

The book that could change your life!



*the art & science of healing and enlightenment
using bio-energetic medicine.*

Dr Rhett Ogston (Chinese medicine)

Dr Rhett Ogston (Chinese Medicine) has more than twenty years experience in the field of healing. He has lived, studied and worked in Australia, America, Holland, China, Thailand, Fiji and Canada. Rhett simultaneously ran two successful clinics in Ivanhoe, Victoria and Chapel Hill, Queensland. He now trains students and professionals, and is still licensed as a doctor of Chinese medicine, practising both acupuncture and herbal medicine in St Kilda, Victoria.

He is the director and founder of Qi Health Clinic, and this is where he developed and implemented Rhett Ogston Applications, which include: **FlameTree: *the personal development & healing system***; Universal Emotional Freedom Technique (**UEFT**); **pro-m-emo** (Process my Emotions); Mind Enhancement & Memory Optimizer (**MEMO**) and **409 Degrees – *Just hold it.***

Rhett is committed to serving people, and has the knowledge, intuition, understanding, skill and heart to reach out to people. As a student of life, Rhett continues to deepen and expand his understanding, knowledge and awareness. As a master of life, Rhett imparts his wisdom, noetic qualities and experiences to his students and his handpicked dedicated team of elite Qi Health Clinic healthcare professionals.



Dr Rhett Ogston (Chinese medicine)

© QI Health Clinic Pty Ltd 2017

This work is copyright. Apart from any uses permitted under the *Copyright Act 1968*, no part may be reproduced by any process without written permission from the author. Requests and enquiries concerning reproduction and rights should be addressed to Dr Rhett Ogston (Chinese medicine) at dr.rhett@qihealthclinic.com.

National Library of Australia Cataloguing Statement:



A catalogue record for this
book is available from the
National Library of Australia

ISBN: 978-0-9942543-2-0

Logo and artwork: Josie Maré, Gabrielle Besser and Rhett Ogston
Editing and design: Wordwright Editing (www.wordwrightediting.com.au)

Introduction

Thank you for purchasing my **FlameTree** ebook. I wrote this knowing that you would want to learn and know more about **FlameTree: the personal development & healing system** before you make the choice to become involved, either by receiving a potentially life-changing **FlameTree** healing session, or by joining our innovative and inspired team of certified **FlameTree** healers (CFTHs) in assisting others with their health and wellness.

You may be a friend or family member who has personally observed changes in someone who received **FlameTree** and you would like to learn more about how it might help you to create change in your life. You may be someone who has heard about **FlameTree** from someone else, who enthusiastically shared the amazing changes that occurred for someone they knew who received **FlameTree**, and you need to know more. You could be that person who, by synchronicity, happened upon the **FlameTree** website because you might be ready to make changes in your life, or you want to embark on a healing career or integrate **FlameTree** with your current occupation.

Irrespective of why you purchased my ebook, you are probably seeking more information about the '**FlameTree effect**'. This is how I refer to the resolution of unhealthy bio-electric signals and cues, which can allow **FlameTree** recipients to progress into a life of *Being* in alignment, synergy, authenticity and synergism. This can then allow them to resume *Being* their optimal self, which may be experienced as inspiration, good health, happiness, tranquillity, calmness, inner peace and ultimately, for all **FlameTree** recipients, the possible fulfilment of their life's purpose. Discovering how the **FlameTree effect** works may allow you to make an informed decision prior to embarking on something new and exciting.

This ebook is filled with facts and explanations to help you understand how and why **FlameTree** may have the potential to change your life.

I am confident that you will be inspired to make the decision to invest in **FlameTree**, even if only for yourself, although once you realise the potential of **FlameTree**, you might invest in learning to become a CFTH



FlameTree

and embarking on a **FlameTree** healing career course, either online or in person, so you can learn more, not only for your own personal gain, but also to assist those you love. You can also join us in achieving the **FlameTree** goal — to raise humanity’s consciousness to a previously unattained level of peace, abundance and prosperity, in which every individual is free from their self-imposed limiting beliefs. This leads to the ultimate goal of enabling humanity to belong to a successful global civilisation, where we are all equal custodians of a sustainable and workable world that benefits all sentient beings.



vi



Contents

Introduction	v
Disclaimer	viii
1. What is FlameTree ?	1
2. Why do we need FlameTree ?	9
3. How can FlameTree help?	18
4. How FlameTree works	26
5. The evolution of the understanding of consciousness	35
6. The ultimate goal of FlameTree	39
7. What can I expect from a FlameTree session?	43
8. The science of FlameTree	46
9. Time to make your choice	72
End notes	76
Appendices	78



Disclaimer

All information in this book is provided for education and information purposes only, and should not in any way be relied on as a substitute for the advice of a physician or other healthcare provider for diagnosing or treating a health problem or disease. Always seek information from a qualified healthcare provider before making any decisions related to your health.

Accuracy of information: Qi Health Clinic Pty Ltd continually updates information provided to clients. As such, the information in this book may not be accurate, current or complete, and is subject to change without notice. Qi Health Clinic Pty Ltd reserves the right to alter and update this information based on new conditions. While every attempt has been made to verify the information provided in this book, neither Qi Health Clinic Pty Ltd nor its affiliates assume any responsibility for errors, inaccuracies or omissions. Any upset caused to people or organisations is unintentional. The information contained within this book is not intended for use as a source of legal or accounting advice. You should be aware of any laws which govern business transactions or other business practices in your country and state.

No liability: No warranty or guarantee of a cure is expressed or implied with any information included in this book. In no event shall Qi Health Clinic Pty Ltd and its affiliates be liable to any person or individual for any loss or damage whatsoever that may arise from the use of information included in this book.

1. What is **FlameTree**?

FlameTree: *the personal development & healing system* is the signature component of Rhett Ogston Applications (ROAs). It is a state-of-the-art, bio-energetic personal development and healing system. It is an architectural, multidimensional, fractal masterpiece that has no boundaries, and is limitless in its application. Yet its design is simple and easy to follow.

It is the first personal development and healing system to depart from the traditional model that identifies only three frequencies of the **BodyMind complex** — mind, body and spirit. I had the insight that we all have five other frequencies. **FlameTree** is the only system created that allows for permutations and combinations of all eight frequencies to be addressed, following the client's innate wisdom, in a priority order. One of the many things that make **FlameTree** unique from all other healthcare systems is that it is based in consciousness, and it is accepting and inclusive of everything that currently exists in this present moment, yet flexible enough to include future things yet to be discovered.

FlameTree integrates the strengths of quantum physics, science, Western medical expertise, spiritual principles, yoga, the energy dynamics of acupuncture, the philosophy and understanding of traditional Chinese medicine (TCM), I-Ching, Reiki, Ayurvedic medicine, consciousness, brain neuroplasticity, psychology, BodyTalk, life coaching and the clinical findings of applied kinesiology, and has the ability to seamlessly integrate any new modality or technology that arises.

What does this mean for you? The possibility of being able to bring a sense of freedom, calmness and inspiration (and so much more) into your life more constantly, abundantly and frequently than you have experienced before.

As I advocate in all ROAs, each one of us has a life purpose, and I will share with you here that I am passionately living mine. My insights, intuition, education and life experiences have created a sense of purpose and responsibility within me to initiate a change in how we approach health care, healing and personal development around the world.

FlameTree

It would not stretch the imagination to suggest that unhealthy individuals make unhealthy choices, creating what I call unhealthy bio-electric signals and cues and leading to an unhealthy biofield and unhealthy expression of their bio-electric code (which is defined in ROAs as the fractal representation of the Uni-code, discussed in more detail in chapter 2). If not changed, this unhealthy expression of the bio-electric code may become self-sustaining! But the opposite can also be true. With the support of ROAs, this unhealthy scenario can be changed to a healthy one that can also become self-sustaining. **FlameTree** encourages this through the **FlameTree effect**. Once you become aware of this information, it will open you to the possibility that you can truly become your optimal self and live your life of purpose.

My 'Stem cell and biofield hypothesis'

I knew from my insight that **FlameTree** would work. Applying the fractal nature of the universe guided me to my 'Stem cell and biofield hypothesis':

A healthy stem cell has a healthy biofield, and a healthy biofield will generate a healthy cell.

When I upscaled this hypothesis to humans, then it is easy to understand that:

A healthy individual (made up of many stem cells and cells) has a healthy biofield, and a healthy biofield will generate a healthy individual.

I have no doubt about this outcome, and my insights were clearly demonstrated by the pleasures that came from applying **FlameTree** in the real world, and observing the **FlameTree effect** that was created, not only for my clients, but for animals and plants.

This hypothesis underpins all ROAs. On many occasions, I have seen the **FlameTree effect** alleviate fears and limitations, allowing recipients to progress into a life of inspiration, good health, happiness, tranquillity, calm and inner peace — to become their optimal self.

Don't worry if you don't know what these terms mean. I elaborate more the further you read this book, and, if you are interested, I offer an even more detailed explanation in *The science and achievements of FlameTree: the personal development & healing system*.

The optimal self

In **FlameTree**, the 'optimal self' is defined as a life lived in alignment, synergy, authenticity and synergism with the energies of the universe, which I refer to as *Being*. When you are *Being*, you are actively involved in every aspect of your life, and consciously aware of your ability to make the choice to:

- listen to and act on your innate wisdom's guidance, which is the uninterrupted, synergistic interaction between:
 - your gut (your insight)
 - your heart (your intuition)
 - your brain/mind (your consciousness)
- *Be* the eternal warrior and use the eternal warrior mindset, which I discuss in more detail in my book *The eternal worrier's/warrior's smile*
- 'feel good' or 'feel not good'
- redefine emotions so that you are making the choice to process, express and respond to your emotions while understanding their three key roles
- become consciously aware of your thoughts
- adopt what I refer to as the Law of Creation, which is also discussed in *The eternal worrier's/warrior's smile*.

By listening to and acting on your innate wisdom's messages and using the eternal warrior mindset, you may escape your childhood programming (from the ages of 0–6), society influences, and your own self-imposed limiting beliefs about yourself (e.g. I am not smart or pretty enough), which are a source of unhealthy bio-electric signals and cues, and which I will discuss in more detail in chapter 2.

The expression of your optimal self is unique and specific to you. It comes from a place that makes your authentic life's purpose a priority, allowing you to live optimally and purposefully, aware of the 'who you are actually *Being*' (a healthy source of bio-electric signals and cues).

Said more simply, you are living life limitlessly by *Being* 'who you actually are' and 'who you actually are meant to be'.

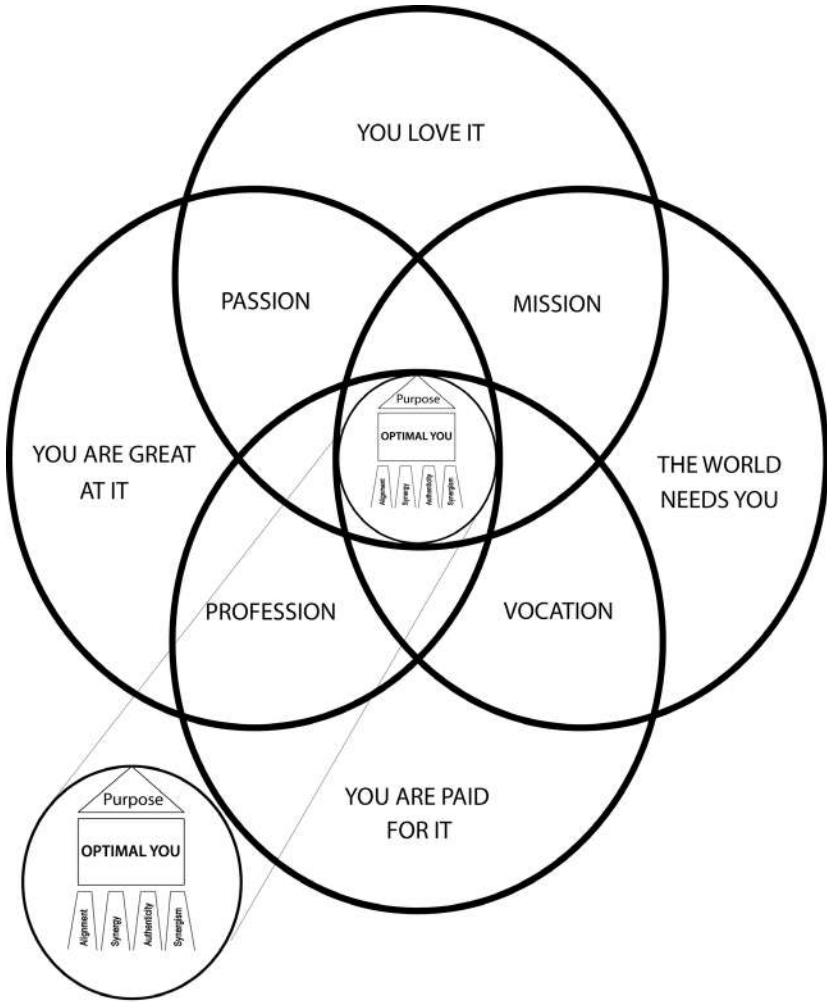


Figure 1: The optimal self

FlameTree in more detail

Unique

FlameTree is the only system that specifically encompasses all frequencies or levels of the **BodyMind complex**.

Results-based

FlameTree achieves reproducible results for any student who learns and practises it.

Able to be explained by the scientific literature

Although **FlameTree** has yet to be put through the Western medical model of randomised controlled trials to establish efficacy based on the concepts of evidence-based medicine, I have researched and found scientific explanations to explain the **FlameTree effect**, as I will discuss more in chapter 8.

Comprehensive

FlameTree has an amazing architecture that allows for the client's innate wisdom to inform the CFTH what the priority issue is, the level and frequency that the healing may occur through, and any permutation and combination of the priority issue — another way in which **FlameTree** is unique.

FlameTree was purposely created to act, as some recipients have described, like a 'GPS' that guides the Certified FlameTree Healer (CFTH) to the client's root health problem (the priority unhealthy bio-electric signals and cues) to promote faster healing and personal development, enhancing the client's own healthy bio-electric signals and cues to influence a healthy and self-sustaining biofield. This aligns with my 'Stem cell and biofield hypothesis', which lends itself to the possibility for healthy individuals to lead to healthy families, communities, cultures and, ultimately, healthy Earthlings, where everyone benefits!

A foundational system that is thoroughly synergistic and integrative

Although my intention is that **FlameTree** be used as a standalone system to address any priority that may be impacting on a recipient's health and personal development, it was designed as a state-of-the-art, bio-energetic medicine system that could be seamlessly integrated as a foundational system for any other treatment, modality or healing philosophy, such

FlameTree

as Western medicine, TCM, chiropractic, osteopathy, remedial massage, personal training, dietetics, beauty therapy and so on.

FlameTree can be explained scientifically, while drawing on a number of well-recognised traditional healing methods. To use a quote from the biophysicist, James Oschman, PhD:

Energy is the currency of all interactions in nature. To leave energetic considerations out of the equations of life and medicine is to ignore some 99% of what is happening. We are just beginning to map the energetic pathways in the body. We just need a way to communicate with these electronic circuits, to turn on the right switches and harness the body's ability to heal spontaneously. Energetic approaches work quickly and with few side-effects. This is medicine of the future.¹

FlameTree offers a way to communicate, not only with these electronic circuits as Oschman suggests, but also with all interactions between you and your environment (nature).

FlameTree meets criteria ...

I believe **FlameTree** meets the criteria that Oschman suggests as the 'way to communicate with these electronic circuits, to turn on the right switches and harness the body's ability to heal spontaneously'.

FlameTree would be the system of choice in my eyes because it is:

- safe to use
- non-invasive and free of side effects
- able to assist anyone who wishes to help themselves or others regain their life potential or health and retain a healthier life balance
- fun and easy to learn
- able to be learned by anyone
- completely reproducible
- explained by various scientific principles
- a healthcare and personal development revolution
- flexible enough to adapt itself to anybody and any situation
- highly specific

- a system that may facilitate healing by locating, neutralising and releasing unhealthy bio-electric signals and cues from the **BodyMind complex**, allowing for a healthy biofield that enhances healthy communication, and therefore creates the healthy expression of the bio-electric code, which facilitates healing and personal development
- a system that stimulates the innate restorative powers of the **BodyMind complex**
- a system that may decrease recovery time by creating healthy bio-electric signals and cues (healing currents)
- a system that saves time, money, energy and effort for both the client and the CFTH
- highly effective in achieving health and personal development.

FlameTree follows the six pillars of energy medicine therapies as outlined by Feinstein and Eden — reach, efficiency, practicality, client empowerment, quantum compatibility and holistic orientation², and expands on these properties. What this means is that **FlameTree** integrates and then extends on Oschmann's, Feinstein and Eden's beliefs about energy medicine, and explains why **FlameTree** could well become the world's leading new medicine.

FlameTree does not:

- diagnose a disease
- prescribe any herbs, pharmaceuticals and so on
- treat disease symptomatically
- interpret symptoms as a disease.

The FlameTree effect

FlameTree is a unique systems approach to personal development and holistic healing which, under the direction of the client's innate wisdom, focuses on unlocking and applying the client's abundant self-healing and inner potential, and may yield life-changing results. **FlameTree** may help people to discover and realise their own abundant inner potential (their life's purpose) by advancing them beyond previously entrenched unhealthy thoughts and belief systems to achieve a new level of optimal health and personal development.

This is achieved through the **FlameTree effect**. This is how I refer to the resolution of unhealthy bio-electric signals and cues, allowing

FlameTree

FlameTree recipients to progress into a life of *Being* (in alignment, synergy, authenticity and synergism). They can then resume *Being* their optimal self.

The **FlameTree** effect may also induce the ability of the recipient to learn to live life from a place of enlightenment. Much has been said about gratitude. Gratitude is an amazing state but the highest state as measured by Professor Hawkins in *Power Vs. Force* is enlightenment. **FlameTree** is a simple way to exist in a state enlightenment and achieves the five core elements that make up enlightenment as reported by Andrew Newberg MD who authored *How enlightenment changes your brain*. The awesome part about experiencing enlightenment is that once you have, there is no going back to your old ways, beliefs or patterns. Once you step foot on the road, there is no turning back. Enlightenment can be explained by the analogy of dropping a watermelon off a roof of a two story building onto the footpath below. Once the watermelon hits the footpath, there is no putting it back together again. You cannot reconstruct the watermelon or put what was once inside back inside, in the same way it was originally. It is irrevocably changed forever and that is how you know that you have achieved enlightenment. To see this achieved in real life for a **FlameTree** recipient, go to the FlameTree website and watch the video of Susan Young. Susan and other FlameTree recipients achieve the five core elements of enlightenment via the FlameTree effect.

