The 8 Laws Behind the Physics of Reality that Lead to Manifestation Mastery Transcript

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Introduction and Purpose of the Eight Laws

For. Well welcome everybody. I have Harry Massey, the founder of Ness Health and Energy for life 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 seminar. But this one, we want to 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, Greg Braden, Barbara Marx Hubbard, Jack Canfield, and many other visionary leaders.

Welcome, Harry. Let's get into it. Yeah. Thank you. Greg. This is going to be great because I don't think I've ever done a webinar on the eight laws of of reality.

So why don't we just get into it? So I'll just give a quick, you know, just give a quick overview of what they are before we get into them. But basically we have like the law of information, the law of energy, the law of self awareness, the law of residence, law of expansion, the law of oscillation, the law of offices and the law of trans mutation.

And really what the what the idea behind all this is, is, you know, there's there's a there's a lot of self-help theories. There's obviously, Buddhist philosophy.

There's a lot of, you know, there's a lot of application in the self-help world and different religions of how sort, you know, science and religion. So of me, I guess this journey probably started for us.

2020 is going. We're watching, like what? The plea from the secret, you know, way, way back, way, way back. Yeah. Even 25 years ago when we watched watch The Matrix, I think that sort of got, got, got our brains going on this and, you know, and it's just an ever evolving journey of, of just to understand how how reality works and, basically, you know, and how, how we really get the best out of life, we basically just put into these, into these eight laws.

But I guess without further ado, we should just get in, get into it, you know, before you go into them in depth. I want to know what sparked you to create or come up with or synthesize the eight laws of the universe.

Like what was the driving force behind this? So it's everything evolves over time, but it's like, go back to when I made the movie choice 14.

Law of Information and Energy

You know, something that sort of bothered me in that whole what the bleep Law of Attraction, the secret movie in that era is just this idea that you could just think something and, you know, it will just turn into reality, you know?

And I was looking at my own life. I was like, well, I was super sick. I was bedroom for ten years and I just had this simple thing. Well, I just want to get better and help other people get better.

You know, not that ended up leading into this. That leads it into the company mess and this, this whole sort of field that we're in now, apologetics. And that to me, it came it came from purpose.

It wasn't because I wanted to visualize like, I don't know, a jet or a millionaire lifestyle or any of those things. And it

was just slightly bothered me.

And also, you know, I was very into astrology. Okay. I studied a lot of Chinese ideas, not as much as you know, but and, you know, in some of these other philosophies, there's, there's all these other pattern patterns of play, you know, and it's fairly obvious we can't attract make the moon just appear here when it's in the sky over there.

And, you know, so it's basically seeing, you know, the law of attraction is basically it's just one more one idea. And, you know, there's a quantum physics element to it.

But there are all these big, physics ideas. So, yeah. So that's really where it started. I was just like, you know, I just wanted to understand all these fundamental rules of physics and how that really, you know, applied to our lives.

And, yeah, you can't, you know, the law of resonance is that's lawful, 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 try and attract something that the universe won't support or isn't in line with some of these other laws, it won't happen and it won't happen.

And you just watch so many people try, but they're just not aware of, of of the nature of reality. These other laws. So, you know, unfortunately it just doesn't it doesn't quite work out because they don't have a broader understanding of reality.

Got it. All right. Well thank you. Yeah, yeah. Perfect. So the law of information you like basically this is I mean, it's a little bit like the matrix basically, you know, in the matrix, everything is everything is software code.

And there's a lot of fundamental physics theories that really get into how, like the absolute fundamental thing behind reality is just pure information.

And, you know, and it's actually this information that governs, that governs all energy. And basically just gives, gives reality form. And if you like, you know, you could say reality like in information structured energy.

Because if you just had energy, energy is completely chaotic and you know, it has no form and it has sometimes, you know, when when life is unfolding, like you sort of notice that there's this like hidden guiding hand of the universe.

That's because this there's all this information behind reality and we just sort of follow following along, following along that information and, you know, information.

Fortunately it's self-organizing. That's why that's why reality's very, very fractal, based. And so it's a bit more complicated for this lecture, but, you know, it also actually gives rise to the resonant nature of the, of the universe, as well as some other interesting things about information.

I mean, it basically exists outside of time, which can be an old concept, but basically the information is just it's just mapped out. And our life experience, we just we're going along a timeline, but the information's already already there in time, if you like.

It just allows you to view it from a similar vantage point. I think the other thing that's, you know, curious when you're thinking about souls is really like your soul.

It's the information of the past, the present and the future. And, the whole energy law of energy is much more, sort of, much more practical. Obviously, you know, in reality, in life, life is always exchanging energy, like you need energy to live.

