



An Opportunity to be 'Just You' – Frenchman's Cove 2015

Joy Crowther

I was at my first Scientific and Medical Network event last November when I heard David Lorimer speak about the Workshop in Frenchman's Cove, Jamaica scheduled for February 2015. The 'Renewal and Rejuvenation' 9-day getaway sounded so incredibly appealing that I made the decision to attend there and then! Centred on mind body medicine, the programme featured **Alison Armstrong**, Mindfulness teacher and researcher, **Diana Clift**, hypnotherapist and entertainer/music therapist and **David Lorimer**. There were many other contributions examining areas such as NLP, reality and consciousness, synchronicity and reincarnation. Grounded in current research, the workshop involved a journey of collective and personal discovery through experiential techniques, all with the intention of enriching health and wellbeing.

Before the trip, Diana Clift, our undeniably brilliant organiser, transformed pre-trip preparations into a smooth operation by providing us with stacks of useful information. She also skilfully negotiated the accommodation arrangements for the group, 13 of us in all. Diana described Frenchman's Cove to me and shared her photos, but I now know that it must be experienced first-hand to appreciate just how phenomenal a place it really is.

Frenchman's Cove magnificently testifies to the unfathomable beauty of a natural environment. The thriving vegetation is parted by a cool, clear river meandering its way to a perfectly nestled white sandy cove. The villas are naturally located in the grounds, incorporating panoramic views of the ocean and surround sounds of its rhythmical tune. In such magnificent

natural beauty, it is near impossible not to feel a harmonious connection to nature. The place also has an intrinsic charm and grace, which is difficult to define. There is a real sense of inclusion and accord, exemplified by occurrences such as being greeted with wide smiles and waves from the gardeners to swimming with local Jamaican families at the weekend.

Doing practical Mindfulness exercises in this enchanting environment was a profound and wonderful experience. I remember being mesmerised by the arrival of three exquisite butterflies in front of Patsy and me. They stayed for a good while seemingly wanting to showcase their unique splendour. Alison is expert in the field of Mindfulness and a professional teacher. She shared relevant research, including her own, and provided us with ample references and sources to follow up on. However, 'knowing about' something beneficial to one's health and wellbeing and having a personal experience of it are two very different things. The variety of Mindfulness exercises Alison introduced enabled us to use all our senses to practice focused awareness, on our own behalf.

Diana's contributions were readily informative and intriguing. She spoke passionately on a variety of health-enhancing topics including hypnosis and its application in pain control and weight loss, the Body-mind influence, 'positive thinking', lifting limiting assumptions and the powerful stimulus effect of music. Diana also shared the findings of a fascinating experiment in which, based on certain criteria, participants became 10 years younger. As well as sharing the current research, Diana inspired us with details and outcomes of her own case studies.



David Lorimer provided further absorbing insights and interpretations, and holds an incredible amount of knowledge! He also relayed the moving story of his Inspire Aspire organisation. **Tuvi Orbach** and **Graham Taylor** wowed us with their gripping stories and takes on such topics as the nature of reality, synchronicity and reincarnation and, **Andrea Kingston** led us through an NLP time-line exercise, which produced some surprisingly powerful results.

Despite such a varied and comprehensive programme we were far from overwhelm. The schedule allowed for free afternoons to head out of Frenchman's Cove. Things to do and see included visiting the local town Port Antonio, a boat trip to the stunning Blue Lagoon for a cool swim - or, for something really laid back, a glide down the sparkling Rio Grande river on a raft made for two. On Monkey Island one of the local boat Captains smeared a wet coarse sandy mixture on my face, which dried like a face mask. Looking ridiculous was well worth it as my skin has never felt so soft!

We also frequented a number of very stylish venues for cocktails or sunset drinks. These ranged from visiting the bizarre, yet exquisitely lavish Jamaica Palace for cocktails around its Jamaica-shaped pool (!), sunset drinks and lively entertainment at Goblin Hill to some very congenial nights out at Woody's Burgers 'Love it every time all the time' says Woody! Evening meals were a very relaxed affair and for further relaxation, drinks were often consumed at Di and Patsy's open house afterwards. Nevertheless most of the participants surfaced early enough to join in with the 7.45am yoga and meditation sessions on the promontory.

These early morning sessions were truly delightful. As well as Alison's yoga (or mindful movement) sessions, Tuvi enlightened us with Qi Gong and the Positive Emotions Creation Cycle, whilst David introduced us to a captivating and beautifully graceful practice called paneurhythmy. All of these sessions took place on a soft grassy promontory overlooking the ocean, a serene and magical place. As the hypnotic echo of the ocean merged with the divinely magnetic paneurhythmy music, the energy felt almost ethereal. Even a particularly gusty storm left us largely unruffled!

On the first day of the workshop Alison had asked us to score our feelings towards our health, wellbeing and our lives in general. At the end of the workshop, we repeated the survey.



Almost everyone reported an improvement in their scores. We were encouraged to think about what could have triggered any changes. For me, I became aware that after the first two days I had really arrived in the experience and had enjoyed the wonderful company every bit as much as the environment. What's more, I realised that I had gotten back to fully being me, which as simple as it sounds, is a most gratifying and freeing feeling!