The five core elements of enlightenment are:

1. Intensity – this is reflected in brain scans as an increase in blood flow to the limbic system of the brain which controls our emotional responses. Increased blood flow mirrors increased activity.
2. A feeling of clarity (viewing life from the inside out) which is controlled by our thalamus via the routing of sensory information, which helps us construct our view of reality.
3. A sense of unity, oneness or connectedness with the creative force of the universe, which is controlled by the parietal lobe, which takes all sensory information and constructs our sense of self and how we relate to the world.
4. A feeling of surrender, which is controlled by the decreased function of the frontal lobe. When you are in a state of concentration/focus and when you are trying to do something with will the frontal lobe is active. When this area shuts down, we stop trying to make things happen and this area is less active, we let our purposefulness go. We don't lose it, we

allow it to happen in alignment with the creative force of the universe.

5. A permanent large-scale change in awareness, behaviour or belief system.

FlameTree recipients have reported the five core elements being achieved as part of the **FlameTree** effect, which I refer to above as the resolution of unhealthy bio-electric signals and cues, allowing **FlameTree** recipients to progress into a life of *Being*.

This involves identifying and balancing unhealthy bio-electric signals and cues (e.g. thoughts, memories and emotions) that may give rise to an unhealthy biofield and ultimately an unhealthy expression of the bio-electric code, which further influences unhealthy gene expression as discussed in more detail in chapter 8. This can adversely impact on the natural healing abilities of, and disrupt the communications and normal functionality within, the client's **BodyMind complex**. **FlameTree** healing might therefore create an environment for healthy bio-electric signals and cues, leading to a healthy biofield, the healthy expression of the bio-electric code and, subsequently, healthy gene expression.

CFTHs are uniquely positioned to achieve this goal because, as you may have read from the **FlameTree** or Rhett Ogston websites, they locate, neutralise and release your priority unhealthy bio-electric signals and cues. This has the potential to heal by inducing a healthy biofield and the healthy expression of your bio-electric code.

CFTHs know that sub-optimal health and consciousness (i.e. unhealthy bio-electric signals and cues, an unhealthy biofield and the unhealthy expression of the bio-electric code) stem from a multifactorial paradigm that diminishes the ability of the **BodyMind complex's** natural intelligence to synchronise and coordinate its normal functions. They recognise that, to keep the **BodyMind complex** in a healthy state, they must interrupt the default neural pathways that reinforce unhealthy bio-electric signals and cues, such as issues associated with diminished personal development, illness, symptoms or dis-ease states. Directed by your innate wisdom, they may help you to escape the adverse cycle of illness, poor health and self-limitations, and restore your health and limitless potential, so that you may resume *Being* your optimal self and rediscover your life of purpose.

2. Why do we need FlameTree?

When we 'live in flow', we live in flow with the Uni-code (universe), creator or higher self, or whatever you feel comfortable calling this state of living. By doing so, we become co-creators of our destiny. To 'live in flow', with alignment, synergy, authentic and synergism, translates to healthy bio-electric signals and cues, a healthy biofield and a healthy expression of the bio-electric code. In addition to this, as discussed in more detail in my book *Real health*, it allows for your cell receptors to receive the healthy transmission of you. This can only result in healthy individuals who are open to the possibility of rediscovering the beauty of the world around them and of those in it, of discovering a new level of self-respect, developing a life of meaning and significance, finding trustworthy people, seeing opportunity in abundance and living from a place of knowing.

Your innate wisdom (inner knowing) is the ultimate guidance system on the planet and your own personal gyroscope. It knows you intimately, inside and out, and loves you unconditionally. Your innate wisdom desires the absolute best for you at every turn in your life. Your innate wisdom has been with you since the point of conception, and knows all you have been, all you currently are, and all you are transforming into. It is aware of the countless possibilities that will allow you to grow and succeed, provided they serve your highest path, and it seeks to create these experiences for you. The guidance from your innate wisdom is based in absolute love and always guides you toward what is best for you. Your innate wisdom will never lie to you, never abandon you, owns issues when listened to and when freely expressed, is the antithesis of the ego and the undoing of any self-defeating, drama-creating games. Your innate wisdom not only thrives in healthy bio-electric signals and cues and a healthy biofield, but when you are listening and responding to your innate wisdom, it too can become a self-generating source of healthy bio-electric signals and cues.

But the ability to listen to our innate wisdom has been lost to many people simply by the predominance of left-brained logic, the five sensory 'I will believe it if I can see it' attitude, and other various 'enemies', which

include, but are not limited to:

- rigid belief systems
- low self-esteem
- a lack of openness and understanding
- self-worth issues
- cynicism
- spiritual disconnection
- conditioning
- narrow-mindedness
- preoccupation solely with solutions and answers from the physical world.

Reasons why we say 'no'!

As I discuss in my book *The eternal worrier's/warrior's smile*, most of us are stuck in an eternal 'worrier's' mindset, rather than becoming the eternal 'warrior' we could be. One of the most common reasons why people do not do something that enhances their health and wellbeing, such as exercise, eating nutritious meals, doing something enjoyable for themselves, having a **FlameTree** session, enrolling in the innovative CFTH career program or even helping other people with their wellness, is that their eternal worrier mindset locks them into the thought that they are 'too busy' — we simply do not have enough time in our lives to look after ourselves and family, let alone others!

Being time poor, not having enough money, and not being well enough ourselves because we are either too stressed, too tired, too lethargic, in too much pain and so on, are all key limiting factors. These prevent us from being able to enhance our health and wellbeing, with the deleterious effect that we cannot live life optimally, let alone purposefully.

This is what we refer to in **FlameTree** as being immersed in unhealthy bio-electric signals and cues, which causes an unhealthy biofield, resulting in the unhealthy expression of the bio-electric code evident by our current situation in life.

Reasons why we say 'but'!

How often have you thought you would like to learn something new, like **FlameTree**, 'but' ...

FlameTree

- 'I don't have the time'
- 'I don't have enough money'
- 'I don't feel I will be supported by my family'
- 'it's too hard for me'
- 'I don't have the background for this'
- 'it's not scientific enough'

and so on. Whatever the 'but' is, it is the same 'but' that stops you from achieving your potential everywhere else in your life.

If you need further proof of this, stop for a moment now and recall your last 'but' moment. I guarantee that as soon as you do, you will see a pattern. We all know (and some of us may be) that person for whom time is the 'but' that robs them of their life's potential — 'I would have taken the family on that holiday but I didn't have time', or 'I would have spent more time relaxing but I couldn't afford the time off work'. Regardless of what your own 'but' might be, it will always be the same 'but', and I know that it stops you reaching your life's potential, costing you your life!

FlameTree offers you the best chance to create 'change' from the worrier mindset to the warrior mindset, and enhance your life. I encourage you not to let your 'but' stop you now!

The split mind

We are all made from the same one divine consciousness — the Beginning — but a healthy mind, let alone a 'stuck mind', cannot comprehend all that there is in the Beginning. In order to try, the mind starts to break the Beginning down into smaller, more manageable pieces of information. In doing so, duality is created — the minute you label something, the polar opposite of what you just labelled will also be created. For example, if you label something as 'good', you simultaneously create its polar opposite, something 'bad'.

The meaning we attach to these smaller, more manageable pieces of information then generates tension between the two poles, and this creates unhealthy bio-electric signals and cues, which may result in unhealthy thoughts and dis-ease, and disrupt communication and functionality within the **BodyMind complex**. In **FlameTree** we refer to this as the 'split mind' or 'split mind consciousness' (unhealthy bio-electric signals and cues). **FlameTree** healing may enhance the **BodyMind complex's** ability to synchronise its communication and functionality.

You are your issue

I know where all other personal development courses and systems break down. The answer is with you! If you don't know something is broken, how do you know it needs fixing? You don't! Simply put, you are the issue. If you stop and listen to people (or even yourself, for that matter) you can hear it in the way they (or you) speak. For example, you may hear people say: 'I have this problem, can you help with it?' You offer them a solution and, even though they know innately that your solution would work, they say, 'I couldn't do that because it just isn't me!' Of course it is not them! How could they do something that 'isn't' them? That is why they do not see that solution, and why they will remain stuck!

What we misunderstand is that we, with our worrier mindset, are the source of all issues/problems/limitations in our own lives. This is true whether we are conscious of it or not. Our ego often prevents us from admitting simple truths to ourselves to spare us the perceived pain (an unhealthy bio-electric signal and cue) of the truth. We further misunderstand the impact this has on our life and connection to others. For example, if you have an issue about not being able to speak emotionally with someone for fear of being rejected, imagine the impact this would have on your life. You can see and feel the distance that would be created between you and your loved one, work colleague, family, friends or anyone else that you need to interact with. It is not hard to hear and experience the pain of feeling separate and disempowered by your fear.

Now imagine that I wave a 'magic wand' and you no longer have the fearful thought of being rejected. You can speak emotionally with your partner or anyone else. Can you see, feel and hear how the relationship would be different? This is what I refer to as creating healthy bio-electric signals and cues, and **FlameTree** helps you achieve this. In this state, with your partner for example, you can see the closeness, you can experience the togetherness and you can have a deep inner sense of calmness and oneness all through this experience. You can see the freedom, calmness and inspiration that can be created from no longer having this issue.

Stop for a moment now and consider this question: Who are you?

In considering this question, what limitations have you placed on yourself in defining you? Imagine now being the architect and engineer of your own life, being able to see the restrictions that hold you back, and possessing the power to remove them, setting yourself truly free.

FlameTree

Wouldn't this create a sense of freedom, calmness and inspiration so that you could reach your life's fullest potential? How could it not?

When you are passively being, you are being the eternal worrier, and this holds you back from finding solutions. Whether you are passively being (worrier mindset) or actively *Being* (warrior mindset), the fact is you are still being something. Recall any limiting thoughts you raised when asked to define who you are. Would it not be better to consciously define who you are, rather than letting who you are just happen? I discuss this in more detail in *The eternal worrier's/warrior's smile* — unless you have made a choice to *Be* 'you', then you are fudging your life's potential. But if you are not aware of the problem, how can you find a solution for it? This is why in **FlameTree**, we consult your innate wisdom which, unlike your conscious mind, informs you in a direct and caring manner what the issues are. It can then provide you with the solution, which involves dissipating the 'energetic block' around that issue so that a healthy bio-electric signal and cue is created. The innate wisdom is always communicating with us, but we do not always listen.

You are not in control

If you are under the illusion that you are consciously in control of your life, I would like to offer you the opportunity to dispel that notion with a simple experiment. While sitting, lift your right leg off the ground and rotate your foot clockwise. Now with your right hand, draw the number 6 in the air. Did your foot change direction? Yes, it did! There are just some things that are hard-wired into us, that our conscious mind has very little to do with controlling, like our rigid belief systems.

If after doing this simple experiment you still believe you have control, can you change the season you are currently in to another season? You cannot do this! It is out of your control. So now that you are free of the illusion that you have any control, you know that you need to take action rather than listen to your rigid beliefs.

You can create change

No problem can be solved from the same level of consciousness that created it.

Albert Einstein

As my 'Stem cell and biofield hypothesis' states, creating a healthy environment (healthy bio-electric signals and cues) allows for a healthy

biofield around an individual, creating the possibility for a healthy individual (the healthy expression of the bio-electric code).

FlameTree: *the personal development & healing system* is different to other systems in one important aspect. We get 'you' out of your own way! How? We listen to your innate wisdom to keep you on course in life. I created the **FlameTree Basic Protocol** that is used to help 'tune in' to your innate wisdom. My books, *Real health* and *The golden ring*, both describe this phenomenon in more detail. **FlameTree** offers your innate wisdom the opportunity to identify your priority 'charges' using the myocyte tendon reflex response (MTRR — see chapter 7).

FlameTree may assist you to identify the bindings and restrictions of your self-imposed separation and de-individuation, your 'enemies' and limiting beliefs, so that they can be 'neutralised' and 'released', leaving you free to explore the constant feelings of oneness, love, encouragement, support and truth that are your birthright, and so that you live optimally and purposefully with inspiration. By doing this, you can have a shift in consciousness, opening up to the possibility of creating change.

In living from this place of healthy bio-electric signals and cues, a healthy biofield and a healthy expression of the bio-electric code, we may move throughout life in flow with our heart's desires, even though it may be veiled from us, or we may not consciously be aware of it. Being guided by our innate wisdom, living from a place of alignment, synergy, authenticity and synergism, while *Being* open to the possibilities of living optimally and purposefully, can dramatically increase our vibration level and frequency, and enhance our creating potential.

In this state of heightened consciousness, you may experience more of life as reality as opposed to the perception of reality (our interpretation of reality via our neuronal filters). **FlameTree** may help you experience and live life as 'Namaste' (an ancient Sanskrit greeting still in everyday use in India which means something like 'I bow to the God within you' or 'The Spirit within me salutes the Spirit in you', knowing that we are all made from the same one divine consciousness, which I refer to in **FlameTree** as the Beginning or the Uni-code), while experiencing a deeper knowing of who you are *Being* accompanied by a deep sense of inner peace with yourself, as a person. In this way, **FlameTree** may support you in uncovering and developing your 'God-given' or innate potential, talents and gifts. It is akin to a beginner's 'how to' guide that clearly and simply explains how one can access the universal field of consciousness. In doing so, it allows you to harness the awesome power and potential of mankind (you) by accessing your unlimited knowledge.

FlameTree

A 'healing' career may not be for you, but what about being able to create amazing relationships in your personal life? Imagine being able to 'hear' and understand what your partner and friends are really saying because you are aware and can hear the pre-programmed responses that they give to you for convenience's sake. Imagine been able to stop in that moment, after recognising that the 'Everything is fine' response did not actually mean everything was fine. Imagine hearing that everything was really not fine, and having the ability to sit down and have a heart to heart with your loved one or friend.

Imagine how different your relationship would then be? Consider how not having this ability has previously impacted on your life? This is one of the many areas where **FlameTree** could assist you. The question you really need to be asking yourself is: What is the cost to my life of not having a **FlameTree** healing session or attending a course?

We know that there are other healing systems; however, this is where many of them stop and where **FlameTree** continues. Other systems have a common tendency to only show you what holds you back from achieving the life you desire, but cannot recommend or identify what the priority is for you, let alone how to make those priority changes! To use the 'baking a cake' analogy, unless you know how to read and follow the recipe, use the correct amounts for each ingredient and combine them at the appropriate time, you will end up with a not-so-pleasant tasting cake! Following the recipe out of order gives you something, but it is not a cake! This is one of the many ways where **FlameTree** is different to other healing systems — it's a priority-based system, identifying what the priorities are for you and the order they need to be addressed in, while eliminating the bias of the healthcare practitioner or healer.

Imagine, for example, if you could see, feel and hear your priority limiting thought or belief about yourself, and were then immediately able to dispel it. This would leave you feeling whole and completely connected to every part of yourself — spiritually, emotionally, mentally, physically and within your environment. Imagine experiencing a sense of calm, freedom and inspiration, irrespective of the current stresses within your life, where you could also attract abundance like you have never experienced before. Stop for a moment now and imagine this ...

If you did stop, then you briefly thought for a moment the way that it feels to live a **FlameTree** life. This is exactly the state that **FlameTree** students and clients continually report after a course or session.

Even before you experience **FlameTree**, just by stopping to imagine this scenario, you can create an immediate sense of calm and excitement.

I envisage here that you did stop and performed this thought exercise because you are one of the few who have come this far as opposed to one of the many who talk a good game. This thought exercise demonstrates that it is possible, in any given moment, to feel and create what you focus your thoughts on. This is one of the many areas that **FlameTree** may help you develop (if you had trouble doing this thought exercise) or enhance (if you could perform this thought exercise), so it can become your norm.

Being able to live life from this space (a sense of freedom, calmness and inspiration) is our given birthright! **FlameTree** can help you identify the possible reasons why you might say 'no' to this, but it does more than that. **FlameTree** also serves as a guide for you in bringing this sense of freedom, calmness and inspiration into your life more frequently, intensely, constantly and abundantly than ever before. Who would not want to live life from this place?

Your innate wisdom, consciousness or higher self is absolutely aware that there is a 'you' that exists beyond you; something greater than ego, body, personality and identity. There is some part of you deep down that knows and desires guidance from somewhere other than the brain. There is a higher voice that reaches beyond conscious rational processing (i.e. the subconscious or unconscious mind). This simple understanding is the first of many steps on your path to enlightenment and intuitive development. This higher voice can be referred to as unconscious mind, universe, a higher power, creator, your guardian angel, higher mind, God, Buddha, or whatever is in accordance with your thoughts, beliefs, perspectives and path. In **FlameTree**, we refer to it as your innate wisdom.

FlameTree heals the 'split mind' and forges a stronger link between your innate wisdom — your intuition, insight, consciousness and the uninterrupted synergism of these three elements. This allows you to receive greater guidance from your innate wisdom, with better clarity and ease. Anything that is present in the external world (i.e. your reality) is based entirely on your consciousness. The universe, through your innate wisdom, attempts to communicate with you, and it continually delivers messages and signs, hence synchronicities and other pointers, to guide you towards your optimal self and your life's purpose. However, your 'internal state' will represent your 'external manifestations'. That is, if currently your internal state is dominated by left-brained logic, clouded by five sensory judgments ('If I cannot see it, I cannot believe it') or is hamstrung by one of the various 'enemies' to this naturally occurring and powerful tool (e.g. rigid belief systems, low self-esteem, a lack of

FlameTree

openness), then unhealthy bio-electric signals and cues will manifest, and unhealthy biofield and unhealthy expression of the bio-electric code occurs, and your 'external manifestations' will be exactly that!

By healing the 'split mind', an individual has the potential to reach their naturally occurring higher conscious state. In this state, you have access to all the wisdom, love and guidance you need to create an optimal life. Said another way, an individual has the potential to exist in the most beautiful and powerful state known to man, that is, the state of unconditional love and enlightenment. This state is the highest vibration and frequency in the universe, and I believe it to be the source of all healthy bio-electric signals and cues (e.g. healthy thoughts) and a healthy biofield. By *Being* in this state, individuals can raise their consciousness and enjoy thoughts associated with a deep feeling of inner peace, the warrior mindset, clarity of mind, happiness and joy, a deep sense of inner knowing, and a deeper connection to the divine. As a result, you experience the truth of who you are and discover that all separation, which the ego thrives on, is an illusion. The depth of healing (also referred to as Shanghun lun) from **FlameTree: *the personal development & healing system*** allows the heart to blossom and frees the individual to experience reality unburdened.

Living optimally is reflected in the achievement of a life lived in alignment, synergy, authenticity and synergism, leading to the optimal you living your life of purpose, listening to and acting on your innate wisdom's guidance, which is associated with *Being*.