You know, you're breathing in oxygen, you excrete carbon dioxide. You have like photons, you know, photons have your skin, your feet are in bed. You can be embedded in the Earth, like absorbing, electrons.

You know, planets go around the sun. It's because of all the energy coming in from the sun that hits plants. It creates photosynthesis that we eat it all of reality, every single scale level you think about, it's just it's just exchange.

It's it's just exchanging energy.

Self-Awareness, Resonance, and Expansion

And it is fabulous. When you get into it like that. Yeah. Yeah, yeah. No, it's totally it's totally trophy. Really. And really it's those two together.

It's like it's the information plus the energy because, you know, without without energy information, it's just static. It just it's just like a field can't, it can't really it can't basically do anything.

But information can direct energy and it, it's that, it's that that directs life. That's why, you know, maybe I should give it some context. You know, that.

That's why force is so freaking powerful. Because if you can, you can concentrate your energy of, you know, that's why, you know, biohacking, improving and improving your overall energy is so important for achieving, like, you know, higher levels of consciousness because you need a whole you need a whole lot of energy.

But then you can, then you combine the energy, you know, with, with your force. And then if you got a very I say pure, I'm not sure I like the word pure.

But let's just call it a very, you know, focused on direct intention. That is not wishy washy. You know, it's it's just very direct. And you've got enough brain energy and this happen, you know, that that will be a very clear signal to the universe, because the universe, you know, ultimately is just information and energy.

It can arrange, it can rearrange itself in this holographic way, which we'll get into in a minute to make the, you know, the almost impossible happen.

It's one of those old adages, right. Where attention goes, energy flows. Or, you know, you have the old grand masters of focusing your qi or your energy of like, having that that point of, attention or focus helps to garner or direct and and focus the energy.

So, I totally get it. I totally get that. And that, I mean, that applies to healing and and health as well. I mean, it's something we do in this world.

Like, you don't want to give too many sets of indices or too many different. Right. And so, you know, whatever, whatever it is, are we saying probably the same in acupuncture, like, you know, you just to, you know, you just want the body to focus on.

Yeah. We call it the young the young of the formula or direction. So there's an emperor, generals and assistants, everybody lined up to move in a certain direction rather than a scattered shotgun approach, which is, you know, a lot of different information coming in.

It doesn't give the vital force any direction to go. So that that's a good one. Yeah. This is a big, big thing in business as well. Well, actually the French had the word priority.

So in America, I think in America, in England we added the s to great priorities. But there is name that we want one priority. Yeah. This one is a bit this one's a little, little, little bit, interesting.

And it's, bases like the, the law of self-awareness. You can apply it to yourself. But really in this application, it's just applying to the universe, itself, you know, an ultimate.

Ultimately, in reality, it's a difficult concept. But basically there's this there is this, like, duality in reality, you know, all philosophies and religions, you know, speak, speak about, you know, one, this we one and the, and the sort of what, unconditional love is that we all of, you know, deeply, deeply interconnect to.

But that's sort of this one state. But then we also live in this very 3D reality where we can experience all these, all these different things. You know, this is really what it comes down to, you know, and people say, you know, why?

Why did the Big Bang happened? Why to the universe? It's a bit theoretical, but, you know, from most ancient traditions, they basically have this idea.

So originally there was no thing or nothing and it couldn't be, you know, just pure oneness. You can't actually experience yourself because, you know, if you just just one and, you know, basically nothing.

And so all got basically reality got space off and you could say, that's big bang, you could say whatever you want, really. But that, that sort of this transition into something where we end up with this sort of very holographic reality, which is like a big, big interconnected, resonant fractal.

What I think in terms of life philosophy, all that's really saying it's about the universe, the, you know, the universe is self-aware. But you can take that as a metaphor for yourself.

Like the more the more self-aware you become, the better. And and just being aware of this sort of two hours is like we're all searching for the oneness, in a way.

But you also don't want to be nothing. It's good. It's good to experience the reality of life. You know, it's really, get to the next slide. I think I, the law of resonance.

So lower law resonance is really just this idea in Law of Attraction. And it's basically how the universe is, is communicating, with itself. And, you know, basically, absolutely everything is a form of vibration, you know, from thoughts.

Well, again, if we go back to those first two laws of, information and energy and energy space is basically a vibration on the smallest vibrations. You know, once you get beyond the size of an electron, which ultimately is just, just a vibration.

So you really just in into thought and that that's how force is really able to interact with reality. Because actually it is just a form is it's just a very, very high vibrational form of energy.

