrix. Welcome. Today, I have the great pleasure of introducing another extraordinary guest. It's Lynne McTaggart. So Lynne is one of the preeminent spokespersons on consciousness, the new physics, and the science of spirituality.

She is the award-winning journalist and author of five books, including the worldwide bestsellers *The Intention Experiment* and *The Field*, both considered seminal books in their genre. She's the co-founder and editorial director of the highly-praised newsletter, *What Doctors Don't Tell You* and has spoken before many diverse audiences around the world and is regularly on television and radio in many countries.

Lynne is also the architect of The Intention Experiment, which is web-based global laboratory involving an international consortium of prestigious scientists and thousands of people in countries around the world to test the power of intention to heal the world. The study has conducted periodic large-scale experiments to determine whether the focused intention of our readers has an effect on scientifically quantifiable targets in various laboratories around the globe. These studies, in effect, constitute the largest mind over matter experiments in history.

So, Lynne, a very warm welcome to you today! We're honored to have you! And thank you very much for sharing your time with us.

Lynne McTaggart Thank you! It's lovely to be with you!

Niki Gratrix Fantastic. So one of the key aims of this summit is to help, both practitioners and patients understand the research of physics and consciousness better and how it applies to health. And just starting with your book, *The Field*, you documented a tremendous amount of evidence behind what we call the energy body. You called it the field. It has different names.

I would just say that that book is essential reading for anybody who wants to get more understanding about how the science of physics applies to health. So I just want to thank you again, even now, for writing that book and enlightening so many people, and I'm sure many more to come.

So we've had speakers cover various aspects of the field that you talk about in the book. We had Dr. Rollin McCraty talking about the electromagnetic field around the heart. We've had speakers on the electric body. But I just wanted to ask you about one aspect of the book, which is the work of Fritz-Albert Popp, as I still think a lot of people don't understand his work, hadn't heard about it.

It's one of my favorite bits of the book. And many other people have said the same. And

I'd just be interested for you to share...I presume you met him when you did your research for that book. Who was he? And what did he discover and the implications?

Lynne McTaggart Fritz-Albert Popp was a German physicist. He died last April, by the way, a year ago this past April. And it's a very sad loss for the world because he was an amazing genius. He discovered that there was a strange property of certain elements that seemed to change when they were exposed to the body. Or the body seemed to do something to them.

So he wondered whether or not there must be some light coming from the body. So he began doing experiments and created equipment that demonstrated that indeed all living things, including human beings send out a tiny light. It's like a little tiny Morse code of light emissions.

Moreover, he found that when living things send out light, other living things respond with their light synchronicively. So it's like we're having a light conversation. He also discovered that this light is coming from DNA. And so he wondered whether or not this may be the guiding principle of the body that is conducting all of its processes because one of the things that still confuses biologists, no one can figure out why we differentiate, how a single cell can turn into the complex mechanism that is a human being.

And how do certain cells know to be an arm and certain cells know to be a leg? And also how do we account for all of the chemical processes that happen in the body simultaneously. Hundreds and hundreds of them happening at every moment in order for us to generate happiness, fear, sadness, joy, all of those things.

The usual explanation, the materialist explanation, is that chemicals find each other through what is called the lock and key theory, which is they bump into each other, essentially. And I always like to liken a cell to a swimming pool with certain molecules inside it that are like a couple of tennis balls. And so what you're really saying is that one tennis ball will somehow find another tennis ball in the swimming pool simultaneously. So, of course, that doesn't really work very well. It doesn't really explain things.

And so what Popp realized and he experimented with was demonstrating that, for instance, when you put some medicine on your hand, the light will change there that's coming out. But it will also change everywhere else in the body. So he theorized that the light must be a global conductor of the body.

So, in a sense, it has two functions. It's a means of communication through the whole of the body and helps to affect chemical processes of all sorts. And it also is a global communication with the world. And so we are sending out and we are receiving all of the time. We are, as I like to call it, leaky buckets. We're sending and receiving it every moment.