3. How can **FlameTree** help?

In the **FlameTree** training course, we ask:

*What might **FlameTree** assist with?*

Answer:

It has the ability to help you with almost any issue.

For example, **FlameTree** may assist you to possess a better memory. Who wouldn't want to improve their memory? That would be great, wouldn't it? What if you didn't have to remember things — you just knew what you needed and wanted? Wouldn't that be better than great? What if you had a deeper understanding about yourself, combined with a deep sense of inner peace and joy that is so powerful you feel like crying from being so happy and content? Do you believe that this could be possible? I know that it is possible, because from the anecdotal evidence outlined in this ebook and *The science and achievements of FlameTree: the personal development & healing system*, **FlameTree** has already achieved these types of results for many recipients.

FlameTree may assist you by locating, neutralising and releasing unhealthy bio-electric signals and cues, such as unhealthy thoughts, limiting beliefs and emotional stress. Through the **FlameTree effect**, this may result in an environment of healthy bio-electric signals and cues, and the possibility of you generating your own self-sustaining healthy bio-electric signals and cues. These support a healthy biofield, which subsequently influences the healthy expression of your bio-electric code, resulting in healthy gene expression and your cell receptors receiving the healthy transmission of you. Said another way, through the **FlameTree effect**, you may restore your innate ability to heal yourself by returning to a 'stem cell-like state', as explained in my 'Stem cell and biofield hypothesis' and discussed further in chapter 8. This is where you may regain *Being* (in alignment, synergy, authenticity and synergism), and resume *Being* your optimal self or eternal warrior, so that you may achieve your unique purpose in life.

FlameTree

FlameTree answers the needs for all people

I believe that there are three categories of people that **FlameTree** may be able to help — the individual, the healthcare practitioner and society as a whole. These three categories can be further subdivided into specific areas where **FlameTree** has the potential to create change. I have listed some of these areas below to give you an example of **FlameTree**'s scope and reach, but this is not an exhaustive list.

Individuals

- It addresses your thoughts in relation to your health and personal development needs in a completely safe, holistic way.
- It allows you to discover the charges, filters and blocks (unhealthy bio-electric signals and cues) that have interfered in your life and find your own solutions. It puts you back in the driver's seat of your life so that you self-generate your own healthy bio-electric signals and cues.
- It informs you when you need to see a practitioner of another modality.
- It clears interference to allow your body to naturally heal itself at all frequencies/levels, which I refer to as creating a healthy biofield, which results in the healthy expression of your bio-electric code.
- It heals the priority issue, saving you time, energy, effort and money.
- It can be learned by anyone to help themselves, their family and friends.

Healthcare professionals

- **FlameTree** was designed to be a foundational system. It informs you what modality is required at the right time.
- **FlameTree** removes the practitioner bias.
- **FlameTree** is easy to learn and produces professional results while broadening your current scope of practice.
- **FlameTree** is safe and can be explained scientifically.
- **FlameTree** develops the healer's clair abilities (discussed in more detail in chapter 5), which include clairvoyance (sight), clairaudience

(hearing), clairsentience (physical touch), clairvoyance or clairscents (smell), clairgustance (taste), clairsentience (emotions or feelings) and claircognition (your inner knowing).

- **FlameTree** uses all of your current training and teaches you a range of new techniques that can be seamlessly integrated into your current practice.
- **FlameTree** allows you to practise holistic medicine in its purest form — healing all frequencies/levels while incorporating all other modalities, free of bias.
- **FlameTree** places you at the forefront of a state-of-the-art, bio-energetic medicine; the medicine of the future.

Society

- **FlameTree** is a low-cost preventative healthcare system that has the potential to reduce drug dependency, hospital wait lists, duration of hospital stays and, of course, the overall cost of health.
- **FlameTree** reduces emotional reactivity such as conflicts and disharmonies by removing unhealthy connections (ke'neks) and replacing them with healthy connections between you and your society. Working with groups of individuals within any societal setting, and finding and healing the most significant problem or the underlying cause of disharmony within these groups, has the potential to save people time, energy, effort and money.

Specific areas where FlameTree can assist you

Personal development

Most personal development courses only show you where you have an issue, and usually rely on you owning the issue and then repeating the issue until you can either see how it impacts on your life, or that it is ridiculous to continue telling that story. The failing here is firstly in assuming people can identify their own failings (even though we have blind spots to preserve our ego), and secondly in assuming that reliving or retelling the story until we think it is ridiculous should, in theory, be enough to make us want to change. In actuality, the retelling of the story strengthens the neurological connections needed to hold that story in place.

FlameTree: *the personal development & healing system* is unique because it relies on your innate wisdom, which is the antithesis of the ego, so there

FlameTree

are no 'blind spots', and once the story is located, **FlameTree** neutralises and releases it, with no reinforcement of the story. This occurs seamlessly and allows for personal growth and development!

General wellness and preventative health care

Many individuals believe they are in good health and possess wellness. A competent massage therapist can usually dispel this myth within two minutes by simply locating tender points on the individual's body they were not even aware of. More importantly, what would a 10 per cent increase in health look like for you? If you have any sort of minor aches and pains, headaches, digestive imbalances or stress-related issues, **FlameTree** may quickly and easily balance your **BodyMind complex** to an improved level of health. **FlameTree** is preventative, because it may assist your **BodyMind complex**, through the **FlameTree effect**, to function at its optimal level.

Sports performance

FlameTree may maximise an athlete's performance by addressing their thoughts about psychological, mental or emotional factors. It may be used to improve blood supply, maximise lymph flow, improve nerve flow, redistribute energy flow, regulate the immune response and aid in tissue repair. **FlameTree** may assist athletes in setting personal bests, and benefit performers of all kinds, so it is great for any athlete in any sporting field or performer in the performance arena!

Rehabilitation

FlameTree may increase the **BodyMind complex's** healing processes and shorten recovery time, in general, from injuries, surgeries and illnesses. Any practitioner or therapist involved with rehabilitation may wish to incorporate **FlameTree** into their regular practices. **FlameTree** may also highlight a specific part of the **BodyMind complex** that needs rehabilitation.

Cognitive development and brain injury

The principles of neuroplasticity state that the brain can heal itself (discussed in more detail in my books *From full to overflowing* and *Real health*). **FlameTree** is concordant with these beliefs. **FlameTree** may facilitate the brain's ability to repair, rewrite and reorder its information-processing abilities. CFTHs have used **FlameTree** to improve brain function and cognitive development to assist those suffering from

conditions including, but not limited to, sensory processing disorder, brain injury and trauma, dissecting aortic aneurisms, stroke, autism, ADD/ADHD, trauma, MS and Locked-in Syndrome (LiS).

Intensive care units and hospital care

CFTs have used **FlameTree** for individuals in intensive care units (ICUs), emergency care and hospital care. **FlameTree** has also provided relief to the family and friends of those in ICU and hospital care by de-stressing them.

I have personally had numerous experiences in this environment, where I have observed **FlameTree** create positive changes for clients who suffered from mysterious trachea infections or lung infections, and clients who needed to rewire the autonomic nervous system and improve breathing ability. Furthermore, **FlameTree** has also been able to identify pathologies such as urinary tract infections and heart rhythm irregularities before the pathology report returned, confirming what came up in the **FlameTree** session.

More importantly, **FlameTree** has been able to do something for the client when there was no Western medicine treatment option available. For example, with a heart rhythm pathology client/patient, **FlameTree** was able to balance the electrical impulses of the nerves within the right atrium, ceasing the symptoms of chest pain. In contrast, the same **FlameTree** recipient was advised by the ER doctor that, based on their assessment, there was nothing more they could do and discharged them.

Surgery/operations

FlameTree can assist with pre- and post-operative care by preparing the body for the upcoming surgery, preparing the body for the healing that will follow, and enabling faster recovery.

PTSD and trauma

I have observed **FlameTree** create positive changes for individuals suffering from stress disorders, specifically PTSD in Vietnam veterans. Balancing the **BodyMind complex** may help the **FlameTree** recipient to work through emotionally charged memories, shock, repressed memories and trauma.

Allopathic (Western medicine) support

FlameTree works extremely well as an adjunct to any allopathic treatments. **FlameTree** helps the body to synergise with whatever

FlameTree

is occurring in any other therapy, such as chemical treatments, bone setting, drug therapy or pain management. As the **FlameTree Basic Protocol** is inclusive of Western medicine, this could be identified as a priority during a **FlameTree** healing.

Immune system dysfunction, allergies and neurotransmitters

FlameTree specifically addresses the internal environment of the body, which may allow the body to recover naturally from allergies, immune system issues such as autoimmune issues, hormone imbalances and body chemistry issues of all types. The body has a natural ability to balance its own biochemistry when stimulated to do so. **FlameTree** is uniquely positioned to address neurotransmitters and their function in the body and, as such, may effectively address depression, which is currently increasing in prevalence within our society.

Addiction recovery and cravings

FlameTree may address all types of cravings and addictions by addressing the root of the disorder or the underlying causative factor, whether it is a repressed memory, an emotional response caused by a thought, or a negative belief system that is associated with that addiction or craving.

FlameTree may serve as an excellent addition to any addiction recovery program.

Organisation and group dynamics

Professional, amateur and 'just-for-fun' sports clubs, social clubs, businesses, organisations, families and groups of friends are all complex systems of energetic interrelationships with a dynamic life of their own.

FlameTree acknowledges these as ke'neks.

Ke'neks profoundly influence the health, performance and cooperation level between members, and of the organisation as a whole. **FlameTree** may improve the specific dynamics of a group by balancing, harmonising and synchronising energetic communication within organisations or groups to bring about seamless alignment, dynamic interactions and improved relations between all members.

Sports clubs have used CFTHs to improve the synchronicity of teamwork and enhance communication between coaches and players, senior and junior players, and support staff, coaches and players. The net result is dramatic improvement in overall team performance.

Specific **FlameTree** sessions can be tailor-made, for example, to reform a broken down connection between a feuding daughter and father; to

integrate a new player into a sporting team or an individual into a new culture (e.g. refugees into a new country), all of which results in enhanced performance for the individual and the team, culture or country. The same is true of corporations, associations, students in a classroom, or members of a family.

Pregnancy and childbirth

Prenatal **FlameTree** sessions may allow mother and baby to create and develop deep and lasting bonds to one another, which may result in less separation anxiety for the child, while addressing any issues that may arise during the pregnancy. I have used **FlameTree** to successfully facilitate childbirth. I believe that **FlameTree** optimises the mother's body for the baby's delivery, assists mothers to be more present in the experience, and decreases time in labour.

FlameTree is also used for postnatal care in order to assist both mother and baby to recover from the trauma of birth, simply and effortlessly. I have found that neonates and young children have also responded very well to **FlameTree** sessions in assisting them to adjust to their new life.

FlameTree has been used to assist couples to achieve pregnancy, and has successfully resolved issues for couples going through IVF and IUT. Read opposite about the massive transformation that occurred for **FlameTree** client Dennis K.

For further proof of the **FlameTree effect**, I have included (with permission of Dennis K) his laboratory reports from 2011, 2012 and 2013 as appendices.

Prior to meeting with Rhett in Sept 2013, Juliet and I had been trying for five years to start a family. We had seen four different fertility specialists (natural – conventional) from 2010 to 2013 with no result. The only result we did get from the professionals was that my morphology was abnormal at 1% and we could not conceive naturally. I guess the good thing was that we had conceived four times naturally, but unfortunately each time this resulted in early miscarriages. At least we held hope of having a family, as we knew we could conceive.

We were out one night with friends for dinner, and I started to chat away with a gentleman named Adam, who was seated next to us. Adam had an interesting story of a time in his life when he was not well, and then finding out that he had MS. The interesting part was how he had overcome the illness through natural healing from a guy named Rhett. He told us about his healing techniques, and they were totally out of left field for me. I opened up to Adam of our story, and he strongly suggested we see Rhett.

At this stage we had already seen specialists to enquire about IVF, and needed a few tests to be done before starting IVF treatments. We decided to see Rhett, as it was a cheaper option than IVF — we thought we had nothing to lose and we might as well have a small holiday out of it. In early September 2013 we flew to Melbourne and did a session each with Rhett. During the session, the quality of my sperm had come up. Rhett went into great detail describing what the issue was. I could not say anything at that time, I was speechless. He picked up in the greatest detail what any other conventional test could not. We were told that, through FlameTree, it was fixed!!

A few weeks later, we did the test required to start IVF, including another sperm analysis. To our and the doctor's surprise, my morphology came back at 4% and normal. The doctor was surprised, but I thought nothing of it at that time. We booked to start IVF in mid-October.

Between the time of my last sperm result and the previous result, I had not taken any form of medication or any surgical operation, all I had done was FlameTree.

We decided to go to Thailand for a week just to wind down before we started treatment. We arrived back home five days before, but three days prior to starting treatment, we found out that Juliet was pregnant.

Nine months later, we had a healthy, happy baby named Anthony.

Following on from this story, three and a half months after Anthony was born, we did another session with Rhett, this time a remote session. Rhett was in his clinic in Melbourne and we were in Sydney. Rhett fixed what came up for both of us at that time.

Four months after Anthony's birth, Juliet is pregnant again. LOL.

4. How **FlameTree** works

FlameTree was created out of the need for change

The creation of **FlameTree** hasn't just occurred overnight! In order to bring **FlameTree** to fruition, I have authored twelve textbooks, an instruction manual and a techniques manual for the **FlameTree** training course, a further seventeen textbooks and a techniques book for the advanced **FlameTree** course, and six textbooks for the **FlameTree** animal course. **FlameTree** is the essence of all ROAs, experiences and my suite of books (e.g. the best-selling children's book *Aloer – the money tree*, *The eternal worrier's/warrior's smile*, *From full to overflowing*, *Real health* and *The golden ring*).

Having trained in science, I have been conditioned to offer explanations for the observations made in the environment around us. Ironically, it was because of my science training that **FlameTree** was created! Based on my specialised scientific analytical skills, I started to see the weakness in the current Western healthcare model, which was the motivation for my book *Real health: The system that needs an overhaul*, where I discuss in more detail how people are getting sicker, healthcare costs are rising, going to the hospital is a risk to health, and despite the dangers of going to hospital, hospital waiting lists continue to get longer! This, to me, did not make logical sense!

I then researched the complementary healthcare approach, as well as studying and practising in this field for several years. Despite promoting itself as being 'safer' and 'more holistic' than Western medicine, I soon discovered that this approach did not have all the answers either! I could only conclude from my research and experiences that a new system and approach to health care was desperately needed.

Then I began to get repeated requests from my clients about teaching them to do what I do. Although I knew how it worked, I needed an accessible language and model to communicate this. That's where my science degree came in handy! My science training taught me to question everything. It also trained me to find possible explanations for

FlameTree

observations made in clinical studies, as well as what is occurring in our environment. I learned to appreciate that the 'reality' in science is based on what you observe, and not what you are supposed to observe! These continual requests to learn **FlameTree** inspired me to continue finding the possible scientific explanations as to why **FlameTree** creates these changes so easily and effortlessly, so that I could then teach others.

What is FlameTree: the personal development & healing system based on?

FlameTree is based on nine premises and thirteen principles that support my 'Stem cell and biofield hypothesis'. The nine premises state that we all have:

1. an innate wisdom
2. a myocyte tendon reflex response (MTRR)
3. a biofield that flows through and around the **BodyMind complex**
4. health and wellness, which manifests when healthy bio-electric signals and cues create a healthy biofield that flows in a smooth and uninterrupted pattern, influencing the healthy expression of the bio-electric code
5. the potential to form 'energy cysts' or 'fractal entropy blocks' (referred to in **FlameTree** as 'items' and 'stories'), which are examples of what I refer to as unhealthy bio-electric signals and cues
6. the ability to create a supportive healthy environment to release all 'items' and 'stories' identified by our innate wisdom in a priority order
7. a Beginning (all that is, where everything is valid and there is no attachment to anything, everything occurs with 'ease'; also called the Uni-code) and an Absolute Consciousness (where the split mind begins, when we attempt to label the Beginning, and create polarities and judgments and experience dis-ease), as reflected by the **FlameTree Basic Protocol** and *Basic Procedure*
8. the ability to understand that **FlameTree** obeys the theories from quantum physics such as the unified field theory and the delayed choice experiment
9. the ability to convert knowledge into wisdom.

The thirteen **FlameTree** principles are:

1. The **BodyMind complex** has an innate wisdom.
2. Correcting the root corrects the symptoms.
3. There are different levels in the healing process.
4. Enhanced communication enhances the **BodyMind complex's** ability to develop, heal and fortify weakened areas, and is essential for development and health.
5. External or environmental issues are less important than internal issues.
6. Every **BodyMind complex** is unique.
7. Matter follows energy.
8. Following our innate wisdom leads to development and healing.
9. The Close, hold and release sequence of head and heart facilitates mental processing and subsequent alleviation of the impact of the story.
10. All healing is an internal job.
11. Healing the 'split mind' heals all.
12. If any one 'body' can do it, every 'body' can do it.
13. The principle of being where you are at.

These premises and principles form the foundations of **FlameTree**.

Why FlameTree works

Through my extensive experience, studies and research to explain why **FlameTree** works, I discovered that, in the scientific world, I am not a lone voice in the wilderness. If you need a consensus to confirm that what I have found has valid explanations, and therefore satisfy your belief systems about 'credibility', you will be gratified to know that **FlameTree** can be explained by science, and integrates the ideas of scientists such as Amit Goswami, William Tiller and others. I have included the essence of how their theories, and other scientific explanations, can explain the **FlameTree effect** in chapter 8, and in more detail in *The science and achievements of FlameTree: the personal development & healing system*.

FlameTree healers seek to heal the 'split mind'

CFTHs understand Maslow's hierarchy of needs, and recognise that a mind stuck in the deficiency needs (physiological, safety, belonging and

FlameTree

esteem) cannot advance to what Maslow defines as self-actualisation and **FlameTree** refers to as individuation — the process of revealing your true self. This is compounded by the stuck mind's need to validate its own belief systems.

CFTHs seek to encourage their client's ability to self-generate healthy bio-electric signals and cues, and in doing so, heal the split mind. Many **FlameTree** recipients experience some improvements in communication, synchronisation and coordination of all functions within their **BodyMind complex**. This **FlameTree effect** has the potential to advance a client's consciousness from being stuck in the deficiency needs to the higher frequency of self-actualisation, automatically generating healthy bio-electric signals and cues that allow them to be in alignment, synergy, authenticity and synergism with what I refer to in **FlameTree** as their 'Unique Representation of Consciousness' (URC — the fractal pattern of the bio-electric code, fully expressed). Many **FlameTree** recipients have reported that, when *Being* their URC, they are able to resolve their previously entrenched unhealthy thoughts and belief systems about themselves, and reduce any 'charges' caused by their previously split mind (converting unhealthy bio-electric signals and cues to healthy ones).

