



## **The 8 Laws Behind The Physics Of Reality That Lead To Manifestation Mastery**

**Greg Eckel, ND, LAc With  
Harry Massey**



### **Greg Eckel, ND, LAc**

Well, welcome everybody. I have Harry Massey, the founder of NES Health and Energy4Life on, and you have seen his story of how he recovered from chronic fatigue syndrome and discovered bioenergetics. And it's told in some of the other webinars that we have in the summit, but this one, we wanna really focus in on his work on how energy work in our overall life. This is an extension of his work making "Choice Point" that featured Richard Branson, John Paul DeJoria, Gregg Braden, Barbara Marx Hubbard, Jack Canfield, and many other visionary leaders. Welcome Harry, let's get into it.

### **Harry Massey**

Yeah. Thank you, Greg. This is gonna be great, 'cause I don't think I've ever done a webinar on "The Eight Laws of Reality". So, why don't we just get into it? So I'll just give a quick overview of what they are before we get into them. But basically we have the law of information, the law of energy, the law of self-awareness, the law of resonance, the law of expansion, the law of oscillation, the law of opposites and the law of transmutation. And really what the idea behind all this is: there's a lot of self-help theories, there's obviously Buddhist philosophy, there's a lot of application in the self-help world and different religions of how science and religion sort of meet, and I guess this journey probably started out for us 20 years ago when we were watching "What the Bleep" and "The Secret" way back.

### **Greg Eckel, ND, LAc**

Way back yeah.

### **Harry Massey**

Or even 25 years ago when we watched "The Matrix," I think that sort of got our brains going on this and it's just an ever evolving journey of just to understand how reality works and basically



how we really get the best out of life. We've basically just put into these eight laws. I guess, without further ado, we should just get into.

**Greg Eckel, ND, LAc**

Well, before you go into them in depth, I wanna know what sparked you to create, or come up with, or synthesize the eight laws of the universe? What was the driving force behind this?

**Harry Massey**

So everything evolves over time but if I go back to when I made the movie "Choice Point" something that sort of bothered me in that whole, What the Bleep law of attraction, and The Secret movie in that era is just this idea that you could just think something and it will just turn into reality. And I was looking at my own life. I was like, well, I was super sick. I was bed ridden for 10 years and I just had this simple thing where, I just want to, get better and help other people get better. And that ended up leading into the company mess and this whole sort of field that we're in now of bioenergetics. And that to me, it came from purpose. It wasn't cause I wanted to visualize, I don't know, a jet or a millionaires lifestyle or any of those things. And it was just slightly bothered me. And also I was very into astrology.

Obviously I studied a lot of Chinese ideas, not as much as you though. And in some of these other philosophies, there's all these other patterns at play and it's fairly obvious: we can't attract... Make the moon just appear here when it's in the sky over there. So it is basically seeing that the law of attraction is just one law of one idea and there's a quantum physics element of it, but there are all these bigger physics ideas. So that that's really where it started. And I was just like, I just wanted to understand all these fundamental rules of physics and how that really applied to our lives. And the law of resonance... That's law of attraction. You can't explain reality and you can't get the best out of life just through that one law. Because honestly it's like, if you're trying to attract something that the universe won't support or isn't in line with some of these other laws, it won't happen and you just watch so many people try, but they're just not aware of the nature of reality, these other laws. So unfortunately it just doesn't quite work out 'cause they don't have a broader understanding of reality.

**Greg Eckel, ND, LAc**

Got it. All right. Well thank you for that. Yeah



### **Harry Massey**

Perfect. So the law of information... Well anyway, basically, I mean it's a little bit like the matrix, basically in the matrix, everything is software code and there's a lot of fundamental physics theories that really get into how the absolute fundamental thing behind reality is just pure information and it's actually this information that governs all energy and basically just gives reality form. And if you like, you could say reality is like information structured energy, 'cause if you just had energy, energy is completely chaotic and it has no form. And sometimes when life is unfolding, you sort of notice that there's this hidden guiding hand of the universe. That's because there's all this information behind reality and we're just sort following along that information. And information, fortunately, it's self organizing. That's why reality is very fractal based and it's a bit more complicated for this lecture, but it also actually gives rise to the resonant nature of the universe as well.