And because it's such a high form of energy and it's able to interact with all of, all of the other energy of reality, and that's really a obviously it's a super powerful it's so powerful because when you get it right, it is able to like bring to bring the future to you.

Oscillation, Cycles, and Free Will

You know, you literally you literally always pretty much experience what you resonate, which isn't always that comfortable because it does it does make you responsible for your life and everything that happens, the same time, you know, which we'll which we touched on earlier, which we'll get into in a minute.

You know, not 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, you know, like if you were looking at a beautiful picture of a fractal when imagine reality is like that fractal, there's areas in that fractal, the that have nothing in it.

Nothing can happen there. But there's also an awful lot of possibilities, all amongst the fractal. So you sort of have to think of reality like that. And the trick is like, well, what is the universal fractal like space on the next slide?

So we should just skip. Yeah, the law of expansion. You know, ultimately, you know, what's a fractal doing? It's basically forever. Forever forever expanding.

So what does the universe want? Yeah. What does the universe want to do? Great. It wants to expand. It just wants to expand. Yeah. It generally does not.

It doesn't it doesn't want to. It doesn't want to contract. Which is, which is easy, you know, so to the most basic level, all you really have to do is align yourself with other people's growth.

And their expansion. I think you just, you know, if you surrender yourself into that expansion, you're in a, you're in a good place that that space you when the law of Attraction will still really start to work with you.

And, you know, you might wonder, like how you identify things like that was, you know, this basically because there's all of these larger patterns at play or there might be different economic, economic cycles or like, you know, there might be health trends that are going on, going on now, etc.

but like, you know, if you like, if you align yourself with how people want to expand through that, like, I don't really need to talk about horrible health trends going on now, but, you know, just look for people that would want to expand out of that and actually fueling yourself with them.

It will it will actually work out. And it might, it might, it might feel like work in the moment. But, the universe, like, setting up little tests, will you?

You just have to, just to challenge your thought process. Right. Just, to make sure you really want it. Yes. Yeah, yeah. Are you worthy? Cause, yeah, I know.

Well, reality wasn't isn't isn't set up to make it to make it easy necessarily. Not right. Yeah. Anyway, the set of laws, the law of oscillation, really with oscillation, we're basically basically what we're talking about here is all of the larger cycles that are going on.

So like the, the moon goes around the Earth, you know, you have different hormonal cycles, like, of course, sold off in the morning and, down in the evening, you know, you wake up in the day, you go to sleep at night, empires like the Roman Empire or the French, you know, Napoleon's empire, you know, Rose and fall and the American empire is pretty strong 100 of the last hundred years.

And it might be it might be in decline. For us, from a global perspective. Right. Right now or just I think it's just at the edge of a, of a collapse, which is an interesting time to be alive.

You know, emotions, etc., etc.. But really, you know, because because reality is or is always oscillating, you know, that that also becomes a real key, key to manifesting.

And you just, you just want to align yourself with where these cycles are going. You know, and they don't just appear in history. Like, you also get cycles in your life.

And those of you familiar with astrology, you know, might know about the Saturn, like the Saturn return or like the lunar cycles, etc. and like often in your life, you know, you might have some, you know, trauma at hand and a teenage, you know, your teenage years.

It can happen, you know, seven, 15 years, later again and just depending how you deal with it. But, you know, if you've learned the lesson, generally it will just come up because you know exactly what to do next.

You learn the lesson. It it's fine. It will be a tiny little shudder and you move on. Or you might learn something deeper, you know, deeper from it. That'll help you, you know, in your future cycles.

This is a it's such an interesting one. You know, 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, you know, I've had years of therapy.

I've done all kinds of, you know, work on myself. Like, that stuff is supposed to be done. And yet here it is, cycling and and coming up yet again. So, you know, it's just the, I mean, the environment, the cycle, the cycles will bring it back to this.

But, you know, if you've mostly dealt, if you've mostly dealt with it, it doesn't really, you know, I mean, it doesn't have to affect you. Doesn't have to look so much. Right.

It doesn't hurt so much. But, but, you know, there's always a deeper truth and deeper transformation in it. Is it a form of life? Is it is it is is the follow the life I know.

Peter, I co-founded this with. He was always like, fuck you, universe. I've already loved life like striking out against it. Right. Exactly. Yeah. It's also a story.

Yeah. You know, and I think, you know, it also has sort of implications for free will and destiny. What do you think of destiny? Of free will? Greg? Boy, that those are those are some loaded topics.

In, in in this discussion on oscillation. I mean, I think it kind of fits into a couple of the other the other spots of the, you know, 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 going to 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 that you would some would say, well, that was your free will that chose that and others would say, well, actually that was in the grand scheme.