Justifications and validations

You could equate the **FlameTree effect** of reinstating healthy bio-electric signals and cues with poking a desired hole in the **FlameTree** recipient's justifications and validations (unhealthy bio-electric signals and cues), allowing them to find new solutions to old problems due to a decrease in intellectual resistance. In this way, increased communication, advanced consciousness, personal development, the resolution of the split mind and decreased intellectual resistance may allow a **FlameTree** client to lead a life of purpose in which they effortlessly achieve their optimal expression of their URC and their unique warrior mindset — so they live their life optimally and purposefully.

The power of asking

Many other healing systems, such as kinesiology, make reference to asking the 'higher self' direct questions. This does not always yield consistent or accurate answers due to the variable nature of the questions and the variable nature of the answers. In addition to these two issues, there are other interferences that can occur between an intuitive message and the successful interpretation of that message. This includes practitioner or

individual expectations, judgments, justifications, the ego, or any other limitation that the individual or the practitioner has in receiving the message.

It is not uncommon for the power of messages to be watered down by the ego. This is why it is important for CFTHs to remove themselves, not only from our values, judgments, expectations and so on, but from their own ego, values, judgments, in order to be able to intuit the message for us and obtain a clearer and more precise answer to the question asked.

FlameTree takes this one step further by asking 'yes/no' questions based on the **FlameTree** *Basic Protocol* and *Basic Procedure*, delivering highly accurate and succinct answers.

What often occurs is that we unconsciously allow our ego, judgments, expectations and so on to interfere with our intuition, insights and consciousness, rendering us blind, deaf and mute to the higher frequencies and purposes of our life. This is where **FlameTree** provides the system and techniques to ensure that you receive precise responses in a direct and profound way. We use a response that every person already has present in their body — the MTRR. We have touched on this briefly already, and will do so in greater detail in chapter 7.

Once you begin to receive clear guidance from the uninterrupted synergistic interaction between your insight, intuition and consciousness (your innate wisdom), you are then creating healthy bio-electric signals and cues. When your thoughts are in flow with the warrior mindset, you can trust the message you have received and trust in acting on it! Your life is in your hands, you are the creator of your reality. The choice is yours alone. After all, as stated by an NLP adage: 'If you always do what you've always done, you'll always get what you've always got!'

Real examples

Reading all this may appear like some fairy-tale ending in a story book (a limiting thought or belief system), but for those who receive **FlameTree**, the changes they experience in their life go beyond their expectations! Why? Because **FlameTree**, under the guidance of the client's innate wisdom, can clear their limiting thoughts or belief systems. We have countless cases of clients who received unexpected results that changed their life forever!

This was the experience for Misty Royce (a client of instructor and CFTH George Dellas, whose story I share with you on the next page). I totally understand that, for those of you reading this who demand scientific

FlameTree

validation, anecdotal evidence does not surpass randomised clinical control trials, as demanded by the evidence-based model of Western science (more limiting thoughts and belief systems). But for recipients of **FlameTree** such as Misty, she couldn't care less how you, 'science' or anyone else for that matter judges **FlameTree** and the changes she has experienced. Why? Because she is now living her life from a place of freedom, calmness and inspiration, and unlike when she first received **FlameTree** healing, is now on her way to living life optimally and purposefully. This potential expands each time Misty receives a **FlameTree** healing.

I had been experiencing ill health for years, often feeling 'under the weather'. I was depressed and anxious a lot of the time, and plagued with recurring throat infections. I had sought assistance from doctors, naturopaths and the like, but couldn't seem to get on top of things. I was given options to 'take a pill' or 'slow down' rather than find out and address the underlying cause. I knew there was an 'answer' to be found, but hadn't come across it yet. A work colleague suggested that I see George Dellas at In Focus, as he had helped her with her ailments using FlameTree. So in November 2010, I came to see George. FlameTree was something new to me, but I felt it could be 'just the ticket' in helping me to improve my life (or how I see it, my experience of my life) and that's exactly what occurred!

I felt some improvement after just the first session, but then life events would weigh me down again. After a few more FlameTree sessions with George, it became clear to me that I held some belief patterns which I needed to change, as they were not only affecting my health but also my growth and personal development. Using FlameTree, George helped me to see what had been 'holding me back'. This is all without judgment — it's neither good nor bad. I suppose it has been something akin to an 'awakening' of sorts. By peeling back the layers of my developed self, I become more in tune with my real self, and this is where I can feel most comfortable, most at peace.

When I first came to see George for FlameTree, I had asked to be healed as quickly as possible. I had tried so many different techniques and supposed remedies in the past, and didn't want to have to spend any more time, energy or money than necessary. I soon came to see, after coming to George for FlameTree, that he is helping me as quickly as possible. I realise that for me to be the best I can be it is a continuing process and there is an ongoing exponential benefit available in FlameTree.

Positive changes have been happening in my life thanks to George and FlameTree — changes I had hoped for. I met a family-minded man for a partner and we have been together three years now. I re-engaged with

my father after years of estrangement, something I had not thought would ever occur. My energy levels, health, confidence and belief in myself also returned. I did not feel entirely comfortable in my work, and all of a sudden, in June 2013, I had the energy and inspiration to leave the perceptible security of paid employment and manifest a self-employed career. I established my own business, and in the process inspired others to make choices in their lives as I have done. I found I had the courage to take a leap of faith and back myself. I am now experiencing a greater sense of freedom and joy in bringing together what I have studied and worked hard for with what sits right within me, and I am able to delight in helping others even more.

There is no doubt that FlameTree has assisted me in addressing my health issues as I desired and, in fact, soaring far beyond them. FlameTree has been the complete package for me, working on my health, relationships and career. It has assisted me to understand the importance of investing in myself if I am to function at my optimum and feel at peace and, while I don't have to rely on others, I don't need to do it alone either. I feel immense gratitude toward George for his dedicated support and guidance, which is always offered in an atmosphere of unconditional love and genuine kindness. I am also quite amazed at how the FlameTree system has been created, and to think one person, Rhett Ogston, has put it all together! It is truly remarkable what can come about both within and following my FlameTree sessions. I look forward to seeing what else I will 'uncover' with George along the way, and I encourage others to be 'open to the possibility'.

My sincere thanks

Misty Royce

December 2014

By now, you may be informed enough about **FlameTree** to understand why this has occurred. Who would not want to be experiencing living from a higher state of consciousness and being in flow with your life, just like Misty and other **FlameTree** recipients?

But she is not alone, and, as reported by other **FlameTree** recipients such as Kaitlin Thom, it also impacts on those around them without having to make them change (read Kaitlin's experience in her own words on the next page)! Who wouldn't want that to occur in their life?

We know what is possible with **FlameTree**, as demonstrated by our case studies, even if they are labelled as anecdotal. We do not claim these

FlameTree

to be randomised controlled double blind trials, because they are not, but they are real-life cases from individuals who have experienced the **FlameTree effect**, which has made a change in their life forever!

I believe that I have finally achieved one of the tasks that I was placed on this Earth for — **FlameTree** has reached a stage where it is ready to take its place as the premier intelligence that the world will use to achieve healing and personal development goals.

I first heard about FlameTree healing from a friend. They highly recommended that I go and experience a FlameTree healing session with George, as I had been feeling very overwhelmed finding out that I had pre-cancerous cells and had to have laser to remove them before they developed into something further. I had been feeling out of balance, low in energy and sleeping way too much. After my first FlameTree session, I felt immediate change! I felt a massive shift! Words cannot describe the feeling! My first FlameTree session identified issues about abundance and financial security, which we worked on. George also performed Reiki as indicated by the FlameTree Basic Protocol, which was truly profound. The changes after one session were quite remarkable.

After my second FlameTree session, I was able to pay off my credit card debt and I had earned more money in the week than I ever had remembered. Extra work suddenly appeared! After my third session, I began to feel inspired in my life, and for the first time that I could remember in a long time, I was in flow with life. I began re-evaluating my life circumstances, and decided to 'spring clean' my apartment, pack up all the things that no longer served me and create room for the new. I was also able to finally clear issues which had been weighing me down.

After my fourth session, I came to realise that where I was working was no longer resonating with me, and I finally understood I was deserving of much better; something I had never considered before! My belief about myself had changed and so had my reality. I had felt destined to be there forever trying to repay my credit card bill, which I kept maxing out! Now, without having to consciously think about it, I was planning to move from that job, and despite the fear of not having the security of money that job provided me, that fear could no longer contain me.

I thought things could not get any better, but after my fifth FlameTree session, my inspiration and motivation of life went up another level. Without even trying I was more conscious about life and I could see more possibilities to situations than what I had ever done before. After my sixth FlameTree session, my dream job (which I had been dreaming about since I was little) came true! I secured a contract on Hamilton Island. I recall that the 'it's too good to be true' emotional charge I had

that was raised in my previous FlameTree session was no longer there, and this cleared the way for me to apply for my dream job; and I was the successful applicant!

I chose to have another FlameTree session with George before I left for Hamilton Island and the changes kept occurring. My whole life has changed within six months and only seven FlameTree sessions! I am now experiencing my dream job, I have more energy and I wake up at 5 am inspired to live my life. I have been going to the gym and yoga, I have been saving money and I love being me. I cannot thank George enough and the brilliance and intelligence of the founder of FlameTree. It is such an amazing and powerful system. I really love how I can look back and see how many changes have occurred, and how a shift in our beliefs about ourselves creates everlasting change. Please give yourself the gift of booking a FlameTree session with George or any other certified FlameTree healer! We all deserve to have and be what we want in life!

Kaitlin Thom

Hamilton Island

January 2015

5. The evolution of the understanding of consciousness

Consciousness refers to the state of being aware of one's own existence, sensations, thoughts, surroundings and so on. You know you exist because you can see, hear, smell, taste and feel things. The inherent problem here is that your five senses shapes your reality. Recall in chapter 2 when I asked you: 'Who are you?' What were all the thoughts, filters or belief systems that shaped your reality of who you are?

They are too many to list, provided that is, you are aware of your limiting thoughts, filters and belief systems! For example, your gender, race, culture, family, friends, career, fears, the era that you are living in, the country you are living in and so on all create thoughts and filters that shape your reality of you. Each of these filters are bio-electric signals and cues that influence your environment and hence your biofield.

But when **FlameTree** refers to consciousness, it refers to *Being* aware of the optimal state of existence, in which you are intimately connected to all that is (the Uni-code) so that your 'true self', life and everything around you is in flow and harmony.

Unlike all the different theories that only discuss consciousness (knowledge), **FlameTree** takes this knowledge and applies it (wisdom). **FlameTree** sessions facilitate the evolution of consciousness by removing all the priority unhealthy thoughts, filters or belief systems that your innate wisdom has identified in the healing session, which shapes your reality of who you are.

FlameTree aims, through the intention of your innate wisdom, to bring to your consciousness these very limitations, so that you are open to the possibility of being more conscious and can feel a sense of freedom, calm and inspiration that opens the gateway to your vast and unlimited potential.

In this way, **FlameTree** is creating healthy bio-electric signals and cues that become your immediate environment. In this naturally occurring higher conscious state, you have access to all the wisdom, love and guidance you need to create an optimal life. The uninterrupted

synergistic interaction between insight, intuition and consciousness, and your ability to adhere to the Law of Creation, serve to create your reality. When these elements are in alignment, synergy, authenticity and synergism, healthy bio-electric signals and cues will prevail, influencing a healthy biofield and healthy expression of the bio-electric code so that you are living in a 'state of flow', where things come easily and naturally to you.

We have generally all experienced snippets of this during our lives. For example, this is what athletes refer to as 'being in the zone' — like a soccer player, who just knew where the ball was going to land, how it was going to bounce and where he needed to position himself to score the match-winning goal.

Chances are you have already done this at some stage in your life without realising you had been doing it — when you 'just seemed to get it' or 'things just worked' with little or no effort. The fact that you weren't even conscious of your insight, intuition or consciousness means that you were only accessing and using a tiny portion of it. Real power can be achieved when you learn to consciously and actively access, listen to and apply your innate wisdom's messages in your everyday life and reality.

When you allow yourself to exist in this state, your innate wisdom aligns and guides you to your highest path and potential, creating a conscious awareness that can connect you to your clair senses. These senses open your thoughts to another level of awareness, insights and information beyond the left-brained learned logic and five-sensory (see, hear, smell, touch and taste) perceptions.

Clair senses may be developed simply by practising and receiving **FlameTree**. They include:

- clairvoyance — associated with your mind's eye
- clairaudience — associated with your inner hearing
- clairtangency — associated with your inner sense of physical touch
- clairalience or clairscent — associated with your inner sense of smell
- clairgustance — associated with your inner sense of taste
- clairsentience — associated with your 'felt sense', such as empathy and sensing through your feelings or emotions
- claircognisance — associated with your inner knowing and epiphanies of awareness at higher levels.

FlameTree

Each of these clair senses may be developed, and your CFTH, using the MTRR (which I discuss in more detail in chapter 7), is able to help you access, perfect and consolidate the uninterrupted synergistic interaction between your insight, intuition and consciousness, so you can discover the wealth and abundance of information that is available through the Uni-code.

Our innate wisdom, however, has been cast down by Western society in favour of what is referred to as the logical mind and 'science', because 'science' is seen to be 'logical'. As I discuss in my book, *The science and achievements of FlameTree: the personal development & healing system*, this view is changing. Ironically, it is the logical mind that can be used to consciously access intuition, and your intuition can be used and leveraged to find solutions, attract success, discover opportunities, and in general improve your life. When you make this connection, it is possible to achieve phenomenal changes in your life!

What you need to understand here is that your innate wisdom is always attempting to communicate with you via any means necessary. To the eternal worrier, it might be experienced as hunches or a 'gut feeling' (have you ever heard a gambler say 'Oh I should have listened to my brain?'). Images, visions, 'ah-ha' moments, sudden flashes of insight, inspiration, words, feelings and voices are all messages attempting to communicate with you and guide you to your life of purpose. But when you are *Being* the eternal warrior, you trust in listening to and acting on your innate wisdom's messages. This not only collectively creates healthy bio-electric signals and cues, it is also a deeply spiritual and natural process that is constantly trying to occur.

Other common innate wisdom-driven intuitive experiences include, but are not limited to:

- knowing who is calling you before you answer the phone
- experiencing people in a way in which you 'know' something about them
- déjà vu
- feelings or a felt sense about places or circumstances
- coincidence, timing or synchronicity
- an irrefutable sense of certainty and truth about things, events or people

- premonitions
- awareness of subtle energy.

Can I learn how to develop this gift of listening to my innate wisdom?

YES! You may be able to proactively awaken this sleeping giant to bring about transformations in your life and health, find clever solutions to problems, discover success in your work, or create miracles in life and be able to create them every day. As some recipients of **FlameTree** have described it, it is like 'jacking in' to the source. This is another benefit you may achieve.

FlameTree provides a straightforward, yet comprehensive methodology to 'access' the unified field of consciousness (Beginning or Uni-code) while using state-of-the-art techniques to free you from self-imposed limitations. You become closer to *Being* the fully realised eternal being that you are! *Being* in the eternal warrior state can give you access to all of your potential, your past, present and future, and all possibilities, because this state exists outside the confines of time and space. In this state, judgment and expectation go out the window, and all that is left is unconditional love and enlightenment, that is, healthy bio-electric signals and cues and a healthy biofield.

6. The ultimate goal of FlameTree

My message is clear — an overhaul is essential, not only for our own personal health and wellbeing, but for that of the planet. This overhaul I am referring to could occur through the worldwide application of ROAs in general, with the signature application of **FlameTree: the personal development & healing system** to guide the process.

If you read the categories of people who could benefit from **FlameTree** in chapter 3, you can see that it is my intention that we all have ‘wins’ — you win, I win and society wins. This is what I call the ‘4 Ws’. I live my life by the 4 Ws, and all my decisions are based on this.

Any interaction in which a 4 W situation occurs leaves all participants satisfied and creates nothing but goodwill and harmony. For example, if you undertake the **FlameTree** course and become a CFTH, you have a win because you receive state-of-the-art training for an extremely reasonable price, I have a win because I am able to live my life’s purpose, and society has a win because you have evolved your consciousness and are capable of helping others to evolve their consciousness.

You win

Based on all the scientific research to date that explains the **FlameTree effect** (see chapter 8), you have the potential to do whatever you need to do! For you, this could be the potential for better health, reduced pain, an abundance of joy, calmness, contentment, inspiration, freedom, energy and health, or a zest for life, where you are living your authentic life and being your optimal self. The choice is yours! As the ROA motto says:

Live optimally, live purposefully!

I win

By ‘I’, I am including all CFTHs, who are able to assist others to join us living this inspired life — and we get paid for doing something we love, while observing people like you returning back to the Beginning, where everything is valid, there is no attachment to anything, and everything occurs with ‘ease’. You are able to make the choice to be who you are

meant to be in this life, whoever that is, as defined by you (not by me or anyone else).

Others win

Your FlameTree recipients or client wins - any person you assist with your training may improve their health, wellbeing and personal development as well as moving toward achieving enlightenment (as you have from your immersion course) as well as the other possible benefits listed above under YOU WIN.

Society wins

Imagine a world where every single person is living their life from a place of abundant joy, enlightenment, calmness, contentment, inspiration, freedom, energy and health, and having a zest for life, because they are doing exactly what they are meant to be doing with their life.

As the old adage goes 'a rising tide raises all boats'.

The certified **FlameTree** healer's ultimate goal

The ultimate goal for a CFTH is to raise humanity's level of consciousness to a previously unattained level of peace, abundance and prosperity, in which every individual is free from their self-imposed limiting thoughts and belief systems. This can be achieved by re-establishing healthy bio-electric signals and cues, a healthy biofield and the healthy expression of the bio-electric code one client at a time. This can influence healthy gene expression, with your cell receptors receiving the healthy transmission of you, and harmonising the "alignment, synergy, authenticity and synergism" of your Unique Representation of Consciousness (URC) to the Beginning. It is my sincere belief and hope that this will enable humanity to belong to a successful global civilisation, where we are all equal and responsible custodians of a sustainable and workable world, which benefits all sentient beings. This is what I refer to as our sentient caretaker society!

The sentient caretaker society

A sentient caretaker society is one where we all live in flow, peace and harmony, with clear communication and enlightenment. In a sentient caretaker society, we would be functioning ultimately, like a stem cell that allows the Earth to differentiate into a 'healthy planet' based on the 'healthy biofields' arising from the collective consciousness of this

FlameTree

society (i.e. all Earthlings).

This is one of the intentions of **FlameTree**, and what inspires CFTHs to do what they do. CFTHs are uniquely positioned to help achieve a sentient caretaker society because we apply the fractal nature of the universe and **FlameTree** to my 'Stem cell and biofield hypothesis', and upscale it to help achieve the **FlameTree** goal.