And some other interesting things about information. I mean it basically exists outside of time, which can be an odd concept, but basically information is just mapped out and our life experience we're just along a timeline, but the information's already there in time. If you like, it just allows you to view it from a particular advantage point. I think the other thing that's curious when you're thinking about souls is really not your soul. It's the information of the past, the present, and the future. And the law of energy law of energy is sort of much more practical and obvious in reality, in life, life is always exchanging energy. You need energy to live: you're breathing in oxygen, you excrete carbon dioxide, you have photons hit your skin. Your feet can be embedded in the earth, like absorbing earth's electrons. Planets go around the sun it's because of all the energy coming in from the sun that hits plants, that creates photosynthesis that we eat. All of reality, every single scale level that you think about is just exchanging energy--

### **Greg Eckel, ND, LAc**

It is quite fabulous when you get into it like that. Yeah.

### **Harry Massey**

Yeah, I know, it's totally trippy really. And really it's those two together, it's the information plus the energy 'cause without energy information, it's just static, It's just like a field, it can't basically do anything. But information can direct energy and it's that which directs life. And that's why maybe I should give it some context. That's why thought is so frigging powerful because if you can concentrate your energy... That's why biohacking, improving your overall energy, is so important for achieving higher levels of consciousness because you need a whole lot of energy. But then you combine that energy with your thought and if you've got a very, I say pure. I'm not



sure I like the word pure, but let's just call it a very focused or direct intention that is not wishy washy, it's just very direct, and you've got enough brain energy when there's a hack, that will beam out a very clear signal to the universe and because the universe you know ultimately is just information and energy, it can rearrange itself in this holographic way, which we'll get into in a minute, to make the almost impossible happen.

**Greg Eckel, ND, LAc**

It's one of those old adages, "where attention goes energy flows" or you know, you have the old grant masters of focusing your Chi or energy, of having that point of attention or focus helps to garner or direct and focus the energy. So I totally get it.

**Harry Massey**

Yeah, and that applies to healing and health as well. I mean, it's something we do in our nest world. You don't wanna give too many sets of pharmaceuticals or too many different treatments or whatever it is--

**Greg Eckel, ND, LAc**

Gathering.

**Harry Massey**

It's probably the same in acupuncture, you just want the body to focus on--

**Greg Eckel, ND, LAc**

We call it the "Jung," the Jung of the formula or direction, so there's an emperor generals and assistance. Everybody lined up to move in a certain direction rather than a scattered shotgun approach, which is a lot of different information coming in. It doesn't give the vital force any direction to go. So that's this a good one.

**Harry Massey**

It's a big thing in business as well. Well actually the French had the word priority. So I think in America and England, we added the EST to create priorities, but there is only meant to be one priority. This one's a little bit interesting and basically it's like the law of self-awareness and you can apply it to yourself. But really in this application it's just applying to the universe itself. Ultimately in reality, it's a difficult concept, but basically there is this duality in reality and all philosophies and religions speak about oneness: that we are one and that's sort of what unconditional love is, that we all deeply interconnected. But that's sort of this one state, but then



we also live in this very 3d reality where we can experience all these different things. And that's really what it comes down to, when people say, why did the "Big Bang" happen? Why did the universe happen? It's a bit theoretical, but from most ancient traditions, they basically have this idea that originally there was no thing or nothing and it couldn't... Just pure oneness. You can't actually experience yourself because you're just one and basically nothing. And so basically reality got split up and you could say, that's big bang. You could say whatever you want really, but that's sort of this transitioning into something. Where we end up with this sort of very holographic reality, which is a big interconnected resonant fractal. I think in terms of life philosophy, all it's really saying, it's about the universe. The universe is self-aware, but you can take that as a metaphor for yourself. The more self-aware you become the better and just being aware of this sort of duality.

'Cause we're all searching for the oneness in a way, but you also don't want to be nothing. It's good to experience the reality of life. Now let's see how to get to the next slide. Oh, there you go. The law of resonance. So the law of resonance is really just this idea in law of attraction. And it's basically how the universe is communicating with itself. And basically absolutely everything is a form of vibration from thoughts. Well again, if we go back to those first two laws of information and energy, energy is basic is basically a vibration. And the smallest vibrations, once you get beyond the size of an electron, which ultimately is just a vibration itself, you're really just into thought. And that that's how thought is really able to interact with reality because actually it is just a form. It's just a very high vibrational form of energy. And because it's such a high form of energy, it's able to interact with all of the other energy of reality and that's really it. And obviously it's so powerful because when you get it right, it is able to bring the future to you. You literally always pretty much experience what you resonate.