That was the grand plan. Yeah. I feel like the the cycles happen anyway. But you sort of have the free will and how you respond to that. And I, you know, I at least I've noticed in my life, it's like when I'm off track, you know, the universe and keep oh, yeah, you know, slapping you back till, you know, till, till you learn whatever it is you meant to learn.

And then, you know, you can get on. I sort of, like, feel like your destiny is sort of mapped out. Yeah, but you've got free will to walk off your destiny and not do unlike or give or take the hard way or the easy way.

Right? You have a free will to choose. You know which one you want to do. Yeah. I really like, you know, I think, you know, the the more you learn over time or like, the more the greater the your understanding of the cycles of the patterns that are in play.

The more destiny like your life is because it become, you know, it becomes more obvious what you should. You know, what you should do. And, yeah, you know, when you're very unaware of what's going on around you, you really like, at least in blowing in the wind and, you know, all over the shore.

So not that we can work out what's going on. Yeah, yeah, we already talked about many things possible, but not the not everything is is like the I mean, not, you know, that's that's literally there's these empty space in the fractals.

But yeah, I mean really, you know, a very big, big key to, to reality or to getting the best out life, is really just putting it in, like, recognition, like, you know, the more you're able to, like, like sort of research developing field people ask questions like, the more you try and understand the things that are going on around you and in front of you, the more likely you are, you know, the the easier it is to move that destiny path.

And, you know, not not get slapped, slapped around so much. And you know, and that that, you know, that comes back to that idea of what was wrong with Law of Attraction is, basically there was no concept of like understanding your world.

It's like, it's so important if you understand your world, then you know what to try and attract in the it's basically, you know, in line with your purpose.

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? Right?

At least, I want it. Yeah, I want a big house. I want a jet.

Opposites, Balance, and Transmutation

Well, whatever. It's like, It's. Yeah. At least you're not with that, right? You're not resonating at that level to to achieve those things or attract those in.

And so that that is the key on on pattern and cycle recognition here. But once you once you. Yeah. I mean if you're already in line of your purpose and you've got a proper establish income business, then you can go and attract any house you want.

But if you say yes, you sort of offer up a bunch of steps, right? So it's different. Call the law offices. So but this is an interesting one. You know, so we are really looking into this just like, really looking into these emotions and characteristics, and that type of stuff and like, you know, thinking where you want to be and, you know, you meet those feet, like, sometimes when you meet, you know, meet people initially.

When hiring actually pick and hiring people although all over it and be very obsessed and then it doesn't quite work out. They're the ones that, like, hey, hey, you know, and so, and basically there's this opposition that really goes on, like, quite serious with people, the opposite of being very fearful, you know, being super reckless.

But what you'll get is like when someone's really reckless, actually, they're really fearful as well. And they just bounce, you know, they bounce between the two like, really, really recklessly.

And it's almost it's the same we just mentioned, like, people in hate and obsessed with the obsessive love. Actually, they're the people who really hate people as well.

And it's just it's, you know, extreme oscillation. And you don't actually want that. What you want is, is the sort of, a more virtuous, balanced place, in the middle, like love is not obsession.

Like, you know, if you truly love someone, you don't control them. You know, you let them have their own path. You know, like, unconditional love is in the words they said.

It's unconditional. The people don't often, often really, really realize that, yeah, it's an interesting one. And there's also another one, I guess, in this whole law of opposites, was mentioning earlier how information opposes entry.

Now, also, you know, ultimately the universe is just dissolving down into nothing and he is is dissipating at the same time. You got this very organized information that's also getting more and more organized, which, you know, is how it's how we will exist.

And life is a bit like that with, with 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 different worlds. You.

Guess which is another law, which is another, you know, organizational set on a bigger front. You know, depends on on what level of the fractal universe do you come in on that depending on how you view is this disorganized or organized information?

Yeah. No. Yeah, exactly. You know, and I'll, I'll say ultimately seek organized systems eventually. Yeah. You know, eventually they do eventually distill, sorry, disappear, disappear into nothing.

But I think, yeah, the more important is just to recognize on, where you are emotionally because what you're trying to do is get in the middle of a lot of, to get, I guess, the next slide.

There we go. Which leads us to the eighth floor is what it's all about. Which is that the whole, our whole alchemy that this basic law of transmutation, you know, what we're really all is trying to do is just get in, get in the middle and above of these very opposing and, you know, emotional states that that we might be in.

So these examples, before like fear and recklessness, what we want, what we really want is, is, is courage. Like it's not reckless. It's not, fearful.