Thinking something is impossible is an example of an unhealthy bio-electric signal and cue. If you think it is impossible, then it will be impossible, and you end up validating and reinforcing these unhealthy thoughts into rigid belief systems. Most people live their life this way — as the eternal worrier rather than the eternal warrior, failing to listen to and act on messages from their innate wisdom! However, the scientific research that I present in chapter 8 to explain the **FlameTree effect** makes the goal of achieving a sentient caretaker society very possible.

This can be best explained by considering the fractal nature of the universe and applying it to my 'Stem cell and biofield hypothesis'. This offers a possible pathway for reaching the **FlameTree** goal of creating healthy bio-electric signals and cues, a healthy biofield and the healthy expression of the bio-electric code for all communities, as individuals make up these communities and are themselves a community of specialised cells. If there are specialised cells (e.g. heart and brain cells) within the human body that have a key function to play in creating the human body (i.e. not all cells differentiate into brain cells!), so too we can upscale this to communities and countries, races and cultures.

Every race, culture, community or country can be viewed as an individual organ, with specific roles, and requiring open and clear communication for the efficient functioning of the greater individual (i.e. planet Earth). If you are still with me here, planet Earth represents an individual that interacts with other individuals (planets) within the solar system. Like the cell, the Earth is surrounded by biofields, and healthy biofields keep planet Earth in a healthy state, orbiting the sun in harmony with the other planets. Like an individual whose thoughts create bio-electric signals and cues that influence their cells, if you use your imagination, you can believe it is possible for the collective consciousness of all races, cultures, communities and countries to create bio-electric signals and cues that influence the Earth.

This all ties back to my hypothesis — healthy biofields create healthy individuals. Research scientists show this to be true with individual cells; so when we upscale this to humans (a community of cells), it makes

sense that it remains true. Upscale this again to countries (a community of people), it should also make sense that healthy biofields mean healthy countries. Upscale it again, and healthy countries, with healthy biofields, mean a healthy planet Earth.

What would you do to be a part of this? To quote the Chinese phrase attributed to the ancient Chinese philosopher Lao-tzu:

A journey of a thousand miles starts with one step.

By investing in **FlameTree**, you contribute towards achieving the goal of a sentient caretaker society by investing in yourself and being open to your own limitless potential, so you too can be a source of self-generating healthy biofields!

7. What can I expect from a **FlameTree** session?

When you are 'authentic' with yourself, you are congruent with your life and living your unique life's purpose. You are in alignment, synergy, authenticity and synergism with the Uni-code (universe's plan), and can come from a place of *Being* your optimal self. You take action from a place of knowing, while living life from a place of priority. You need no justification when making choices because you already know your life's direction, goals, hopes and aspirations. By living from this place, you can seamlessly and easily attract to you all that is good and right, furthering your life's expression of you. Said more simply, you are living life limitlessly by *Being* 'who you actually are' and 'who you actually are meant to be', which can only result in immersing yourself in the strongest possible healthy bio-electric signals and cues that influence your biofield, bio-electric code and gene expression.

Coming from this place can open you to seeing solutions to problems and extracting the wisdom of life's teachings, allowing you to develop yourself, grow and evolve at all levels. CFTHs can assist you to reach this state of new awareness through **FlameTree**.

A brief description of a **FlameTree** session

A **FlameTree** session occurs in a relaxed environment (another healthy bio-electric signal and cue), so the recipient feels comfortable and safe. The session would begin by discussing your health status and any personal issues you may want help with. You would then be asked to lie down on a massage table (or sit in an armless chair) while the CFTH stands (or is seated) by your side. At this point, you would be asked to place one of your hands on your abdomen and apply a consistent but gentle pressure by pushing down.

While you maintain this consistent gentle pressure, the CFTH will begin asking a series of questions in a systematic manner, gently pulling up on your arm after each question has been asked. You will notice that changes occur to the constant pressure you are applying as the CFTH pulls up on your wrist. This is what I refer to as the MTRR, and this process acts as a way for the body to identify priority issues as detailed on the **FlameTree Basic Protocol**.

The myocyte tendon reflex response

Many people are familiar with the patella tendon reflex, where a doctor will ask you to cross your legs and tap just below the kneecap with a small rubber mallet. This elicits a tendon reflex response as the leg 'involuntarily' kicks out, and is used to assess if a neurological deficit is present. If there is, to confirm if it is a true deficit, the individual is instructed to clasp both their hands together and pull during this response. If no neurological deficit is present, their leg will kick out even further; this is called the Jendrassik's manoeuvre. There is no explanation, aside from it being hard-wired into our neurology.

Like the patella tendon reflex response, the MTRR is independent of our conscious control. We could consciously try to stop it, but when this reflex fires, it does so independently of our willing it to fire or not. Unlike the patella tendon reflex, the CFTH does not use a rubber mallet on the knee. Instead, the CFTH uses their hand to pull up on their client's wrist, while the client maintains the consistent but gentle pushing down force with one of their hands on their abdomen as described above.

The MTRR is not used to assess neurological damage as such; rather, CFTHs use the MTRR to 'tune in' to their client's innate wisdom and access information that identifies where 'charges' are occurring within the client's **BodyMind complex**. The advantages of using the MTRR is that it is simple to demonstrate to anyone, easy to use and interpret, validates the **FlameTree** healing session for the person receiving it, offers immediate feedback and verification, and is relative to every client.

Indicated techniques

Once all questions have been answered during the MTRR phase, you will be asked to touch specific impact sites on your body, based on the answers obtained. The CFTH will also place one of their hands on your head and the other hand over your heart, simultaneously or individually, but always in the order of head then heart, and perform various techniques based on the answers that were found during the session. Once the **FlameTree** healing process is completed, healthy bio-electric signals and cues have been created, and the priority unhealthy ones have been identified, neutralised and released, guided by your innate wisdom. In this way, you become open to the possibility of change, improved health, communication, personal development and enlightenment. It's that simple.

In this state, **FlameTree** may also aid the **BodyMind complex** to heal, regardless of any labels that a 'disease' has been given. By alleviating the

FlameTree

‘stress’ placed on the **BodyMind complex** by the ‘stories’ that we insist on telling ourselves, we can then unburden the innate wisdom and the body, resulting in healthy bio-electric signals and cues, a healthy biofield and expression of the bio-electric code, allowing healing to take place as it was naturally intended.

By practising and receiving **FlameTree** sessions, you will be able to identify the priority unhealthy bio-electric signals and cues, as directed by your innate wisdom, and then initiate healthy bio-electric signals and cues, a healthy biofield and expression of the bio-electric code, clearing the space so that you can begin listening and communicating with the messages from your innate wisdom or inner self.

If you are already doing this, you will find that **FlameTree** can improve the clarity of this communication, while strengthening your ability to listen to and act on your innate wisdom’s messages. Living in this eternal warrior state, you might also notice an increase in outer world messages, such as coincidental meetings, overheard conversations, animals, or even media. The trick is to succinctly decipher the messages from both the inner and outer reality, increasing the power of the messages received from your innate wisdom. Simply practising and receiving **FlameTree** sessions may strengthen this ability.

FlameTree allows you the possibility of consciously experiencing a higher awareness and expanding perspectives. It uses the principle that matter follows energy, and we know that energy and essence create form (discussed in more detail in *The science and achievements of FlameTree: the personal development & healing system*). This includes your thoughts, feelings and internal processes that give rise to your outer world manifestation. This energy will often be experienced metaphorically, whereby **FlameTree** can transmute and transform your internal landscape. This can all be strengthened by your thoughts, will, desire and imagination, with resultant transformations in your outer life. After all, all healing is an internal job.

8. The science of **FlameTree**

FlameTree has taken me a lifetime of research, experiment and development to bring it to the point where I can present it to the world. I have purposely not used the dogma of Western medicine (including its Disease, Illness and Symptoms Care — or DIS-Care — division, as I refer to it in *Real health*) to validate **FlameTree**. My reasoning for this is based on everything that I discovered from completing my science degree with Honours at Melbourne University, and from my independent research into the Western medicine system.

I am aware that I am putting myself 'out there' by releasing this information into the public domain, knowing full well that a probability exists for me and my work to be criticised by sceptics, the Western medicine system, and anyone else who refuses to be open and flexible with their thoughts and belief systems. What I am saying here is I am receptive to constructive, educated and well researched feedback and criticism on what I have discovered, founded and taught, but I will not accept uneducated generalised derogatory comments by individuals or groups who lack the integrity to allow the possibility for other explanations, or at least be open to the possibility of offering an alternative explanation of the natural phenomena around us, our health care and the **FlameTree effect**. After all, as HG Wells said, 'New and stirring things are belittled because if they are not belittled, the humiliating question arises, Why then are you not taking part in them?'

I am being up front with you here by stating this, knowing full well that, based on the beliefs of the Western medicine system, **FlameTree** will be perceived as lacking in evidence-based trials. This is stating the obvious, but I have not come unprepared to this discussion. The 'evidence' required by the DIS-Care division of the Western medicine system, a system that itself has inherent problems, outdated belief systems and a track record of ongoing iatrogenic incidences, is not the only way to demonstrate effect. The paradox here is that **FlameTree** is inclusive of the Western medicine system. If Western medicine is identified as a priority for the client, then that is where the CFTH would direct the client. **FlameTree**, as pointed out to you at the beginning of this ebook, does not exclude any system, concepts or ideas.

FlameTree

All the amazing benefits of **FlameTree** that I have described to you so far may sound ‘unreal’ or ‘impossible’, so based on my science background, I needed to research possible scientific explanations and understandings as to why I was achieving the results I was observing with my clients — the **FlameTree effect** — before I could present my system to the world, let alone teach someone else **FlameTree**. I discovered that science and scientists are now proving, via quantum physics, cybernetics and optogenetics, that the physical world comprises wavelengths of energy that respond to, and can be influenced by, consciousness or thought, which can directly influence and change our genetics!

Although I cannot see *your* response, I know from my past experiences with other people interested in **FlameTree** that, within fifteen minutes to one hour of me explaining to them the science and workings of this system, you can literally see their eyes open and light up with the infinite understanding of what we as humans are truly capable of!

My science training from the prestigious Melbourne University taught me to question everything, and to find possible explanations for observations made in clinical studies, as well for what is occurring in our environment. I learned to appreciate that the ‘reality’ in science is based on what you observe and not what you are supposed to observe! So how could I explain the **FlameTree effect**? The answer was found largely in cellular biology (stem cells) and the scientific research into electromagnetic fields (which I will refer to as the biofield) and their effects on cells.

This gave rise to my ‘Stem cell and biofield hypothesis’, but being conditioned to find, enquire, question, be sceptical and find possible answers to explain natural phenomena occurring around us, I was not surprised that I found more key scientific principles that also offer valid scientific explanations to understand the **FlameTree effect**, including, but not limited to:

- laws of thermodynamics
- Occam’s razor
- unified field theory
- energy cysts
- quantum mechanics
- Bell’s theorem
- Einstein–Podolsky–Rosen paradox

- bootstrap and dynamic systems theory
- delayed choice experiment
- information science
- information management
- law of attraction
- Maslow's hierarchy of needs
- brain neuroplasticity.

Although I discuss these in much more detail in *The science and achievements of FlameTree: the personal development & healing system, Real health* and *The golden ring*, what I would like to share with you here is that everything in **FlameTree** has a possible scientific explanation to it, even if **FlameTree** has not been scientifically proven with 'placebo controlled randomised trials'. The absence of these trials, which I discuss further below, is not seen as a negative, because clients who experience **FlameTree**, as I have shared with you, continue to refer their family, friends and even strangers to CFTHs based on their own personal experiences. They have experienced how **FlameTree** helped them and they are inspired to share this with others.

So now recall my 'Stem cell and biofield hypothesis', which offers a credible scientific explanation to explain the **FlameTree effect**. We start from the basic hypothesis that:

A healthy stem cell has a healthy biofield, and a healthy biofield will generate a healthy cell.

When I upscale this hypothesis to us as individuals, then it is easy to understand the following:

A healthy individual (made up of many stem cells and cells) has a healthy biofield, and a healthy biofield will generate a healthy individual.

We are now at the point where I can bring together these two seemingly separate parts of my hypothesis (the stem cell and biofield). By now I anticipate you can see where I am heading with my hypothesis explanation. CFTHs generate healthy bio-electric signals and cues and a healthy biofield with both their brain waves and hands. These healthy bio-electric signals and cues and biofield are reinforced by the client who, after receiving **FlameTree**, feels more relaxed, calm, peaceful and enlightened, which allows them to generate their own healing currents

FlameTree

that are also healthy bio-electric signals and cues.

Stem cells and FlameTree

The overall effect of creating healthy bio-electric signals and cues and a healthy biofield is to provide the potential for a person to return to their 'stem cell-like state' — but what does this mean?

Let me first introduce to you the stem cell. A stem cell is a special type of undifferentiated cell that has a unique property of being able to become any type of cell in the body, whether that is a healthy differentiated specialised cell such as a muscle, bone, eye or organ cell, or an unhealthy diseased cell such as a cancer cell.

An exciting scientific discovery in 2006 demonstrated that differentiated specialised cells can also be induced back (referred to as dedifferentiation) into a 'stem cell-like state' given the appropriate environment. These stem cells are referred to as an induced pluripotent stem cells.

Scientifically, what I thought was even more interesting is that this potential can occur in diseased cells! This was suggested by a research scientist who stated that 'there appears to be a malignant potential in every stem cell and a stem cell potential in every malignant cell'.¹ Diseased cells, given an appropriate environment (healthy bio-electric signals and cues) can revert back to healthy cells! How does this apply to you? I will use the analogy that 'you' are the 'stem cell', and like a stem cell, you have a limitless potential of becoming anything in the world, which will be influenced by the type of bio-electric signals and cues you receive.

You need to recall here that you started life from two cells (sperm and ovum), and are now an organism of over 100 trillion cells², which were organised and influenced by bio-electric signals and cues, as stated in the 'Stem cell and biofield hypothesis'.

Essentially you are a community of single cells, communicating and making up a multicellular organism! I would like to think that all individuals, like a stem cell, possess the limitless potential to become any type of individual they choose to be. Each individual can consciously choose *Being* a healthy person, or through lack of conscious awareness, can remain a dis-eased person. *Being* is about who you choose to be. Who you currently are is not by your choice! Who, for example, would choose to be a stressed, anxious, fearful or dis-eased person? No one! But have you made a conscious choice to be a healthy person with limitless potential? No one I know has until they receive **FlameTree!** By not becoming aware of your eternal worrier mindset, you passively live your

life and fail to see your choice. You say 'no' to the eternal warrior state, and to living your life optimally and purposefully.

The exciting part of my hypothesis is that, like a stem cell, irrespective of who you currently are, the potential to return back to a 'stem cell-like state' before the 'trigger' that initiated the differentiation process into that specialised cell (i.e. the current you) is possible! Put more simply, you may be able to go back to the drawing board and begin making the choice to say 'no' to being the eternal worrier and 'yes' to *Being* the eternal warrior. When you make this choice, you can reach the state of consciousness that allows your authentic optimal self to shine, and allows you to live your life's purpose, guided by your innate wisdom. Said another way, **FlameTree** can be the 'trigger' that dedifferentiates the current you to a place where every possibility in the universe still potentially exists.

As you take in and process this information, two questions may come to mind: 'What is the trigger that stimulates a stem cell to divide into either a healthy cell, dis-eased cell or diseased cell?' and 'How can **FlameTree** be the trigger to stimulate a dis-eased or diseased cell back to its stem cell-like state?'

It all boils down to what bio-electrical signals and cues we are being exposed to, as discussed above. Bio-electric signals and cues are either beneficial or detrimental to the growth, development and repair of cells and, ultimately, to human health.

Biofields and FlameTree

Research scientists acknowledge that all living cells are immersed in energy fields (e.g. electro-magnetic waves — EMWs, also known as electro-magnetic fields — EMFs), which have been associated with cell health; that is, biofields are also either beneficial or detrimental to the growth, development and repair of cells.³

This is clearly identified in the scientific literature: 'On one hand, these EMWs provide immeasurable benefits; on the other hand, they may also create potential hazards through uncontrolled and excessive radiation emissions.'⁴

There is a vast amount of information on biofields (energy fields) and cell health that can be summarised into one sentence: 'Healthy biofields (energy fields) result in healthy cells, while unhealthy biofields result in unhealthy cells', which is encapsulated by my 'Stem cell and biofield

FlameTree

hypothesis’.

We know this to be true, because when a living cell is injured, there is a measurable change in the electrical potential (measured in millivolts) surrounding the cell. Healthy cells have a surface electrical potential of 90 millivolts, but a cell in a state of inflammation may increase to 120 millivolts, and a cell in a state of degeneration may drop to 30 millivolts.

Changes associated with a cell’s surface electrical potential are not a new discovery. It has been known since the early 1900s that when the integrity of living tissue (a group of specialised cells) is disturbed (e.g. amputation or other injury), electric currents — referred to as injury currents — are generated in the vicinity of the problem areas.⁵

It was also observed that, at some point in time after the injury current is generated, there is a trigger that initiates an ‘injury current polarity reversal’ in which a ‘healing current’ is produced. This means that the cells of the injured tissue are now actively engaged in the repair and healing process.

A disturbance in the integrity of living tissue can also arise from non-physical events. For example, the scientific literature brings to our attention that unhealthy bio-electric signals and cues, such as an increase in EMF exposure ‘may have adverse consequences on health’⁶

Another study suggests that even the EMF emitted from laptop computers (LTCs) may have the potential to be unhealthy to foetal development, and they suggest that ‘the use of the word “laptop” is thus misleading, because evidence shows that an incorrect use of the LTC can cause an increased EMF body exposure’⁷

According to the Consumer Health Organization of Canada (CHOC), ‘the only time you are not chronically exposed to EM radiation is when you are out in a wilderness area, far, far away. When you hike in the wilderness you feel different. When you camp, you sleep fantastically well, you are emotionally balanced and mentally clear.’⁸

CHOC suggests that if we sent 1000 people to a wilderness area and instrumented them with electromyography (EMG sensors) to read muscle tension and stress levels in their bodies over a 15-minute period, we would find that some would be relaxed and some stressed out. If we then induced artificially made EM radiation similar to that in a properly wired suburban home, we would see a big jump in everybody’s stress level, a direct physiological response. If this is increased to the level to we might find in an office environment with all the fluorescent lights,

computers, fax machines and copy machines, another big jump in stress levels would be observed.⁹

Unhealthy bio-electric signals and cues, however, are not limited to man-made devices. Clinical observations by Upledger from the 1970s in the field of craniosacral osteopathy identified that the efficient conduction of electricity through body tissues can be obstructed by mental or emotional troubles, either in isolation or as an addition to trauma. Upledger refers to this as energy cysts.¹⁰

Upledger could not explain how mental or emotional trauma caused cell injury without direct trauma. His clinical observations sounded implausible and were not, at that time, supported by scientific research. My 'Stem cell and biofield hypothesis', however, may now offer an explanation for Upledger's observations, something that Upledger could not do due to the science not being available to explain his observations, as it is now to support and explain the **FlameTree effect**.