Which isn't always that comfortable necessarily, because it does make you responsible for your life and everything that happens. At the same time, which we touched on earlier, which you'll get into in a minute, not everything that you think about is able to happen because unless it's in harmony or in tune with some of the other laws or some of the other patterns of reality, actually it's just empty space. So if you were looking at a beautiful picture of a fractal and imagine reality is like that fractal, there's areas in that fractal that have nothing in it, nothing can happen there, but there's also an awful lot of possibilities all amongst the fractal. So you have to think of reality like that. And the trick is like, well, what is the universal fractal? I'll explain this on the next slide, so we should just skip. Yeah, the law of expansion. And ultimately what's a fractal doing, it's basically forever expanding. And what does the universe want? What does the universe wanna do, Greg?



**Greg Eckel, ND, LAc**

It wants to expand.

**Harry Massey**

It just wants to expand.

**Greg Eckel, ND, LAc**

Yes.

**Harry Massey**

It generally doesn't wanna contract. Which is easy. So at the most basic level, all you really have to do is align yourself with other people's growth and their expansion. And then if you surrender yourself into that expansion, you're in a good place. That's basically when the law of attraction will really start to work with you and you know, you might wonder how you identify things like that. There's basically because there's all of these larger patterns at play, or there might be different economic cycles or there might be health trends that are going on now et cetera. But if you align yourself with how people want to expand through that... I don't really need to talk about what horrible health trends are going on now, but there's an awful lot of people that would want to expand out of that. And actually if you align yourself with them, it will actually work out. It might feel like it won't in the moment, but the universe likes setting up little tests for you. You just have to--

**Greg Eckel, ND, LAc**

Just to challenge your thought process, right?

**Harry Massey**

Yeah--

**Greg Eckel, ND, LAc**

Just make sure you really want it.

**Harry Massey**

Yeah. Are you worthy? God. I know. Look, reality isn't set up to make it easy necessarily. That would be so boring. And then anyway, the sixth law is the law of oscillation. And really with oscillation basically what we're talking about here is all of the larger cycles that are going on. So the moon goes around the earth, you know, you have different hormonal cycles like your goes up



in the morning and down in the evening, you wake up in the day you go to sleep at night. Empires like the Roman Empire or the French, Napoleon Empire rose and fought. And the American empire has been pretty strong the last hundred years and it might be in decline from a global perspective right now, or I think it's just at the edge of a collapse, which is a interesting time to be alive. Emotions, et cetera. But really because reality is always oscillating that also becomes a real key to manifesting. And if you just wanna align yourself with where these cycles are going. And they don't just appear in history, you also get cycles in your life and those of you that familiar with astrology might know about the Saturn return or lunar cycles, et cetera. And often in your life, you know, might have some bit of trauma happen in your teenage years. It can happen seven, 15 years later again and just depending how you deal with it. But if you've learned the lesson, generally, it'll just come up because you know exactly what to do. So you learn the lesson, it's fine. It'll be a tiny little shutter and, you know, you move on or you might learn something deeper from it that'll help you in your future cycles.

**Greg Eckel, ND, LAc**

This is such an interesting one. I'll see patients in the clinic and in their middle passage, I really feel like there should be... I'll have to get some education out there around the middle passage of, seems like all of the childhood, maybe traumas or unresolved issues will resurface again. And people get so upset. They're like I've had years of therapy, I've done all kinds of work on myself. That stuff is supposed to be done. And yet here it is cycling and coming up yet again. So--

**Harry Massey**

Yeah, well it's just the environment or the cycles will bring it back to consciousness, but if you've mostly dealt with it, it doesn't really... I mean, it doesn't have to affect you--

**Greg Eckel, ND, LAc**

Doesn't have to hook so much, right.

**Harry Massey**

It doesn't hook you so much, but there's always a deeper truth and deeper transformation in it. So it's the fun of life.

**Greg Eckel, ND, LAc**

It is.





**Harry Massey**

It's the fun of life. I know Peter, I co-founded this with, he was always like, "f\*ck you universe, I've already learned."

**Greg Eckel, ND, LAc**

Striking out against it right.

**Harry Massey**

I know exactly. Anyway, that's a whole other story. And I think it also has sort of implications for free will and destiny. What do you think of destiny or free will Greg?

**Greg Eckel, ND, LAc**

Boy, those are loaded topics. In this discussion on oscillation I mean, I think it kind of fits into a couple of the other spots of the free will. I mean, we have free will, we have the choice. That's what does make it interesting. We live in a learning environment and you're gonna get feedback whether you make the right choice or not. It just depends on what the result is that you get. So if you're getting a result that you're wanting, then you're kind of winning the game, but some would say, well, that was your free will that chose that, others would say, well, actually that was in the grand scheme, that was the grand plan.