Niki Gratrix Hugely interesting. He also did experiments that I thought were very interesting with raw versus cooked and processed foods, didn't he? And he also found that the raw aspects of food, actually had more light emissions than processed food.

Lynne McTaggart Yes, different light emissions because he found cooking changes to light. Let me make something very clear about this light, too. There's a perfect equilibrium when you have a healthy body. More is not always better. For instance, people with

MS generate too much light. And with cancer victims, they have too little light. It's like they're light's going out. So what Popp discovered is that sometimes when a being is stressed of any sorts, the light goes up. So the key is to keep that perfect equilibrium of light.

Niki Gratrix Fascinating. And although this is still not accepted in mainstream, it's increasingly coming out. There was the phantom DNA experiment, where they shone a laser light at DNA. And it seemed to keep the light in the DNA, even when the physical DNA was taken away, which was amazing.

But then things like—just to back up what you're saying there—things like there were Harvard researchers that shone a light that could regrow teeth from cells by shining a laser light. So clearly, light contains information that's telling biology what to do.

Lynne McTaggart Yes, that's exactly it. And Popp started out. He was completely on his own. He was ostracized. He was thrown out of the university where he was working. He was treated like a criminal at first for even suggesting such heresy. But by the time of his death, there were 40 or 50 scientists around the world working on his material, replicating it, and agreeing with him. And it had come to be accepted in very advanced circles.

So I think we'll find as with a number of the other scientists in the field, who are now gone, like Jacques Benveniste, who I also talked about, who was really responsible for recognizing that molecules send out a unique electromagnetic frequency. And it is that that really creates some of these chemical processes. These guys are all amazing pioneers. And it will be discovered. Science changes one funeral at a time. As they say. And the funerals of these two people are going to be recognized as being really amazing turning points in 50 years or so.

Niki Very interesting. So a recurring theme on this summit is about research that's not going to hit the standard physician on the street for 30 to 50 years.

So turning to a different aspect, this field has different ontological levels. So it has the electromagnetic parts that can be measured in different ways. And you talked about the biophoton field there where they had a special machine that was created to measure those. But we still have this part of the field, the non-local field, the bit that we don't have the instruments to measure yet. I don't think.

So if we talk about that non-local field, and I guess getting into the quantum physics experiment showing that we have part of this that is everywhere all the time, it's completely interconnected to us. And we can impact it with consciousness. Maybe you could start with some of the quantum physics experiments and what they found at the subatomic level?

Lynne McTaggart Okay. Let me first clarify one thing. We definitely can measure this field. We're talking about a quantum energy field. And quantum physicists have known about this for many, many years, in fact, since the advent of quantum physics. And I'll explain how its generated.

Well, first of all, subatomic particles, we always depict them as billiard balls in physics classes. We've got the atoms. And we've got what looks like a solar system with lots of

little subatomic particles like neutron and proton and electrons. But actually, they are more like vibrating packets of energy.

And they emit energy themselves and share energy almost like an endless game of tennis. So when two subatomic particles are near each other, they're sending energy back and forth. And in that energy exchange, they create what is called a virtual particle, which is like a particle that exists only for a fraction of a blink of an eye.

Now, in that exchange, that's not much energy that's produced. It's a half a watt's worth of energy. But if you tallied up all of the subatomic particles during this little particle exchange, this little tennis game, at every moment, you come up with this unbelievable, unfathomable amount of energy just sitting there in empty space like some supercharged backdrop.

And just to give you an idea of how dense this is, if you were sitting one yard away from me, one meter away or so, the energy between us would be enough to boil all the oceans of the world. So we have this incredible dense energy sitting out there in empty space, of which we are a part because our subatomic particles are also part of this energy dance. So we're talking about a quantum energy field.