The pioneering research in the field of mammalian synthetic biology offers mind-blowing possibilities with the invention of gene switches.¹¹ Scientists in this field have designed gene switches that are responsive to traceless cues such as light, gas and radio waves, complex gene circuits, including oscillators, cancer-killing gene classifiers, and programmable biocomputers, as well as prosthetic gene networks that provide treatment strategies for gouty arthritis, diabetes and obesity.

What this research shows is the possibility that energy fields, such as light and radio waves, have the potential to activate genes, which ultimately influences cell health. This opens the possibility to mental states, such as thoughts and emotions, which are in themselves energy fields generated by brain activity, which could also change genes and therefore cell health.

This may sound implausible, except for advances in two fields that demonstrate that mental states, including thoughts, can indeed change cell health:

- cybernetics — the design of functional man-machine interfaces in which brain-computer interfaces process brain waves to control electromechanical prostheses, such as bionic extremities and even wheel chairs
- optogenetic devices — devices that penetrate the brain and can deliver and detect light and record the electrical activity of neurons.

The merging of cybernetics with optogenetics has created the situation

FlameTree

where brain waves can remotely control transgene expression and cellular behaviour in living cells! That is, mental states such as biofeedback, concentration and meditation were able to be captured via these cybernetic and optogenetic technologies to directly control the transgene expression in living cells and mammals, which changes DNA expression. All this is achieved wirelessly, similar to a laptop computer connecting wirelessly to a modem!

What these researches have shown is that it is possible to wirelessly activate synthetic mind-controlled gene switches that enables human brain activities and mental states to program transgene expression in human cells.¹²

This all sounds amazing, but also highly technological, and it requires expensive equipment and a research lab to achieve. However, what other research scientists have demonstrated is that we do not require all this high tech gadgetry to influence our cells.

The *Lancet Oncology* published an article titled 'Effect of comprehensive lifestyle changes on telomerase activity and telomere length in men with biopsy-proven low-risk prostate cancer: 5-year follow-up of a descriptive pilot study'.¹³ What this small pilot study demonstrated for the first time was that changes in diet, exercise, stress management and social support (all examples of healthy bio-electric signals and cues) can influence human gene expression by influencing telomeres. Based on my 'Stem cell and biofield hypothesis', I can infer here that the healthy bio-electric signals and cues from these comprehensive lifestyle changes created a healthy biofield, which resulted in the healthy expression of the bio-electric code, and the evidence of this being the reported changes in telomeres.

Telomeres are the protective caps on the ends of chromosomes that affect how quickly cells age and die. Picture a shoelace and the plastic tips on the end that make it easier to thread the lace. The plastic tip represents telomeres, which protect the ends of chromosomes and help them remain stable. As they become shorter, and as their structural integrity weakens, the cells age and die quicker. In recent years, shorter telomeres have become associated with a broad range of aging-related diseases, including many forms of cancer, stroke, vascular dementia, cardiovascular disease, obesity, osteoporosis and diabetes.

These findings have sparked interest from other researchers to perform intervention studies which examine telomeres as well as telomerase activity (the enzyme that make telomeres longer) in healthy volunteers,

caregivers of patients with Alzheimer's disease, individuals with obesity and breast cancer patients.¹⁴ Each of these intervention studies involves using the mental state of meditation (a healthy bio-electric signal and cue) as the intervention that has demonstrated to various degrees of success increases in telomerase activity and subtle changes in telomere length (the healthy expression of the bio-electric code, influencing healthy gene expression).

Although larger clinical trials and more research is required to satisfy the dogma of the scientific community, the fact remains that mindfulness meditation, which I consider to be a healthy bio-electric signal and cue, creates a healthy biofield and the healthy expression of the bio-electric code, which is observed as influencing telomerase activity. I will infer that changes in telomerase activity influence the cell in a healthy way, resulting in a healthy cell.

This observation of bio-electric signals and cues influencing telomerase and telomere length is further reinforced by a preliminary clinical research report by Scott C Kelsey, a graduate assistant at the Department of Biomedical Sciences at Missouri State University in his report titled 'Qualification and quantification of telomeric elongation due to electromagnetic resonance exposure'.¹⁵ He proposes that if telomerase can be activated via electromagnetic resonance exposure (a bio-electric signal and cue) within the cell it could lead to an increase in cellular upkeep without the administration of drugs.

The data from Kelsey's preliminary experiments appear to support that electromagnetic exposure at a certain frequency somehow influences telomeric maintenance. According to his report, telomeric lengths are maintained and in some instances elongated. Not only was this observed, but the cell cultures he was studying displayed prolonged life. That is, the critical point of about twenty to thirty passages in culture telomeres, where you would normally expect the triggers to occur which signals the cells to enter senescence (the condition or process of deterioration with age, or the loss of a cell's power of division and growth) did not occur. Kelsey observed the maintenance of telomere length even into relatively old age of the cell cultures.

Although large clinical trials are required, Kelsey's results appear to indicate telomere maintenance and subtle elongation (which we can associate with a healthy cell) can occur in response to a specific electromagnetic resonance exposure (which we can associated with a healthy bio-electric signals and cues).

FlameTree

Kelsey's work, although independent of **FlameTree**, offers support to my 'Stem cell and biofield hypothesis'. By now you may want to know how this information is used to explain the second part of my hypothesis.

I have presented you with scientific research that supports the possibility that healthy bio-electric signals and cues will result in healthy cells, and as we know, we humans are a community of communicating cells and stem cells, so it would not stretch the imagination that, as I state in my 'Stem cell and biofield hypothesis', healthy biofields results in healthy humans.

My 'Stem cell and biofield hypothesis' infers that mental states, such as intention on mindfulness and thought (healthy bio-electric signals and cues) create brain waves that lead to a healthy biofield and the healthy expression of the bio-electric code, and that biofield is in synchronisation with Schumann resonance (the sum total of all electromagnetic vibrations and waves between the Earth and the ionosphere). It is postulated that the Schumann resonance signal provides a brain frequency range matching electromagnetic signal to provide the synchronisation needed for intelligence. This enables the brain to retain intelligent thinking and sustain rapid intelligence and reactions.¹⁶ Pearce refers to two geniuses of the late thirteenth and early fourteenth centuries who spoke of 'creator and created giv[ing] rise to each other'. He takes this idea and unfolds it to explain that 'the relationship between intelligence and intellect is similar, each of which is designed by evolution to give rise to the other'.¹⁷

When CFTHs are performing a technique, their thoughts are purposefully placed with their intention on observing the person receiving the **FlameTree** session with mindfulness and enlightenment, and as such are being a healthy bio-electric signal and cue. I would like to believe that, based on the research presented, this would have the capacity to generate healthy bio-electric signal and cues, a healthy biofield and the healthy expression of the bio-electric code, evidenced by the changes experienced by the recipient. The healthy bio-electric signals and cues generated by the **FlameTree** healer's brain waves (intention of mindfulness and thought) and heart waves, through resonance, would also serve as healthy bio-electric signals and cues for the **FlameTree** recipient, all of which would be further enhanced by the CFTH placing their hands on the person receiving **FlameTree**.

The hands of healers have been measured to have electromagnetic fields which increase significantly when the healer is focused on the healing process.¹⁸ This reinforces my 'Stem cell and biofield hypothesis' in that healthy bio-electric signals and cues are being created when CFTHs place

their intention and hands on **FlameTree** recipients, so they can create healthy biofields that surround the recipients. Said another way, the scientific research reflects the possibility that CFTHs can create healthy bio-electric signals and cues with their hands, thoughts and intention, which may induce healing currents and reflect healthy outcomes for the person receiving **FlameTree**.

This provides credence to my 'Stem cell and biofield hypothesis', and I would like to think that healthy outcomes extend beyond just physical trauma (cell or tissue injury) and emotional trauma (Upledger and energy cysts), as reported in the scientific literature, to all eight frequencies of the **BodyMind complex**, as I have proposed in my **FlameTree Basic Protocol**. In addition to this, as one of the outcomes of **FlameTree** is assisting the recipient to resolve priority unhealthy thoughts that generate negative feelings, CFTHs therefore assist people to return to a state of healthy thoughts, in which they themselves can be generating their own healthy bio-electric signals and cues — that to me means truly preventative medicine.

Physics and **FlameTree**

Amit Goswami, PhD is a retired professor from the theoretical physics department of the University of Oregon in Eugene, where he had served since 1968. He is a pioneer of the new paradigm of science called 'science within consciousness'. His work supports my notion that **FlameTree** can resolve duality, and balance and enhance consciousness, and although he brings the science to it, **FlameTree** has the system to access and work with it.

Dr Goswami, in his textbook *The physicist's view of nature*, offers support to what we refer to in **FlameTree** about the decline and rediscovery of the concept of God within science. In addition to this, Goswami reinforces issues with the observer effect in his seminal book, *The self-aware universe*, where he solved the quantum measurement problem elucidating the famous observer effect. **FlameTree** is the emerging system within this new paradigm of science that our current healthcare system needs. Again, Dr Goswami offers a valid explanation for one of the fundamental aspects of **FlameTree** where the CFTH is the observer of the client's healing, and our case studies offer one level of evidence for this effect.

In addition to this, I have stated that **FlameTree** is the integration of all things that co-exist in the universe, as represented by the **FlameTree**

FlameTree

Basic Protocol and Basic Procedure. Dr Goswami, in his book *The visionary window*, demonstrates how science and spirituality could be integrated. Although he demonstrates only one aspect of what I refer to as the Spiritual frequency in **FlameTree** with science, this demonstrates that it is possible to integrate everything that I refer to within the **FlameTree Basic Protocol and Basic Procedure.**

William Tiller, PhD, Fellow to the American Academy for the Advancement of Science and Professor Emeritus of Stanford University's Department of Materials Science, spent thirty-four years in academia after nine years as an advisory physicist with Westinghouse Research Laboratories. He graduated in 1952 with a degree in engineering physics from the University of Toronto. He also has an MSc and a PhD from the University of Toronto. He has published over 250 conventional scientific papers, three books and several patents. In parallel, for over thirty years, he has been avocationally pursuing serious experimental and theoretical study in the field of psycho-energetics, which will very likely become an integral part of 'tomorrow's' physics. In this new area, he has published an additional 100 scientific papers and four seminal books, and his work supports another key concept of **FlameTree** — our observations on making the changes based on the **FlameTree** recipient's innate wisdom's intention affect our physical reality.

As quoted directly from Dr Tiller's website:

For the last four hundred years, an unstated assumption of science is that human intention cannot affect what we call 'physical reality'. Our experimental research of the past decade shows that for today's world and under the right conditions, this assumption is no longer correct. We humans are much more than we think we are and Psycho-energetic Science continues to expand the proof of it.

The **FlameTree effect** could therefore be explained by both the explanations of Dr Goswami's observer effect and Dr Tiller's human intention. These concepts are further strengthened by the works of Dr Fred Wolf and Dr John Hagelin.

Fred Alan Wolf, PhD is a physicist, writer and lecturer, who earned his PhD in theoretical physics at UCLA in 1963. His work in quantum physics and consciousness is well known through his popular and scientific writing, having authored eleven books in this area. Wolf's inspiration to find an understanding between consciousness and quantum physics offers even more support to explain the **FlameTree effect**.

Wolf suggests that the brain may be governed by the laws of quantum physics rather than the laws of biology or neurophysiology, and that consciousness and quantum physics are deeply connected. In his research, he came to understand that feelings such as love and hate (bio-electric signals and cues), commonly thought to be God-given or incapable of scientific understanding, could be translated into the language of quantum physics using the concept of the wave-particle duality.

The wave-particle duality, as described by the Nobel prize-winning physicist Richard Feynman and supported by many quantum physicists, is believed to be influenced by the observer effect, as discussed by Dr Goswami and others. The question proposed by not only Wolf, but also by Nobel laureates Eugene Wigner and Brian Josephson and many other physicists, including myself in my quest to find evidence for **FlameTree**, is: 'What constitutes the observer?'

These physicists, including Wolf, believe that it may be a fundamental event beyond physics. They view it as the action of consciousness. Wolf postulates that the wave-particle duality of quantum physics holds true in the human brain, orchestrating the behaviour of individual nerve cells as they relay their chemical messages to one another. They believe that the wave-particle duality action of electrons, for example, could give rise to feelings of loneliness, ego and hatred. This could also possibly be another source of bio-electric signals and cues, but in this case interpreted or perceived to be unhealthy!

It is postulated that in the quantum world, electrons suffer a paradoxical life — because of their particle behaviour and their electrical repulsion, no two electrons can ever occupy the same space. Electrons are therefore doomed to solitude, but in their wavelike guise (i.e. when they are not being observed), they are believed to be forever seeking their opposite particle, the positron, even though such a meeting would result in their destruction. The electron's electrical charge is a cry for the return to the void. It hopes and fears to attract its opposite, its antimatter partner, the positron, in a 'dance of death'.

In my search for what constitutes the observer effect, I came to the conclusion that the system that I have founded, **FlameTree**, needed to be based in consciousness, where the CFTH is being the conscious 'observer' of your healing. What the CFTH observes, however, must be based on what your innate wisdom (inner knowing) brings to consciousness, via the MTRR, rather than from the biases of the CFTH. Recall when

FlameTree

explaining the MTRR that the CFTH needs to be like a blank canvas to eliminate both the practitioner bias as well as the client's ego influences.

The 'items' and 'stories' that your innate wisdom traces to relate to the 'split mind', and represent the unhealthy eternal worrier state and unhealthy thoughts that influence what you are observing (i.e. your ego and the observer effect at work). This shapes and places boundaries within your life that become the 'reality' of your life. Said another way, you are observing the unhealthy thoughts in your life without realising you are actually doing this, and they create all the limitations of your own life and the people within it!

In contrast, the Beginning — where you can recommence *Being* your URC — is what I believe your innate wisdom (not your ego) is seeking to reach, like the electron, which is the cry (where crying here would represent your symptoms — that is, your innate wisdom is crying) to return you (your ego) to this state (Beginning) where the 'split mind' no longer exists! Recall here that the Beginning refers to all that is, where everything is valid, there is no attachment to anything, and everything occurs with 'ease' (also considered the Uni-code). Absolute Consciousness refers to where the split mind begins, when we attempt to label the Beginning and create polarities and judgments and experience dis-ease. Your Unique Representation of Consciousness (URC) — the fractal pattern of the bio-electric code physically expressed — refers to who you are *Being*. *Being* encourages life to flow with the energies of the universe, harmoniously and peacefully. *Being* is the process of being actively involved in every aspect of your life, and it is based on your thoughts. Living from this state would therefore mean the 'death' of who you think you are (your ego), hence we are living, like the electron, a paradoxical life.

This is what I explained in detail in chapter 5. Who you think you are can no longer be you! Coming to this realisation and making this 'change' can only occur when someone like a CFTH, who is able to be mindful of the practitioner bias, listens to your innate wisdom (when you do not), using a system based in the Beginning where all possibilities exist, performs the priority techniques as guided by your innate wisdom (when you are not), in the priority order (like the baking the cake analogy), and then uses their intention to observe (the human intention and observer effect described above) your healing and return you to the Beginning at the completion of each **FlameTree** healing session (creating healthy bio-electric signals and cues so that it may create and maintain a healthy biofield and influence the healthy expression of the bio-electric code and healthy gene expression, such as changes in your telomeres). This is

very different to what you are currently observing, or not observing for that matter! This is why **FlameTree** is revolutionary and why the world needs it now!

Wolf, however, associates the electron's 'dance of death' similarly to love and feelings of compassion, which may be created by photons, particle-wave units of light. As waves, photons tend to march together, working toward a common end. He points out that lasers work because photon waves are 'in love' with each other. He therefore suggests that the emotions of love and hate, success and failure, violence and peace and so on could be but manifestations of energy, of forces and atomic objects flowing through our bodies, brains and minds as particles and waves.

Wolf's association here reinforces and offers another explanation for **FlameTree** premises 3 and 4, where I state that we all have a biofield that flows through and around our **BodyMind complex**. The **BodyMind complex** is a diverse array of synchronicity, where everything in the universe (even its infinite detail), all consciousness, concepts and functions are intimately interwoven and intermeshed with one another, and that the life energy must flow in and through the **BodyMind complex** in a smooth and uninterrupted pattern to maintain optimal health and wellness. When this smooth flow is interrupted — when we are not listening to our innate wisdom and not consciously aware of our unhealthy thoughts and our intention of what we are being — unhealthy bio-electric signals and cues are created, resulting in an unhealthy biofield and an unhealthy expression of the bio-electric code. This is when dis-ease and disease may occur — how can they not?

Wolf points out that his association would be possible when we consider that what we call 'the brain' is in fact the particle-like behaviour of our observations. What we call 'the mind' is the duality of this (i.e. the wave-like behaviour of atomic objects, invisible and unobserved). Using this analogy, the mind is then an outgrowth of the basic laws of quantum physics together with the actions of the observer, which Wolf believes are the acts of consciousness. This is where I get even more excited again about Wolf's suggestions, because he offers another possible explanation of how **FlameTree** achieves the results it does.

Wolf suggests that one act of consciousness could cause a change in quantum surface waves acting along the thin membranes covering our neurons. These waves are associated with the movements of the protein-gate molecules embedded in the neurons' walls. A 'particle' observation would momentarily 'freeze' the molecules' positions, resulting in the

FlameTree

appearance of thought. Another complementary 'wave' observation, where the proteins remained unobserved, would produce changes in the energy of these waves, resulting in the arousal of feelings. Wolf suggests that feelings and thoughts would show the same type of duality as waves and particles. Understanding how the brain/mind works may therefore lie within the whole range and arsenal of the mathematical language of quantum physics.

What this tells us is that Wolf, like so many others, has plausible scientific theories to explain brain/mind/thought/universe/psi connections and abilities, all of which equates to knowledge. We all need this knowledge to further help us with our understanding of these connections. Whether you agree with them or not, either way it assisted you to clarify something.

Wolf points out that the probability equations and the behaviour of atomic objects may depend on the 'wave-into-particle actions of consciousness', and without such actions, the world and all of its participants would remain 'wispy, ghostlike quantum waves, and there would be nothing material at all'. Whether or not you agree or disagree with Wolf and his peers, what he suggests may be true, given the fact that you are reading this, which means that the 'wave-into-particle actions of your consciousness' is occurring, as you are observing the material world around you now at this point in time in the world you call your reality.