**Harry Massey**

Yeah. I feel like the cycles happen anyway, but you sort of have the free will in how you respond to that. And at least I've noticed in my life, it's like when I'm off track, the universal keeps.

**Greg Eckel, ND, LAc**

Oh yeah--

**Harry Massey**

Slapping you back till you learn whatever it is you meant to learn and then you can get on. I feel like your destiny is sort of mapped out, but you've got free will to walk off your destiny and not do it.

**Greg Eckel, ND, LAc**

Or take the hard way or the easy way, you have this free will to choose which one you want to do.





**Harry Massey**

And really, I think the more you learn over time or the greater your understanding of these cycles and the patterns that are at play, the more destiny your life is because it becomes more obvious what you should do. And when you are very unaware of what's going on around you you're really like a leaf being blown in the wind and all over the show. So not that we can work out what's going on here. Yeah. We already talked about many things possible, but not everything is likely. I mean, yeah, that's literally 'cause there's these empty space in the fractals. But I mean really, a very big key to reality or to getting best out life is really just pattern it and cycle recognition. The more able to research, develop empathy for people, ask questions. The more you try and understand the things that are going on around you and in front of you, the more likely you are... The easier it is to walk that destiny path and not get slapped around so much. And that comes back to that idea of what was wrong with law of attraction is basically, there was no concept of understanding your world. That's so important. If you understand your world, then what to try and attract in those... Basically in line with your purpose. But if you don't try and understand your world, you're really trying to attract all sorts of what you said earlier isn't it? Just completely unfocused...

**Greg Eckel, ND, LAc**

Right?

**Harry Massey**

This, that, I want I want a big house, I want a jet. Well, whatever, but it's like...

**Greg Eckel, ND, LAc**

You're not vibrantly--

**Harry Massey**

It doesn't work like that.

**Greg Eckel, ND, LAc**

Right. You're not resonating at that level to achieve those things or attract those in. And so that is the key on pattern and cycle recognition here.



**Harry Massey**

But once you... I mean, if are already aligning with your purpose and you've got a proper established income business, then you can go and attract any house you want, but you paid, you're sort of off a bunch of steps.

**Greg Eckel, ND, LAc**

Right.

**Harry Massey**

So it's different. Cool. The law of opposites. So this is an interesting one. So I was just really looking into these emotions and characteristics and that type of stuff and thinking where you wanna be. And, you know, you meet those people. Sometimes when you meet people initially, it can be tiring actually, people are all over and be very obsessed and then it doesn't quite work out, they're the ones that hate you later. And basically there's this opposition that really goes on. Like quite fearful people. Well, the opposite of being very fearful is being super reckless. But what you'll get is when someone's really reckless, actually, they're really fearful as well. And they just bounce between the two and really recklessly. And it's obviously it's the same. We just mentioned people in hate and obsessive love actually they're the people who really hate people as well. And it's just extreme oscillation.

And you don't actually want that. What you want is this sort of a more virtuous balanced place in the middle. Like, love is not obsession. If you truly love someone, you don't control them. You know, let them have their own path like unconditional lovers. In the words it's like, unconditional, but people don't often really realize that. Yeah, it's an interesting one. And there's also another one, I guess, in this whole law of opposites. What we were mentioning earlier, how information opposes intrigue. Now, ultimately the universe is just dissolving down into nothing and heat is dissipating everywhere. But at the same time, you've got this very organized information. That's also getting more and more organized, which is how we all exist. And life is a bit like that, where this sort of organizing force that holds us together and keeps us alive. Obviously at some point, the information disappears and we sort of go off into goo and the worms eat us up.

**Greg Eckel, ND, LAc**

Which is another organizational set on a bigger front. Depends on what level of the fractal universe do you come in on that, depending on how you view: is this disorganized or organized information?



### Harry Massey

Yeah, exactly. And I'll say ultimately super organized systems they do eventually just disappear to nothing. But I think the more important bit is just to recognize on where you are emotionally, because what you're trying to do is of get in the middle on a virtue. Now I get to the next slide. There we go. Which basically leads us to the eighth law. What it's what it's all about, which is that the whole alchemy there, is basically the law of transmutation. What we're really always trying to do is just get in the middle and above of these very opposing emotional states that we might be in. So loose examples, before fear and recklessness, what really want is courage. It's not reckless, it's not fearful, we're just going about our life with courage saying, you just want love, you don't wanna be obsessed, you certainly don't want to hate. But as you focus more in on that, you stop dissipating so much energy 'cause you're not just doing this massive oscillation down underneath you just end up in the middle. And that really is the focal... I say it's slightly key to being the change. It's really Gandhi's thing.