Now, the other thing you said was that we can't measure this. We can. Scientists have been able to measure all sorts of things about nonlocality. They've demonstrated in the laboratory, first of all, a couple of really amazing things about the subatomic world. One is that subatomic things aren't actually things yet. They are a potential of something. So let's imagine we have a big theatre, a movie theatre, and imagine that one subatomic particle is one chair in the theatre. Actually, if you think about it in its potential self, it is like every seat in that theatre all at the same moment. The only thing that turns up potentially...So it exists as old potential cells all at once.

The only thing that turns that possibility of something into something real, as scientists have discovered, is the observation of a scientist or someone. When they take a measurement or they actually observe the subatomic particle, it shrinks down from all possible cells into an actual something. They can then measure it, almost like it's a particle. Then it's a particle. They can locate it. And so they've discovered that.

They've also discovered another really weird property about subatomic things, which is once two subatomic particles have come into contact...Let's say think of them like two twins that have been separated at birth. If you move one to New York and you keep the other one in London, even if they never see each other again, since they've been in contact, they will continually be in contact.

In fact, they'll continue to affect each other. It's as though, they both end up liking the color blue. They both end up marrying a woman called Jane. And if one falls down and breaks his leg, the other one will fall down at the same moment even if he's just sitting there drinking a coffee in Starbucks. So it's like that constant affect all the time. They know about each other. They're affected by each other for all time, no matter how far you move them apart.

So these weird affects, they've always believed have been, the scientists have believed are only a property of the subatomic world. Then once things get big enough to be seen, so they thought, they start behaving themselves and act according to Newtonian princi-

ples, which we all understand, essentially are all about force. One thing only affects something else by something physical being done to it. So if you're going to affect something, you need to freeze it, dry off it, burn it, or give it a good swift kick. You have to do something physical to it. Or so we thought.

But the new science coming through, there's been a number of studies done on clusters of molecules, some of the biggest ones in the world, where you can actually see them. There have been studies on photosynthesis, where they've discovered these quantum principles apply.

So it may well be that this is not just a rule book for the quantum world, but the rule book for all of life. And that we are subject to quantum rules ourselves. And that's increasingly seems to be the case. And certainly that's been demonstrated in a lot of the experiments I've done.

Niki Gratrix Fascinating. And that is leading very interestingly to, perhaps you could share a bit about some of the original work done at Princeton by the Princeton researchers. So the physics experiment showed us the observer effect and that explains what was going on at the subatomic level. So at Princeton, they started to show how our consciousness can affect things at the gross macro level. And perhaps, you could share, starting with that and then leading on to your own work.

Lynne McTaggart Sure. There's been many, many studies of the power of the human mind to affect the physical world. There have been thousands of studies, hundreds of thousands of studies, showing that mind can affect everything from single-celled organisms to full-fledged human beings. And these are good studies done in the laboratory by prestigious scientists in prestigious universities.

One of the most compelling was a body of evidence researched, carried out by a then-dean of engineering at Princeton University, Robert Jahn and his assistant, Brenda Dunne, who's a psychologist. Now, the two of them designed a program to see whether or not people can affect sensitive equipment like computers. So they designed what is called the random event generator. And this is essentially an electronic toss of the coin.

And what they would use to configure it as is two images that come up alternately on the computer screen. So, for instance, one was cowboys and the other is Indians. And because these were randomly controlled processes, Indians would show up about half the time and cowboys would show up about half the time. So the images would flash back and forth.

So they would sit operators in front of these computers and ask them to will the machine to show more cowboys than Indians or vice versa. And they ran these experiments hundreds of thousands of times—hundreds of thousands of times with hundreds of different operators.

And they discovered a small, but consistent trend that when people sent intentions to get more cowboys than Indians or whatever the computer configuration was, they would. And when you compound all of these experiments together, you get an enormously significant effect.

For instance, looking at the effect side...And it was called the Princeton Engineering Anomalous Research Program. And when you looked at all of their studies combined together, you find that the results of the effect size, that means the rate of change, is ten times bigger than aspirin, which is considered one of the most successful drugs of all time. So it was a powerful, powerful result, showing that mind can affect matter.