The question I ask here is:

What is it that you (and all other people living) are actually observing?

When you look at the international world news, it doesn't look that great, but what we are observing is creating our reality, even as you read, whether or not you are conscious of what you are (or are not) observing. So what are you 'truly' observing? Are you (the observer) putting your 'intention' into observing the Beginning? The probability is that you are not doing this right now, nor have you really ever considered doing this until now. This is where I see a major issue and where changes can occur. Many of us are not even aware of what we are observing into reality, yet it is your reality that is being created in front of your eyes! Imagine the possibilities if you were consciously observing your reality. This is what a CFTH does for every **FlameTree** recipient — observes their return to the stem cell-like state; the Beginning!

The CFTH is observing you in a different state to that you are observing yourself in, but it is based on the healthy intention of your innate wisdom.

Currently, your unhealthy thoughts and limitations on your intention, together with your observer effect, are limiting your ability to live your life optimally and purposefully from the place of *Being!* What you are not consciously observing is the ability to live from that 'wave' like state, Beginning, but your innate wisdom, through your symptoms (the crying electron), is possibly trying to bring it to your consciousness. This is what, not only you, but everyone in our society needs to do, hence the 'death of you'. But is it really the death of you? This is where I find John Hagelin's work interesting.

John Hagelin, PhD is a world-renowned quantum physicist, educator, author and public policy expert. Dr Hagelin has conducted pioneering research at the European Centre for Particle Physics and the Stanford Linear Accelerator Centre, and is responsible for the development of a highly successful grand unified field theory based on the superstring. Dr Hagelin's book, *Manual for a perfect government*, offers possible explanations as to how **FlameTree** may reach its ultimate goal of enabling humanity to belong to a successful global civilisation, where we are all equal custodians of a sustainable and workable world that benefits all sentient beings. Hence the 'death of you' translates to the 'life of you' (akin to the stem cell analogy, where the current you can return to the stem cell-like state to differentiate into your URC), and where we all live in a place where freedom, calmness, inspiration and enlightenment become the norm.

Dr Hagelin shows how, through educational programs that develop human consciousness, and through policies and programs that effectively harness the laws of nature, it is possible to solve acute social problems and enhance governmental effectiveness. It makes sense that the implementation of his programs, in conjunction with **FlameTree**, would mutually reinforce the effects of being able to reach the level of consciousness to attain these goals across both government and public sectors. Imagine this occurring. Wouldn't peace, acceptance, sharing of resources, working towards the common goal of preserving our planet Earth, not for only human kind, but for all living species on Earth, benefit us all now and for future generations to come?

As I stated at the beginning of this ebook, we all have a life purpose, and my inspiration is to change the world! The insights that I have 'downloaded' from the 'creator', the 'universe', the Uni-code (call it what you will), coupled with my learnings and life experiences, have provided me with the resources (knowledge) to be able to create a system (**FlameTree**) to provide the possibility for these changes to occur (wisdom). You may

FlameTree

think that my insight about being given the ‘responsibility’ of creating, developing and implementing this healing and personal development system unusual, you may even be sceptical about it, but the life work of Dean Radin offers the possibility that this is exactly what can occur.

Dean Radin, PhD is Chief Scientist at the Institute of Noetic Sciences (IONS), and volunteer faculty in the Department of Psychology at Sonoma State University. Before joining the research staff at IONS in 2001, he held appointments at AT&T Bell Labs, Princeton University, University of Edinburgh and SRI International. He is author or co-author of over 200 technical and popular articles, a dozen book chapters and three books — the award-winning *The conscious universe*, *Entangled minds*, and the 2014 Silver Nautilus Book Award winner *Supernormal*.

Dr Radin has spent the majority of his professional career probing the far reaches of human consciousness, principally psi phenomena (the aggregate of parapsychological functions of the mind, including extrasensory perception, precognition and psychokinesis) using the tools and techniques of science. Dr Radin states in his extended biography that:

[his] interest in psi was originally motivated out of a child's intuitive sense that the mind is far more mysterious and powerful than we know. Through education and experience I've also come to appreciate that these experiences are also responsible for most of the greatest inventions, artistic and scientific achievements, creative insights, and religious epiphanies throughout history. Understanding this realm of human experience thus offers more than mere academic interest -- it touches upon the very best that the human intellect and spirit have had to offer.

This statement in itself reinforces my insights and everything that I have experienced, and continue to experience, in my life. I am not a lone voice, going ‘crazy’ with the insights and inventions that I have created.

What I personally like about Dr Radin is that he discovered, while working on these topics, that he, like me, enjoyed the challenge of exploring the frontiers of science, and that he, like me, is comfortable tolerating the ambiguity of not knowing the ‘right answer’, which is a constant companion at the frontier. Why? Because I know that, living from the place of the Beginning, there is no right answer and no wrong answer, even though I have been spending my life working towards establishing ‘answers’ for the **FlameTree effect** so that other people, who have not reached this state of conscious enlightenment, can find a pathway to it!

What gets me excited about Dr Radin is that what he has discovered in his life's work not only offers other possible answers to how **FlameTree** may create changes, but how I may have created it! One of the challenges I have with **FlameTree**, as Dr Radin encountered in his career with psi, was, as he clearly states in his extended biography:

Very few scientists are actively engaged in research on this perennially interesting topic. This is not because of a lack of interest. Most scientists I've spoken to are very interested in psi, but science, like any social enterprise, has strictly enforced rules of acceptable beliefs, so it is not safe for one's scientific career to publicly pursue controversial topics of any type.

As I have encountered, Dr Radin reinforces in his biography that in his field:

... the controversy is reflected in the way that Wikipedia covers psi and the biographical entries of scientists who study it. These pages have been hijacked by anonymous vandals who apparently have nothing better to do.

Since coming across Dr Radin's work, I have a sense of gratitude to him, because he is one of the many physicists who bring credibility to psychic abilities. He states that:

After studying these phenomena through the lens of science for about 30 years, I've concluded that some psychic abilities are genuine, and as such, there are important aspects of the prevailing scientific worldview that are seriously incomplete ... There is of course a huge anecdotal literature about psychic abilities, but the evidence that convinced me is the accumulated laboratory performance by people who do not claim to possess special abilities, collected under controlled conditions and published in peer-reviewed scientific journals.

What this tells me is that the changes I have observed in clients who have received **FlameTree** directly from me, the changes in clients that other CFTHs that I have trained have observed, and the changes in clients that have been observed by the students of the **FlameTree** trainers who have also taught others to use **FlameTree** provide a level of evidence that the **FlameTree effect** is real and reproducible.

Dr Radin highlights that, during his life's study:

I've also learned that many people who claim to have unfailingly reliable psychic abilities are delusional or

FlameTree

mentally ill, and that there will always be reprehensible con artists who claim to be psychic and charge huge sums for their 'services'. These two classes of so-called psychics are the targets of celebrated (but fake) prizes offered by magicians for demonstrations of psychic abilities. Those prizes are safe because the claimed abilities of these people either do not exist at all or because the abilities are insufficiently robust to meet challenges that are actually impossible-to-win publicity stunts.

I can say without hesitation that **FlameTree** does not fit this profile!

I totally support Dr Radin's view that 'there is ample room for scholarly debate about these topics'. Although he states that he knows:

... a number of informed scientists whom I respect who have reached different conclusions. But I've also learned that those who loudly assert with great confidence that there isn't any scientifically valid evidence for psychic abilities don't know what they're talking about. In addition, the hysterical rants one finds in various online 'skeptical' forums appear to be motivated solely by fundamentalist beliefs of the scientific or religious kind. Regarding religion, I was raised in a family with a Jewish heritage but religious beliefs have played no part in my life and I remain agnostic. I maintain a daily meditation practice, primarily because the evidence in favour of meditation's health benefits are so strong now that it would be foolish to not meditate.

Being in alignment, synergy, authenticity and synergism with your URC leads to the peace and unconditional love at its core, which could be interpreted as an eternal mediation. An important and exciting point that Dr Radin makes, which offers further support to explaining the **FlameTree effect** is that:

One of the most surprising discoveries of modern physics is that objects aren't as separate as they may seem. When you drill down into the core of even the most solid-looking material, separateness dissolves. All that remains, like the smile of the Cheshire Cat from Alice in Wonderland, are relationships extending curiously throughout space and time. These connections were predicted by quantum theory and were called 'spooky action at a distance' by Albert Einstein. One of the founders of quantum theory, Erwin Schrödinger,

dubbed this peculiarity entanglement, saying 'I would not call that one but rather the characteristic trait of quantum mechanics.'

Those entangled states were viewed to be fleeting and so unlike the world of everyday experience, so it was assumed that they had no practical consequences for the world as we experience it, but as Dr Radin states:

That view is rapidly changing. Scientists are now finding that there are ways in which the effects of microscopic entanglements 'scale up' into our macroscopic world. Entangled connections between carefully prepared atomic-sized objects can persist over many miles. There are theoretical descriptions showing how tasks can be accomplished by entangled groups without the members of the group communicating with each other in any conventional way. Some scientists suggest that the remarkable degree of coherence displayed in living systems might depend in some fundamental way on quantum effects like entanglement. Others suggest that conscious awareness is caused or related in some important way to entangled particles in the brain. Some even propose that the entire universe is a single, self-entangled object.

All of what Dr Radin refers to above is what I refer to as the Uni-code, but I have taken this a step further to state that the Uni-code is not only where everything is connected or entangled, it is where all frequencies, possibilities, ideas, thoughts and everything else infinitely co-exist. All that there is is all that there is, and all that you require is to access or see one part of this in order to access the information and see the whole picture.

We can do this with **FlameTree** because nothing exists in isolation, as Dr Radin and other scientists have discovered. During a **FlameTree** healing session, this amount of detail can be obtained through what I have called the Tonic(s) box, as directed by your innate wisdom using the MTRR. As previously stated, **FlameTree** takes this knowledge and transforms it into wisdom to assist humanity in the quest for peace and enlightenment on Earth.

I know this to be true because, although not specifically performed with **FlameTree**, there is substantial experimental evidence indicating that some psi experiences are genuine. There will be doubters of my work, as Dr Radin points out:

FlameTree

One reason for persistent scientific skepticism about psi is due to outdated assumptions about the nature of reality. For centuries, scientists assumed that everything can be explained by mechanisms analogous to clockworks. But over the course of the 20th century, we've learned that this common sense assumption is wrong. When the fabric of reality is examined very closely, nothing resembling clockworks can be found. Instead, reality is woven from strange, 'holistic' threads that aren't located precisely in space or time. Tug on a dangling loose end from this fabric of reality, and the whole cloth twitches, instantly, throughout all space and time.

What you need to realise here is that, although science is at the very earliest stages of understanding entanglement (the Beginning, as referred to in **FlameTree**), there is much yet to learn. As Dr Radin states:

But what we've seen so far provides a new way of thinking about psi. No longer are psi experiences regarded as rare human talents, divine gifts, or 'powers' that magically transcend ordinary physical boundaries. Instead, psi becomes an unavoidable consequence of living in an interconnected, entangled physical reality. Psi is reframed from a bizarre anomaly that doesn't fit into the normal world — and hence labelled paranormal — into a natural phenomenon of physics.

What this suggests is that what I refer to as living a **FlameTree** life and coming from a place of *Being* — like psi, or which could be considered the place where psi arises — becomes an unavoidable consequence of living an interconnected, entangled physical reality.

Other disciplines and **FlameTree**

Stuart Hameroff, MD became the sixth resident in the Department of Anaesthesiology at the University of Arizona in 1975, and is now the Director, Center for Consciousness Studies, Emeritus Professor, Department of Anaesthesiology and Emeritus Professor, Department of Psychology. As stated on his profile on the University of Arizona website:

Dr Hameroff's research for 35 years has involved consciousness (how the pinkish gray meat between our ears produces the richness of experiential awareness). Studying anesthetic gas mechanisms, he focused on how quantum effects control protein conformational dynamics. Following an interest

which began in medical school in the computational capacity of microtubules inside neurons, Dr Hameroff teamed up with the eminent British physicist Sir Roger Penrose in the early 90s to develop a highly controversial theory of consciousness called 'orchestrated objective reduction' (Orch OR).

Dr Hameroff has written over 100 research articles on the topic, and he began the international, interdisciplinary biennial conferences on consciousness (Toward a Science of Consciousness) in 1994, as well as publishing five books and appearing in the film *What the bleep do we know?*, and numerous TV documentaries on the problem of consciousness.

In his attempts to explain consciousness, Dr Hameroff uses the example of imagining an airplane cruising on autopilot. The pilot is present, but he is not flying the airplane. Instead, the pilot may be reading a book, talking with a flight attendant, sleeping or even daydreaming! Suddenly, there is turbulence or an alarm sounds in the cockpit, and the pilot becomes conscious of the cockpit scene and data, assumes control and corrects the problem. Once rectified, the autopilot is turned back on and resumes control and monitoring of the plane, while the pilot returns to reading or whatever.

Dr Hameroff relates the autopilot to the non-conscious self, which often interacts with the world only intermittently to assume conscious control of our actions. How long the autopilot stays on is proportionally related to your awareness of being conscious that you are on automatic pilot! This could be a small problem, considering that consciousness defines our existence and reality, albeit the mechanism by which the brain generates thoughts and feelings remains unknown.

The evidence for FlameTree

I mentioned above the lack of randomised controlled trials to date for **FlameTree**, but this is not unique. Hodges and Scofield suggest that, although the evidence in favour of energy healings as a phenomenon has to be viewed with care, as almost all such records are anecdotal evidence (not scientific), due to the extensive amount of anecdotal evidence available, it cannot be ignored.¹⁹ I agree with this notion, and it is my belief that **FlameTree** is an emerging system that cannot be ignored in the absence of clinical trials.

Braun and Cohen, in their textbook *Herbs & natural supplements: An evidence-based guide*, make the point that 'it is also important to recognize that a lack of evidence for a particular effect does not mean

FlameTree

that there is evidence for a lack of effect. Put another way, no evidence is not the same as negative evidence'.²⁰ Although **FlameTree**, at this point in time, lacks the scientific evidence of randomised control trials, this does not mean that it lacks effect or evidence.

I have listed here various people whose ideas and theories I came across in my research that can be used to help explain the **FlameTree effect**. Plus, I have observed this effect, and it is reproducible — it has been observed by other CFTHs and **FlameTree** students, and with their clients, when performing and receiving **FlameTree** healing sessions. By now, we may have raised your awareness enough so that you have experienced a small part of the **FlameTree** revolution, evolution and change. Like anything small, it can get bigger.

Further to this, my first CFTH has published an article on **FlameTree** in the *Journal of the Australian Association of Massage Therapists*, and **FlameTree** is recognised as an approved 'modality' by the insurance company AON insurance, so that CFTHs can meet the demands of current healthcare practitioner associations in acquiring insurance. My work has also been reproduced by other CFTHs that I have trained, and the changes observed and documented by **FlameTree** recipients is not only based on the recipients' subjective feelings of change, or the **FlameTree** observations of change, but we have changes which have also been confirmed by Western medical pathology tests (recall Dennis K's testimonial in chapter 3).

I would also like to raise here, which may not be recognised by Dr Radin's work, **FlameTree** principle 12, which states that 'if any one "body" can do it, every "body" can do it'. What this means is that, if one person has psi (psychic) abilities, and this has been documented as stated by Dr Radin, then every 'body' has the potential to do it. This is also true of the 'psychic fakes' — if one body can do it, then every 'body' can do it. Similarly, if something can be proven with 'science', then all things can be proven by science — all you need is the appropriate measuring tools and the observer effect!

What we have occurring here is the duality of 'good' and 'bad'; 'science' vs 'non-science', 'controlled trials' vs 'uncontrolled trials' and so on, but we need both for the other to exist! When we couple this with our thoughts and conscious intention of how we observe ourselves, then this becomes our perceived reality. That is, if you are a 'scam artist', then you are by default observing yourself as such! How other people observe you (i.e. as a scam artist) then reinforces your own observations and thoughts; that

is, in the absence of a clinical trial, you are a scam artist!

However, if you do have the clinical trials, you are possibly still seen as a 'scam artist', because the parameters of your clinical trial were not robust enough, or you used inappropriate measuring tools, or the statistics applied cannot be relied on because you do not have 'enough' subjects to make them statistically reliable — it goes on. The inverse of this is also true. If you are the 'reliable scientist', then by default you have thoughts of, and observe, yourself as such! How other people observe you then reinforces your thoughts and observations (i.e. you have many clinical trials to your CV and you are observed as the reliable scientist). Therefore, even if you do not have a clinical trial to validate an observation you made, it is more likely to be accepted, with the likelihood of resources being offered to you to validate your observations. Why? Because you are seen as a 'reliable scientist', and if science validates it, the financial rewards can be massive.

What this reinforces is that I am doing everything that I can possibly do at this point to create a solid, credible, ethical and trustworthy foundation for **FlameTree**. All that is required now is to create the resources required to do the scientifically accepted, placebo-controlled randomised trials to further add credibility and satisfy those that value this level of evidence. It is not a matter of if, but when this will occur.

Although the evidence for **FlameTree**, based on the current accepted scientific empirical evidence model, would be categorised as anecdotal because it has yet to be tested under 'controlled conditions' (knowing here that, based on the observer effect, controlled studies have their own inherent limitations), and is not published, as yet, in peer-reviewed scientific journals, I do not claim to possess any special abilities when using **FlameTree**, nor do I suggest that if you do **FlameTree** that you will possess any special abilities as such.

Accessing your innate wisdom might be explained by the quantum physics theory of non-local mind and entanglement, in conjunction with our community of spirit. Although this may challenge your current thoughts or belief systems, my books *Real health* and *The golden ring* outline all the necessary information to support and explain this in more detail. When receiving **FlameTree**, there is no fear, no judgment, no expectation, no pressure and no stress. You can take or leave what you need! What I have found is that, when you take on board the findings that come up in your **FlameTree** session, you allow yourself a unique perspective on your life and the possibility of creating change. If you

FlameTree

instead choose to leave what comes up in your session, you still gain that unique perspective, and changes may still possibly occur without side effects or any harm being done! This occurs because the CFTH healer creates a healthy environment in the form of healthy bio-electric signals and cues when applying **FlameTree** which, as my hypothesis infers, results in a healthy biofield, and a healthy biofield results in healthy individuals.