You know, we just going down life with courage. Same. You just you just want love. You don't want to be obsessed. You certainly don't want to hate, and that and but as you focus more in on that, you stop dissipating so much energy because you're not just doing this massive oscillation down underneath.

You just end up, yeah. You just end up in the middle. And that really is the focus. You just the I say it's like the key to being the change. So it's really Gandhi saying that he's he said be to be the change that you want to see in the world.

So, like, if you, you know, 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 align your purpose properly with with those patterns.

But the third bit of it is you have to be a match to that, was resonance. The more resonance work properly and to be a match that that's the, being changed, to be the change basically.

Pretty pretty simply. You just have to try to transform you transform your character, you know, the virtues we call characteristics, emotions. And these just do a bunch of, you know, various ones, like, like compassion, courage, decisiveness, faith, focus, forgiveness, generosity, gratitude, honesty, joy, love, prudence, self-love, trust, relief.

Calm. But, you know, all those are great examples of virtues. If you focus on those and in In bondage, you know, we have a way to work out where you are, on those virtues.

There you go. Yeah. So, like, this is just a screenshot in the, in the be all system. A little basically tell you which virtue to, to then focus on. So actually in this case it's compassion courage faith and generosity.

So that's and you know where to put your timing. And actually we also we also make these personalized meditation tracks, so take these virtues and, and basically just send in a personalized meditation to help you develop compassion, courage.

It's doing in a couple of ways. It's both putting in the actual vibration of the actual frequencies that help your brain adapt that particular virtue.

But it's also, you know, walking you through the, the actual thing, the actual meditation to do that. Oh that's lovely. So you give that a very specific focus, again, focusing the key or the attention and and give the meditation.

That's really phenomenal. Yeah. Yeah. No that's great from yeah. That's, that's also a piece going in that whole energy for life. That's kind of on the for to protect your energy. Yes.

Yeah. You know, based. Yeah. That's right. Well, I was just talking more about the meditations, but that receptive healing quick welcome to clean and know what we're calling in, but basic receptive healing state meditations.

Yeah. It's so interesting. The placebo. Like, I love and hate placebo. I sort of love it. I love it too. Yeah, I love it, but I

hate it. I hate it when people go, well, this is your stuff.

Just receive this. No, no, no, the whole reality is. But you just pick one stance anyway. But, you know, because like placebo accidentally is, is, is responsible, you know, well, like traditional medicine is responsible for, for for for of the results and use one of those like, you know, why not optimize placebo.

Because like, if you could if you could optimize placebo, you and you can see maybe you can be greater than 30% because it's just accidentally 30, 30%.

And and if we can help people just be more the time in a more receptive healing state, they seem more likely to get better and, you know, the traditional way of looking out of that, it's like you the when the parasympathetic nervous systems activates during the rest digest, repair, and heal mode instead of, you know, the stress response, active, alert mates, you know, automatically.

Yeah. So anyway or automatically that's, that's sort of a part of it. And then day to day life, you know, all of your actions and reactions, like they put you in that sympathetic to an alert state where you're not healing.

And really, the idea of these, these meditations, because, you know, the reason you're being reactive, reactive is generally down to one of these virtues, like you're being hateful or you're being reckless or, you know, or whatever it is.

And so by basically listening to these personalized meditations, you and giving you, giving you the wisdom, not only is it helping you right then, but but it's also kind of helping basically in, in between so that, you know, spend more of your time in that parasympathetic, you know, just more one more naturally balanced statement.

There's nothing wrong with the sympathetic state. You just don't want it, you know, over the phone. Right? We we live in a sympathetic, dominant world, right.

The, the more we can balance that teeter totter in the parasympathetic and have a great balance there. But, you know, we everything now in our modern life is is put us into sympathetic all the time.

And that's where we see a lot of chronic illness and inflammation and, and disease. So yeah. Yeah. And you know, so I mean, in the end, you know, you end up with.

Well, and it also helps build up your energy to that, to more, to more to like the likes of big Energy Exchange. Yeah. So you're able to build up your energy reserve and that will just increase the effectiveness of any and any, any, any therapy you do.

And up from above. So placebo wise, but basically basically you, you it helps you. Well, I love it. I love that you synthesize the 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. Yeah. Perfect.

And, you know, if you if people want to go deeper in that, you know, I recommend they have, well, they can basically have a voice scan to see them. You can basically see where you are in your life journey, in which virtues you should develop and all that sort of stuff.

So it's a good place to start. I love it, yeah. And I really would recommend, sampling it out, getting experiential with this material because it will change your life.