Niki Gratrix Amazing! And perhaps that's a good intro into talking about your own intention experiments, and perhaps sharing some of your research that you've discovered with your readers.

Lynne McTaggart Okay. So what I found after looking at all of this research...And I looked at studies of healing. I looked at studies of intention on lots of other things. There have been brilliant studies showing that intentions can make gerbils go faster on their activity wheels or make fish swim in a certain direction. There's been some very, very ingenious studies. Of course, there have been about 150 studies, good studies showing that mind can heal other people.

So I was really interested in what happens with a mass of people. What happens if lots of people are thinking the same thought at the same time? Does that compound the effect? And I also wanted to find out, how far can we take this? There's so many discussions about intention. The word is used so lightly all the time. Everybody talks about intention these days. It's a big buzz word. Even Jane Fonda once talked about mothering with intention. So I wanted to see, okay, so what can we do with this? And if this is so powerful, can we use it to heal the world?

So I started a program with my fifth book, *The Intention Experiment*, which was to have an ongoing experiment. And I know lots of scientists at very important universities. And I also have lots of readers because my books are in 30 languages. So I thought, "Well, if I put them together, I'm going to have the biggest global laboratory in the world." And that's what we've been doing since 2007.

We've done studies looking at changing simple biological systems, seeing if we can change those tiny light emissions. We started out taking big baby steps because we thought, "Well, nobody's ever done this before. So we'd better start small and slowly grow and slowly make it more complex."

So we started out just trying to affect light emissions. And then we tried to see if we could plants grow faster. We have done many, many studies of water. And we've also done big studies looking at lower environments in war-torn areas. And of our 27 experiments to date, 23 have had measurable positive, mostly significant effects.

So let me unpack that a little bit and just talk about some of the more interesting experiments we've done. With one of our experiments—and we ran this 12 times—we wanted to see whether or not we can send intentions to make seeds grow faster. And, of course, that would have big implications in the world because it would mean that we can help make food grow more plentifully.

So what we did was, we worked with scientists, the whole lab at the University of Arizona. And they set up four sets of seeds with each experiment at four sets of 30 seeds. And so one was going to be the target and the three others controlled. But it's important in experiments like this to never let the scientists know which one is the target. So that's

what's considered to be a blinded experiment. The scientists don't know which one is the target.

So I ran this experiment six times, five times in front of audiences. When I would speak around the world, I would set up an experiment and have the audience do this with me, and once over the Internet where I invited my whole readership to send intentions to these seeds.

And so what we would do is randomly choose one of the four. And we'd send intentions to that photograph. And, remember, too, just get this. We were not sending intention to the seeds themselves. In every instance, we were simply sending intention to the photograph of the seeds because the scientists would send me four sets of photographs.

And I would show the photographs to my audience. We'd choose one randomly. And we'd send intention to that photograph representing those seeds. So the first time I ran this, I was in Sydney, Australia in front of an audience of 700. And the seeds, of course, are sitting back in Tucson, Arizona, thousands and thousands of miles away. Nevertheless, with each of the six experiments that we did, the seed-sent intentions always grew significantly higher than the control.

Because what would happen is after we'd send intention, we would just tell the scientists, "We're done." And they would plant just all four sets of seeds and then just measure them. And it would only be after they measure them that I would unblind the study and tell them which ones we sent intention to.

I also ran six controls, just to make sure it was very well controlled where all four sets of seeds would be planted. One would be designated the intention seeds. But they would not be sent intentions. So they were controls of the controlled. And, again, whenever we had intention studies, all seeds grew more than when they did with the controlled studies, the non-intention studies. But the seeds that grew the highest of all were always the ones that were sent intention. So we actually published that. We presented it in front of a scientific group and published it.