The process of *Being* is reflected in a life of endless possibilities, harmony, and peace. The '-ing' part of '*Being*' is the active process where you are actively involved in every aspect of your life, and it is based on how we think (this concept is discussed in more detail in *The golden ring*). *Being* therefore has the capacity to self-generate your own healing bio-electric signals and cues, and healthy biofield, itself. This has the potential to influence telomere length, which translates to healthy cells. This would be reflected in the person who received **FlameTree** having either increased energy, vitality, inspiration or health. This was clearly demonstrated in one of our recorded seminars.

9. Time to make your choice

By now I anticipate you can see how the **FlameTree effect** can be explained by these various researches, and that my 'Stem cell and biofield hypothesis' is supported by current literature. By now I anticipate that you can see the potential **FlameTree** has, not only for your life, but for all people in your life and for others in our community.

The majority of people that I have shared this with would pay anything to experience this in their life! You know this to be true. Companies spend thousands of dollars on advertising to convince you that you need to buy their product, eat their food, do their technique, go on their retreat, and people are spending thousands doing it so they can have a fleeting moment where they may feel better about themselves or take time out from their 'stressful' life. Let's face it, when you do not feel good about yourself or you are having thoughts about feeling 'stressed to the max', the probability that you can live from a place of calmness, freedom, inspiration and enlightenment seems small!

If your thoughts make your life feel 'full of stress', or lead you to overeat, have poor self-esteem, feel like you have unhealable issues or emotional blocks, have continually failing relationships or poor body image — whatever problem you have — it's time for change, and **FlameTree** is what you need. You are here now reading my book. This may mean that for the first time, you are really ready for change. You do not want to miss this opportunity to expand yourself to the vast and unlimited potential that you are truly capable of.

The message here is that your innate wisdom could be seen as the autopilot and your ego as the pilot. If you are not conscious of your thoughts about creating your reality when the ego is flying the plane, then you are not able to live to your optimal potential. This comes back to my asking in chapter 2: 'Who are you?' If your thoughts do not change and you don't know anything different, then how can you find solutions? You cannot! This is where **FlameTree** acts as an interface between you and your non-conscious self (the autopilot/innate wisdom and your ego/pilot), so that you can become conscious of your thoughts

FlameTree

and subconscious programming, and the ‘charges’ within the **BodyMind complex** that are affecting efficient communication.

When you undertake the practice of **FlameTree: the personal development & healing system**, you become more conscious or enlightened of your unhealthy thoughts, and this lifts the ‘filters’ that keep you trapped in your ego, which, for example, can make you falsely believe you are alone and separated in the world. Living from this state — being the eternal worrier who doesn’t listen to or act on your innate wisdom’s message — is a key source of unhealthy bio-electric signals and cues, and eventually results in an unhealthy biofield and unhealthy expression of the bio-electric code and unhealthy gene expression, which results in an unhealthy individual. Once you have healthy thoughts and realise that you are not only connected, but intimately connected, to everyone and everything, you can realise the dazzling beauty contained in the world and in all people. **FlameTree** assists in the removal of these filters, allowing your inner potential to shine forth to the universe.

FlameTree: the personal development & healing system can assist you in creating this change, either by receiving a **FlameTree** healing or learning to be a CFTH — and we have made this easy by providing access to the course online for your convenience to learn at home, or you could book into one of our live events.

A CFTH is an individual who is dedicated to assisting others to raise their level of consciousness and health. It begins with the CFTH understanding that the journey to assist others begins with themselves. This individual’s intention is to set the world free of its unhealthy bio-electric signals and cues (e.g. self-imposed limiting thoughts and beliefs), which they also understand begin with themselves. This individual (you) can achieve this by following a **FlameTree** career pathway.

By now, any reasonable person would not hesitate to do so if they are really ready to create change in their life. If this is not you, and you still require more ‘scientific’ explanations to explain the **FlameTree effect**, then please read my book *The science and achievements of FlameTree: the personal development & healing system*.

If you currently are a healthcare practitioner, or you are considering embarking on a ‘healing’ career even if you don’t have a healthcare background, have you considered what it would be like to have the ability to create an immediate and deep connection with any of your clients? Who would not want the opportunity to make that type of connection?

When we teach you **FlameTree**, although there are various scientific principles discussed, we teach it to you in an easy to understand format that is entertaining and light-hearted. You will leave knowing so much more about yourself and the universe, and how both are integrated. More importantly, you will know that everything you are taught in **FlameTree** and that you experience with **FlameTree** healing sessions has a true, factual foundation. While I respect people's reasons for not learning something new, if this applies to you, then I would kindly ask you to take a look at the 'costs' your limiting beliefs are having on your life.

When you become consciously aware of your thoughts, start making the choice to have healthy thoughts by listening to and acting on your innate wisdom's messages, and begin accessing your clair senses, you may awaken an inner knowledge of a new (previously unthought-of) way of *Being*, living, creating, experiencing and enjoying life. The effect of living in this 'state of flow' — *Being* the eternal warrior — can only create healthy bio-electric signals and cues and a healthy biofield, which influences the healthy expression of the bio-electric code and the physical you, while creating a whole new definition and dimension of success and enlightenment. This is truly yours alone, but the key issue here is that you have not been taught how to do this, and as mentioned before, if you did not realise this was possible, how can you make it part of your reality? This is where **FlameTree** can be at its most powerful. The success that you create as a result of accessing your optimal potential and life's purpose is a direct reflection of your individual talents, skill, potential, and your very purpose for being in this world — your destiny, calling, fate! **FlameTree** can assist you to be in alignment, synergy, authentic and synergism so that you 'live in flow'.

The dawning of this new awareness, what people often describe as 'ah-ha' moments, becomes commonplace throughout your day and life. As you begin to understand how your energies flow, interact and affect others and your surroundings, every 'ah-ha' moment allows you to 'see' the bonds that were limiting your optimal potential and life's purpose. By living in this state of new awareness, you transcend limiting thoughts and beliefs you held about yourself. You are able to live an 'authentic' life. *Being* your 'authentic' self means acting in accordance with your fractal self (URC) as part of the Beginning — not trying to be something that you are not. It means existing in a state of limitless possibilities, having thoughts of *Being* in alignment, synergy, authenticity and synergism as your core healthy thoughts, belief systems and values, with a strong sense of who you are, while living your life of purpose in the way that

FlameTree

the universe (Uni-code) intended for you to live it — optimally and purposefully.

By now, when I have explained this to people, some people want to read more about ROAs, and **FlameTree** in particular, and if this is you, then a full list of my books is provided below. But many people are already wanting me to do a **FlameTree** healing session for them, or wanting to become a CFTH themselves! So what is stopping you?

The choice to say 'yes' or 'no' is, after all, completely yours.

I thank you for purchasing my book. My **FlameTree** team and I look forward to working with you in whatever capacity you choose.

Other books by Rhett Ogston

- *The science and achievements of FlameTree: the personal development & healing system*
- *The eternal worrier's/warrior's smile: The candid guide to a great life*
- *Real health: The system that needs an overhaul*
- *The golden ring*
- *From full to overflowing: The abundant warrior*
- **pro-m-emo** (*Process My Emotions*): *The art of processing emotions to achieve emotional mastery*
- *Universal Emotional Freedom Technique (UEFT): Emotional freedom made easy*
- *Aloer – the money tree*

End notes

Chapter 1

1. Oschman, J 2000, *Energy medicine: The scientific basis*, Churchill Livingstone.
2. Feinstein, D & Eden, D 2008, Six pillars of energy medicine: Clinical strengths of a complementary paradigm, *Alternative Therapies in Health and Medicine*, Jan–Feb, 14(1): 44–54.

Chapter 8

1. Shi-Ming Tu 2013, Cancer: A 'stem-cell' disease, *Cancer Cell Int.*, 6 May.
2. Bianconi, E, Piovesan, A, Facchin, F, Beraudi, A, Casadei, R, Frabetti, F, Vitale, L, Pelleri, MC, Tassani, S, Piva, F, Perez-Amodio, S, Strippoli, P & Canaider S 2013, An estimation of the number of cells in the human body, *Annals of Human Biology*, Nov–Dec, 40(6): 463–71, doi: 09/03014460.2013.807878.
3. Liboff, A PhD 2004, Toward an electromagnetic paradigm for biology and medicine, *The Journal of Alternative and Complementary Medicine*, Vol 10 No 1, pp. 41–47; Feinstein D & Eden D 2008, Six pillars of energy medicine: Clinical strengths of a complementary paradigm, *Alternative Therapies in Health and Medicine*, Jan–Feb, 14(1), pp. 44–54; Kobayashi M, Kikuchi D & Okamura H 2009, Imaging of ultraweak spontaneous photon emission from human body displaying diurnal rhythm. *PLoS ONE* 4(7), e6256, doi:10.1371/journal.pone.0006256; Singh S & Kapoor N 2014, Review article – health implications of electromagnetic fields, mechanisms of action, and research needs, *Advances in Biology*, Hindawi Publishing Corporation, Article ID 198609.
4. Singh & Kapoor, op cit.
5. Liboff, op cit.
6. WHO, Extremely low frequency fields, *Environmental Health Criteria Monograph No 238*, <http://www.who.int/peh-emf/publications/elf_ehc/en/>; Singh & Kapoor, op cit.
7. Bellieni, CV, Pinto, I, Bogi, A, Zoppetti, N, Andreuccetti, D & Buonocore, G 2012, Exposure to electromagnetic fields from laptop use of 'laptop' computers, *Archives of Environmental & Occupational Health*, Vol 67, No 1.
8. Hall, J 1997, The negative effects of electromagnetic fields, *Consumer Health Organization of Canada*, Vol 20, Issue 9, September.
9. *ibid.*
10. Upledger, JE, <http://www.iahe.com/images/pdf/Article_-_Energy_Cyst.pdf>.

11. Folcher, M, Oesterle, S, Zwicky, K, Thekkottil, T, Heymoz, J, Hohmann, M, Christen, M, Daoud El-Baba, M, Buchmann, P & Fussenegger, M 2014, Mind-controlled transgene expression by a wireless-powered optogenetic designer cell implant, *Nat. Commun*, 5:5392 doi: 10.1038/ncomms6392.
12. *ibid.*
13. Ornish, D, Lin, J, Chan, JM, Epel, E, Kemp, C, Weidner, G, Marlin, R, Frenda, SJ, Magbanua, MJ, Daubenmier, J, Estay, I, Hills, NK, Chainani-Wu, N, Carroll, PR & Blackburn, EH 2013, Effect of comprehensive lifestyle changes on telomerase activity and telomere length in men with biopsy-proven low-risk prostate cancer: 5-year follow-up of a descriptive pilot study, *Lancet Oncology*, Vol 14, Issue 11, pp. 1112–1120.
14. Carlson, LE, Beattie, TL, Giese-Davis, J, Faris, P, Tamagawa, R, Fick, LJ, Degelman, ES & Speca, M 2014, Mindfulness-based cancer recovery and supportive-expressive therapy maintain telomere length relative to controls in distressed breast cancer survivors, *Cancer*, pp. 1–9.
15. Kelsey, SC 2011, *Qualification and quantification of telomeric elongation due to electromagnetic resonance exposure*, Department of Biomedical Sciences, Missouri State University.
16. Cherry, NJ 2003, Human intelligence: the brain, an electromagnetic system synchronised by the Schumann resonance signal, *Medical Hypotheses*, Jun, Vol 60(6), pp. 843–4.
17. Pearce, JC 2002, *The biology of transcendence*, Park Street Press, Rochester, Vermont, p. 49.
18. Feinstein, D & Eden, D 2008, Six pillars of energy medicine: Clinical strengths of a complementary paradigm, *Alternative Therapies in Health and Medicine*, Jan–Feb, 14(1), pp. 44–54; Zimmerman, J 1990, Laying-on-of-hands healing and therapeutic touch: A testable theory BEMI currents, *Journal of the Bio-Electro-Magnetics Institute*, (2), pp. 8–17.
19. Hodges, RD & Scofield AM 1995, 'Is spiritual healing a valid and effective therapy?', *Journal of the Royal Society of Medicine*, April, 88(4), pp. 203–207.
20. Braun, L & Cohen, M 2010, *Herbs & natural supplements: An evidence-based guide*, Churchill Livingstone, Chatswood, Australia.

Appendices – Dennis K laboratory reports

2011



Semen Analysis Report

Patient:	[REDACTED]	
Date of Birth:	[REDACTED] 80	
Partner:	[REDACTED]	
Referred by:	Dr. [REDACTED]	
Semen LRN:	[REDACTED]	Reference Ranges
Sample Supplied:	22/07/2011	
Collected:	at Laboratory, after 4 days abstinence, Sample Complete	2-5 days
Examination at:	40 mins post ejaculation	<60 mins
Liquefaction:	Complete by 80 mins	
Clumping:	10% Aggregates Only	<10%
Viscosity:	Moderately increased	
Round Cells:	Few (<5 per 40x Field)	none or few
Debris:	Slight (Normal)	
pH:	7.9	>=7.1
Ejaculate Volume:	4.7 ml	>=1.5ml
Sperm Concentration:	39.8 millions/ml	>15 million/ml
Total Sperm Count:	187.06 millions/ejac.	>39 million/ejac.
Sperm Vitality:	Not done	>=50%
Sperm Motility assessed at 37C:	40 minutes after collection	<60 mins
Rapid:	32%	>=25%
Progressive:	50%	>=32%
Total Sperm Motility:	62%	>=40%
Progression Rating:	2/4	>=3
Motility Index:	144.00	>=120
Sperm Morphology:	1% Normal Forms	>4% Natural Conception 3-6% Assisted Conception.
	<i>(WHO 2010 strict criteria. The average normal forms result from Genea Newcastle in 2013 was 3%)</i>	
Teratozoospermia Index:	1.82	<2.00
Head Defects:	90%	<i>When sperm morphology falls below 2% Normal Forms and/or TZI rises over 1.99, fertilization rates may fall. These guidelines are based on data from assisted conception and do not necessarily reflect what may happen in natural conception</i>
Neck/Midpiece Defects:	48%	
Tail Defects:	33%	
Cytoplasmic Droplets:	0%	
Direct Immunobead Test:	IgG Not done IgA Not done	Positive: >20% Significant: >50% Tailtip binding: insignificant

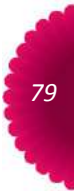
Comments: Sample No:8008786 Concentration and motility within normal range.

Verified by: [REDACTED] Issued by: Dr. [REDACTED]
Dr. [REDACTED]

Date: 26/07/2011

Normal Ranges Ref: WHO Laboratory Manual, 1999

Accredited Laboratory Number: 14781



2012

Semen Analysis Report

Patient:	[REDACTED]	
Date of Birth:	[REDACTED] 30	
Partner:	[REDACTED]	
Referred by:	Dr. [REDACTED]	
Semen LRN:	[REDACTED]	
Sample Supplied:	09/05/2012	Reference Ranges
Collected:	at Laboratory, after 3 days abstinence, Sample Complete	2-5 days
Examination at:	35 mins post ejaculation	<60 mins
Liquefaction:	Complete by 30 mins	
Clumping:	10% Aggregates Only	<10%
Viscosity:	Normal	
Round Cells:	Many (>5 per 40x Field)	none or few
Debris:	Heavy	
pH:	8.4	>=7.1
Ejaculate Volume:	4.1 ml	>=1.5ml
Sperm Concentration:	32.7 millions/ml	>15 million/ml
Total Sperm Count:	134.07 millions/ejac.	>39 million/ejac.
Sperm Vitality:	Not done	>=58%
Sperm Motility assessed at 37C:	35 minutes after collection	<60 mins
Rapid:	28%	>=25%
Progressive:	58%	>=32%
Total Sperm Motility:	67%	>=40%
Progression Rating:	2/4	>=3
Motility Index:	153.00	>=120
Sperm Morphology:	2% Normal Forms	>4% Natural Conception 3-9% Assisted Conception.
	<i>(WHO 2010 strict criteria. The average normal forms result from Genea Newcastle in 2013 was 3%)</i>	
Teratozoospermia Index:	1.67	<2.00
Head Defects:	98%	<i>When sperm morphology falls below 2% Normal Forms and/or TZI rises over 1.99, fertilization rates may fall. These guidelines are based on data from assisted conception and do not necessarily reflect what may happen in natural conception</i>
Neck/Midpiece Defects:	38%	
Tail Defects:	26%	
Cytoplasmic Droplets:	1%	
Direct Immunobead Test:	IgG Not done	Positive: >20%
	IgA Not done	Significant: >50%
		Tail/Tip Binding: insignificant

Comments: Sample No:8024061 Normal Semen profile.

Verified by: [REDACTED] Issued by: Dr. [REDACTED]
 Dr. [REDACTED]
 Date:

Normal Ranges Ref: WHO Laboratory Manual, 1999

Accredited Laboratory Number: 14791

2013

WHO 5

IVFAustralia Andrology Report

IVFAustralia Pty. Ltd. (APA) ABN 54 098 082 109
IVFA Central Coast Tel: 02 4325 0980



Pt # [redacted] Couple # [redacted]

Patient **Mr** [redacted] Request Doctor **Dr** [redacted]

DOB [redacted] 980 Male Hospital **Kogarah NSW 2217**

Sample Background

	Analysis Results	Lower Reference Limits <small>Reference values as per WHO (2010) guidelines</small>
Date of Test	14 Oct 13	
Time Examination Delay (h)	0	≤ 1 h
Abstinence (Days)	2	2-7 Days
Sample Spillage	Nil	Nil
Tests Requested	Semen Analysis	

1 month after first and only FlameTree session

Initial Semen Examination

Seminal Volume (ml)	2.1	≥ 1.5 ml
Semen pH	9.0	≥ 7.2
Leucocytes (Million/ml)	<1.0	< 1 Million/ml
Colour	Normal	
Liquefaction	Mucous Streaks	
Agglutination Grade	Moderate	
Aggregation	Non-Specific	
Viscosity	> 2 cm	
Type	Mixed	

Sperm Parameters

Sperm Concentration (Million/ml)	55.2	> 15 Million/ml
Total Sperm per Ejaculate (Million)	115.9	> 39 Million
Sperm Motility-Progressive (%)	42	> 32 %
Rapid progressive (%)	** 23 **	
Normal Sperm Morphology (%)	5	> 4 %
Vitality (%)		> 58 %

Antisperm Antibodies

IgG	Not Requested	Negative: < 50 %
-----	---------------	------------------

DNA Fragmentation (SCSA)

Not Requested

IUI or Trial Wash^A

Motile Sperm Concentration (Million/ml)	
Prepared volume (ml)	

Semen Cryopreservation^A

No. Straws Frozen	
-------------------	--

Comments

Reported by Scientist # [redacted] Signed: [redacted] Printed: 14 Oct 2013, 9:56 AM

^ADenotes outside Reference range^{**} ^ADenotes not a NATA as per RCPA
[#]Not a WHO (1989) reference value. However values <15% are associated with decreased fertilization in vivo