You know he he said, "be the change that you wanna see in the world." So, if you imagine that law of attraction idea, once you've understood your world, so you can really understand what these patterns are going on around you, then you're able to line your purpose properly with those patterns. But the third bit of it is you have to be a match to that otherwise the word resonance won't work properly and to be a match that that's being the change. And to be the change basically pretty simply, you basically just have to transform your... I call them virtues, but you could call them characteristics and emotions. And these just are a bunch of various ones like compassion, courage, decisiveness, faith, focus, forgiveness, generosity, gratitude honesty, joy, love, prudence, self love, trust, willpower and calm.

But all of those are great examples of virtues and if you focus on those and in bioenergetics, we have a way to work out where you are on those virtues. There we go. So this is just a screenshot in the BWS system. And it'll basically tell you which virtue to then focus on. So actually in this case, it's compassion, courage, faith, and generosity. So that's letting you know where to put your time in. And actually we also make these personalized meditation tracks. So it'll take these virtues and basically just send in a personalized meditation to help you develop compassion, courage. It's doing it in a couple of ways. It's both putting in the actual vibration, the actual frequencies that help your brain adapt that particular virtue, but it's also walking you through the actual meditation to do that too.



**Greg Eckel, ND, LAc**

Oh, that's lovely. So you give a very specific focus again, focusing the Chi or the attention and give the meditation. That's really phenomenal.

**Harry Massey**

Yeah, it's gonna be fun. That's also a piece going in that whole Energy4Life app. That's gonna be fun. That'll protect your energy.

**Greg Eckel, ND, LAc**

Yes.

**Harry Massey**

Yeah, you know... I was just talking more about the meditations, but that receptive healing. Well, we're calling it... I don't know what we're calling them, but basically receptive healing state meditations. Yeah. It's so interesting the placebo. I love and hate placebo. I sort of love it really.

**Greg Eckel, ND, LAc**

I love it too.

**Harry Massey**

I love it but I hate it when people go well, is your stuff just placebo? No, the whole of reality is, but you just don't quite understand anyway, but cause placebo accidentally is responsible. Well traditionally in medicine it's responsible for furthering the results and you always wonder this, why not optimize placebo? 'Cause if you could optimize placebo, then you can obviously, maybe it can be greater than 30%. Cause it's just accidentally 30%. And then if we can help people just be more of the time in a more receptive healing state, they may seem more likely to get better. And the traditional way of looking at that, it's like when the parasympathetic nervous system is activated during that rest, digest, repair and heal mode instead of the stress, response, active and alert mode. So automatically... Yeah. So anyway.

Automatically that's sort of a part of it. And in day to day life, all of your actions and reactions, they put you in that sympathetic active and alert state where you're not healing. And really the idea of these meditations, because the reason you're being reactive is generally down to one of those virtues like, you're being hateful or you're being reckless or whatever it is. And so by basically listening to those personalized meditations and giving you the wisdom, not only is it helping right then, but it's also gonna help basically in between so that you are spend more of



your time in that parasympathetic... Just more naturally balanced state. I mean, there's nothing wrong with a sympathetic state, but you just don't want to over---

**Greg Eckel, ND, LAc**

We live in a sympathetic dominant world, right. The more we can balance that Teeter totter in the parasympathetic and have a great balance there, but everything now in our modern life is put us into sympathetic all the time. And that's where we see a lot of chronic illness and inflammation and disease.

**Harry Massey**

Yeah. So I mean, in the end, you know, you end up with, well... It also helps build up your energy to law. To "life's a big energy exchange." Obviously you're able to build up more energy and reserve and it just increased the effectiveness of any therapy you do and up above placebo. But basically it helps heal you.

**Greg Eckel, ND, LAc**

Well, I love it. I love that you've synthesized that there's eight laws of the universe and you've really succinctly put them together and they build on each other. So this is a really nice... I guess I wouldn't say nice. This is an awesome offering to the world. So thank you Harry, for putting that together.

**Harry Massey**

Yeah. Perfect. And if people want to go deeper in that, I recommend they... Well they can basically have a voice scan that you can see basically see where you are on your life journey, and which virtues you should develop and all that type of stuff. So that's a good place to start.

**Greg Eckel, ND, LAc**

I love it. And I really would recommend sampling it out, getting experiential with this material because it will change your life.