So that was one really interesting one with huge implications about the whole idea of the psychic Internet and the idea that you can just send an intention to a representation of somebody or something. And that will have an effect. And also that it doesn't matter how far you from the target because we were halfway around the world in Sydney, Australia. Other times, I was in Dallas, in Rhinebeck, New York and South Carolina and Los Angeles, always miles away from the target, which was always in Tucson, Arizona. But we'd still have this effect.

So we moved on to water. And we looked at all kinds. We did all kinds of controlled experiments trying to purify polluted water, and finally did it out in the field at Lake Biwa in Japan. We took two samples of polluted water, sent intentions to one of them, measured their pH and their light emissions before and afterwards using the equipment of Dr. Konstantin Korotkov, who is a Russian physicist, who's perfected a device called the GDV device, which is a Gas Discharge Visualization is what it stands for.

But essentially, what it does is excites photons hundreds of thousands of times so it can record their activity. So it's basically doing what Fitz-Popp did, but with newer equip-

ment. And so we found we had a significant effect there, sending intention to polluted water to clean it up.

But the most compelling of all, I think, of our experiments were four of them that we ran trying to lower violence. In 2008, we sent intention to Sri Lanka to a portion of Sri Lanka, during the time when it was undergoing a civil war. And it was fascinating. Right after our intention, deaths fell by 48 percent, injuries by 74 percent.

But we also discovered...It was really interesting. We sent intentions through an entire week. We discovered that that very week seemed to be pivotal because after that week, the government won a few important battles, within three months, reclaimed an area that had been held by the rebels for years, and then five months later, that 25-year war was over.

And when we had a professor of statistics do an analysis of the violence levels from 2 years before to several months after our experiment modeling what should have happened, based on what had happened on the past, there was definitely a long term lowering of violence. So that was interesting.

But if you do one experiment like that, it's meaningless. It could be total coincidence. There's 100 reasons why that could have happened that has nothing to do with intentions.

So we did it again in 2011 for the tenth anniversary of 9/11, sending intentions to two providences in Southern Afghanistan, which had been the most violent during the war. And we got information from NATO several months after. We waited patiently about three-and-a-half months after the intention to then find out what happened.

And there was a 790 percent drop in violence in just those two providences in the month after our intention, and a long-term drop in those providences, in particular, as compared to the rest of the country. So that was quite interesting.

And the final thing we did was we had two experiments sending intention to what I guess could be considered the most violent place in America, which is the U.S. Congress. We sent intentions to a couple of the counties right around the Congress, which had a lot of violence.

And we again looked at police statistics from two years before to a year afterwards, and found a 33 percent drop in violence in those areas. Sadly, I guess, it didn't extend to the Congress in the long term. But we did find that violent crime went down by 33 percent. Property crime did not. And remember, we were focusing just on violent crimes. So that was quite compelling.

But also, something else that was quite interesting. The day after our first intention experiment, John Boehner, who is the Speaker of the House, hugged Nancy Pelosi, who was a Democrat. He's a Republican. She's a Democrat. And she was the former speaker. And they were hated enemies. But they hugged each other the day after our experiment. So we wondered whether we did have some effect. We don't know.

Niki Gratrix Absolutely fascinating. Very, very interesting. If we turn that now to considering personal healing from illness, if we consider the placebo effect, which is obviously

a belief and expectation in recovery, are we saying that is a very similar thing to an intention? Is there an overlap there and it's working the same way? Because that's a huge support for the idea of mind over matter, obviously.

Lynne McTaggart Absolutely. And there's so much support for it. There's the placebo effect. And doctors always poo-pooed the placebo. They say, "Oh, it's only the placebo effect. Only the placebo effect." The placebo works about 60 to 70 percent of the time. No drug works as well as the placebo effect. That's how powerful it is.

And a lot of doctors would actually give patients sugar pills—which is what placebo is—because they know that the expectation of healing, the doctor telling them, "This will help you," is so powerful that it can mobilize the body's ability to heal. And they found that even when patients were told that it was a placebo, they would still get better because there was the doctor giving it to them, the expectation of healing. All of that is really suggesting, it's really the power of the mind in most cases.

So I think that intention is probably the most powerful placebo there is. Let me distinguish it between what intention is, versus what a placebo is. A placebo is, as I say, something given that is a sugar pill. It has no active agent. But in taking it, the patient gets better.

And they've not only demonstrated this with pills. But they had a really interesting study in Texas, in I think, a Houston hospital, where some doctors took patients with arthritis of the knee. And half of them were given arthroscopy, where the knee was opened and cleaned out. And the others were given a sham operation, where they were just opened up and shocked. The doctors didn't do anything to them.

And they discovered that both patients, both sets of patients improved in the same rate. And, in fact, the patients where they had the dummy procedure had less pain in that regard. So that would suggest that the mind, whenever there is an expectation of healing, the mind can affect healing, even if it's a sham operation.

But when I talk about intention...So a placebo is an intention trick. It's basically telling the patient, "I'm going to make you better. And here's a drug that will do it or here's an operation that will do it." With intention, it is your own or somebody else's very specific request to the universe to heal you. And what we've discovered...I've not only done these big intention experiments, but I run workshops all the time and master classes in intention where we get into small groups and send intention to people who are ill. And we find that just the intention of the group to heal that person can really work.

What we've also found is the more specific, the better. So a lot of times when you...And this is also what distinguishes, I think, intention from prayer. If we pray, it's, "Thy will be done." You decide how it's going to work and what will happen to me.

Well, with intention, it's almost like putting in your order to the restaurant. "I'd like this, please." And we found that, as I say, the more specific, the better. Our intention is that Jane Doe be healed of all pain or free of all pain in her right hip and be healthy and well in every way. Just focusing on what needs to be done and then maybe making a global statement, as well, seems to work really well.

Niki Gratrix Amazing. So I think this is very important because it's a message to pa-

tients. It's almost like the prerequisite to recovery. I suppose when it comes to a chronic complex illness, it's still a prerequisite. But there are other things that obviously could be impacting that.

So I suppose I should put a note of caution to people who then go, "We create our whole own reality," and discount all these other factors that can be affecting them. So they might get a good healing response for a while. But maybe they truly are gluten intolerant and that intention to be well might last for say a month. And then, actually the healing will disappear because they actually still need to get rid of gluten.

So I'm thinking in my view someone needs to stand in the middle of Ken Wilber's four dimensions of reality, his four quadrant model. Set the intention, and then be aware about everything that could be sabotaging that in those four dimensions? I just wondered if you had anything you'd comment on with that?

Lynne McTaggart Sure. There are a lot of things that do sabotage intention, yourself, mainly. First of all, I think it's important to recognize and move beyond the whole masters of the universe view of intention. You're one speck in a very big giant super organism. Or another way of looking at that is you are vast and expanded to the furthest reaches of the cosmos because you are a part of an enormous intergalactic superorganism.

In my latest book, *The Bond*...By the way, I've got a sixth book. And in my latest book, *The Bond*, I've written extensively about how we are physically and also even behaviorally affected by the sun. They've shown demonstrations that when there's a lot of solar activity, heart attacks increase, epileptic fits increase.

We're essentially energetically destabilized. But there's also been studies showing that even our behavior is affected. When there's certain solar activity during cycles, there's more terrorist activity. The stock market changes according to solar activity. All kinds of things like that. So we're affected in big ways by lots of things, so one has to keep that in mind.

But the biggest saboteur of all is ourselves. Remember, I talked about the fact that we're sending a tiny light. Well, there seems to be the case that our thoughts are one more light emission. And if you think about it, we're all leaky buckets. And I demonstrate this in my workshops all the time, where people can send intention to each other. And they pick it up. A perfect stranger will pick up what they send to them. So we're leaky buckets.

And the issue is really what we're sending all the time because most people aren't filled with and beaming out positive thoughts. They're full of judgement. They're full of hate for themselves. They're full of self-loathing. They're full of all kinds of self-sabotage.

And basically, everything, every judgment they hold, all those thoughts and judgements are going to their heads. Every last mendacious thought, that also just beamed out to the universe. And that essentially becomes their life intention. So I think it's really important for people to recognize that what they're broadcasting to the world is what they're broadcasting to their bodies. There's that.

There's also the power of the past to take us over like an unwanted guest. And with this, I'm going to really refer to my husband's book, *The Untrue Story of You*, which is all about

this. And he's created a model, a three-self model that talks about the bigger self and the bully of the other selves being the past. And that we aren't really the past. We think we are of something. But the past, a lot of the misunderstood experience creates our sense of what I am. And that often can be erroneous. And that often can take us over and account for all kinds of illness. So, as I say, the past can be the biggest saboteur of all.

And then, of course, there is our relationships to other people that also can sabotage us if we don't stay strong in our own intention.

Niki Gratrix Fascinating. That's absolutely superb. That ties in exactly with everything we're finding on the summit, as well. So this links in with what Dr. Rollin McCraty was saying about how we most definitely... That energy vampires are real. And that if we're going to hang out with people like that, we've got to have our boundaries in place, and the past is hugely important. So adverse childhood events are gigantic impacts directly on our behavior, too.

Lynne McTaggart Yes. And also my little two cents into the ring on this one. First of all, I think really important, a really essential element here is to distinguish between mind and brain because if you're talking about just limbic remodeling, what you're basically saying is all your thoughts are residing in that part of that limbic system, and that changing thoughts is a matter of changing that.

I think in my own model is there's something very different in the sense that all of the evidence I've amassed in the field and all of my books, *The Intention Experiment* and *The Bond*, all suggest that mind does not reside in the brain. Certainly, there was really, really compelling evidence from the work of the late Karl Pribram, a neuroscientist, demonstrating that memory does not reside in any particular address in the brain. It seems to be globalized. But moreover, it seemed to be outside the brain.

And then all you need to do is look at all of the evidence on near-death experiences and coma victims. And I look at them a lot because I think they're very, very compelling because they really suggests that during the time, these are all experiences where someone had not just what happened with the dark tunnel and the light and all of that. I'm not talking about that. I'm talking about the person having complete recall of everything that happened to him in the hospital or wherever when he was supposedly clinically dead.

There was a fascinating story of a Dutch person who had had a Dutch die who had been run over. And he came to the hospital. And he was pronounced dead. And, of course, when they do that, then they throw his clothes and everything on what's called the crash cart. And they start trying to revive him. And they managed after some time to do so.

So the next day when he saw the doctor, he said to the doctor, "Could you ask that pretty blond nurse who took my teeth out if she could give them back to us and my clothes?" Now, that was the point with the crash cart and everything where the guy had been pronounced clinically dead. So where was his mind then? His brain was not operating.

Same thing with the work of Eben Alexander, who had one of the longest near-death experiences and wrote about it in *Proof of Heaven*. He was aware of so much during the whole time, there could have been no way that was a hallucination. His brain was not functioning to all intents and purposes during that long, long coma. So these kinds of

things tend to suggest and much, much other evidence that mind does not reside in brain.

So if that's the case, if mind was placebo or mind is changing the body, what's going on here? And I would suggest that mind is reconfiguring the body, not the body reconfiguring the mind.

Niki Gratrix Absolutely. Yeah, brilliantly put. I couldn't agree more. I guess, perhaps, this is a final comment and question to you here. The other thing I've observed in clinical practice is when somebody set the intention and it's all going great, and they're in alignment and they're not self-sabotaging, and they've cleared the shadow work and they're doing what they need to do on the physical side, and actually when that happens, certain things then happen that are actually a sign of things working. But the patient can view it as everything going wrong.

And this seems to be the other main sabotage that can happen. So it can actually be something that's working. But they're interpreting it like it's not working. So I think we've got this Hering's Law of Cure, which is if the intention's working and the body's healing, you've got often a return of all symptoms in the reverse order that they were originally experienced.

And we see this with fatigue patients. They might have a big return of the virus they had at the beginning of the illness that triggered it. And what they do is the virus comes up. And they think, "Oh, my gosh! The treatment's not working. I'm going backwards," and have a massive stress and assume it's not working. And actually, very sadly and tragically because they don't understand this, will actually collapse again and go into stress. I wanted to share that for the sake of the audience, so very important.

Lynne McTaggart That's so interesting. And we hear it from my work with *What Doctors Don't Tell You*. We find that over and over again with different alternative types of modalities, they describe the exact same thing where the patient, in getting better, re-experiences the early symptoms. And so I guess this comes to the power of the transaction between the practitioner, the healer, and the "healee" because I think that's another element that's so important, almost essential in the healing process when the person is working with someone.

And I saw that firsthand in the 1980s when I was ill. And I couldn't find what was wrong with me. I had a collection of symptoms that are pretty...They're pretty ho-hum these days. I had candida and mercury in my mouth—mercury poisoning—and undiagnosed allergies as a result, and a lot of things. But my whole system was going completely haywire.

And no one could get me better. And no doctors knew what was wrong with me. I started going to all kinds of alternative practitioners. And no one was getting me better. It was a little early over here in the U.K. for the candida diagnosis.

But ultimately I found a nutritional pioneer, brilliant man, Dr. Steven Davies, who was the most amazing healing agent himself. He would just focus so much on the patient that I was so amazed by the healing transaction that went on. That he treated me like an equal partner. There was me, him, and the condition. And we were going to sort out that condition together.

And he gave me so much hope all the time that I realized that half the reason I got better was not just the diet and all of the things that I went through into getting rid of allergens. It was the relationship with him and his encouragement, belief, hope, all of those things that he was transmitting to me all the time.

Niki Gratrix Very interesting. So yeah, the confidence and the trust that the practitioner can give, including helping somebody go through, if they are experiencing the Hering's Law, just calmly explaining to them what it is, so they're almost beginning to expect not to worry if it comes. So you go, "Oh, I just had what looks like a relapse. And actually it's I'm on my way to recovery."

Lynne McTaggart Exactly. Exactly. And that's down to the communication powers and the hope generated by the practitioner. Because the bottom line I think is one of the worst things that conventional doctors can do is give somebody a death sentence, give somebody the diagnosis, "Well, you've got three months to live now." That is, first of all, ridiculous because no one can say with any certainty how someone will respond to the challenge of healing and who is going to live and who is going to die?" And it's also variable.

But secondly, in a sense, he's creating the diagnosis. So I think one of the biggest medicines of all, even bigger than the placebo effect, even bigger than intention, is the power of hope.

Niki Gratrix Fascinating. Yep, agreed. Very interesting. Lynne, thank you so much for sharing your time. It's been a fascinating discussion. Please share with the audience where they can find out more about you and your books. And also this fantastic resource, which is the *What Doctors Don't Tell You?* Where you talk about all this stuff all the time, presumably.

Lynne McTaggart We've been running, by the way, for 25 years. And for the last three years, we're a magazine now. And we're in ten countries around the world, including the U.S. and the U.K.

But people can find out more about that at wddty.com. And that WDDTY stands for What Doctors Don't Tell You. And we have a 25-year searchable database for what is very, very specific ways of treating just about every illness you can imagine: the right supplements, the right diet, etcetera, the right herbal medicine, all kind of things like that.

For me, it's LynneMcTaggart.com. And my name is spelled with an E on the end of Lynne. And that will include all kinds of information about my six books and my last three books, *The Field*, *The Intention Experiment*, and *The Bond*, and also the workshops and tele-seminars and speaking engagements that I give all around the world.

Niki Gratrix Lovely. Thank you so much, Lynne. It's been fantastic! And I thoroughly enjoyed it. And I think the audience would have got a lot out of that. And I'm sure they'll be following up more on your work, as well.

So thank you!

Lynne McTaggart Thank you!