"The workshop's 'closing ceremony' was a momentous event. Alison asked the group to make a mandala, or creative circle, in the open air. We could use objects donated by nature or our own possessions. No other guidance was given, except to respect the circle by being quiet around it. What emerged was a celestial kaleidoscope of beauty, love, harmony and balance. Remarkably, this formation wasn't the result of 13 minds coming together to brainstorm, strategize and execute the plan. Instead, to create this magical manifestation, this sacred masterpiece, it simply took the focused intention of '13 hearts that became one'."

In terms of the group's changes in scores, who knows if it was solely the impact of the experiential teachings, or whether it was the special energy and beauty of Frenchman's Cove, or simply due to being in the presence of such an inspirational and open-hearted group of people? However, I strongly suspect it was the synergy of all of the above. I hope these events continue as I would definitely go again. In my opinion, it's not just about getting away from it all, it's about getting back to being who you really are.

Joy Crowther BSc, MCSP, MAC, FRSA is a science-based health professional with a clinical background. Following her deep desire to help others to grow and evolve, Joy has pursued post-graduate studies of biopsychology, neuroscience, consciousness and spirituality and is an accredited coach. Joy's teachings and programmes cultivate a new kind of creative power, one which emerges from a more empowered relationship with oneself, and with the energy and intelligence of life. Such creative power helps us to tap into the deeper possibility of who we are and to awaken to true happiness in our lives. Joy is a Registered Health Professional and a member of the Association for Coaching.

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Free Energy and Global Movements for Social Change

Roger Taylor



The Global Breakthrough Energy Movement

This has surfaced in a very inspiring conference in Holland 2012, and another in Boulder last year. I wish I had been but, having watched some of the presentations online, I will try to transmit the enthusiasm I felt. Where does such “free” energy come from? Most physicists now agree that “empty” space is a vast reservoir of energy: the so-called “zero-point energy”. But they tend to view it as totally random so that, to try to access it, would be like trying to get energy from the ocean when you have no sink to pour it down. And yet, not only have inventors and scientists had working devices on their benches for decades, but now at last these are beginning to reach the stage of production. Having followed the development of this subject for many years, it continues to amaze me that it never features in the popular media. The consequence of this is that, even if they have heard of it, most people will dismiss it as “pie-in-the sky”. Even the green organisations: Greenpeace, Friends of the Earth, etc., seem not to have heard of it.

While no devices were exhibited at the 2013 conference, the talks left one in no doubt that things are now happening in a big way, so that the free energy revolution can hardly be stopped any more. Moray King, a long-time exponent of free energy, gave a comprehensive, and amusing, introduction to

some of these developments. As a physicist, he emphasised the theoretical backing, which now confirms that the supposedly random zero-point energy of space *can* nevertheless be accessed in a usable way. Many of the inventors currently making progress were in third world countries - which would be less under the influence of Big Oil. For example he mentioned several who had engines, motorbikes and even cars, running purely on water.

One in Pakistan was put down by a skeptical Pakistani physicist who told him that this would break the second law of thermodynamics. The inventor's reply was to ask what law had not been broken repeatedly in Pakistan! The Japanese film of a little car running on water, could be impressive, but needs confirmation. All the presentations are available on-line at <http://www.globalbemoives.com/videos/lectures> While not featuring in the conference, a much bigger operation under way in Italy is the LENR (Low Energy Nuclear Reaction, or “cold fusion”) device of Signor Rossi: <http://ecat.com/>. A one-megawatt installation of this has been shipped to Sweden, where it has successfully undergone extensive testing, and an off-shoot of his company is under way in Australia: <http://e-cataustralia.com/>. There is much on this, together with a constantly up-dated review of many other developments in free energy, on Sterling Allan's website <http://pesn.com/>.

If free energy has been convincingly demonstrated so many times over the years, why don't we have it now? The reason is that it would conflict with the interests of the fossil fuel industry - which are of course colossal. There are countless stories of how inventors have been stopped. Either they get refused a patent, or denied funding, or in the last event, have a security order slapped on. That even more drastic measures have sometimes been taken is now something more than a rumour. Few people realise the immense power of Big Oil. (Similar stories could be told about Big Pharmaceuticals, Big Agricultural Chemicals, Big Foods, etc.). It is hard for most of us to accept that, behind our friendly politicians, lurk those in real power, whose interests in profit far outweigh our interests: whether in our health and well-being, or in the environment. Nevertheless, even in the US, things are happening. There is now a small electric scooter which has managed to reach the stage of being for sale to the public. The free energy unit on the back of this is so feeble that it cannot drive the scooter directly. *BUT*: it can re-charge the battery overnight. (Maybe being so small is how it managed to sneak under the radar!). But other recent devices have not been so successful: I tried to look up those featuring in Moray King's talk only to find that some of the web-sites had been taken down. Even Genepax, the Japanese company which produced the water car, can no longer be found.

While it is true that green energy from sun, wind, etc., together with nuclear, are making some headway, these are unlikely to replace fossil fuels within the foreseeable future. But if everyone had a free energy unit in the house, it would indeed spell the end of the fossil fuel industry. Moreover, most green energy still comes from largely centralised installations, under control by governments, and requiring distribution by networks of cables. As such it does not amount to a serious threat to the present order. But just imagine the possible situation if free energy breaks through over the world. Initially of course there would be chaos, and then this would have to be followed by a radical change in political and social relations - indeed practically all aspects of life. Many or most global conflicts arise ultimately over resources of some kind. Free energy could not only eliminate disputes over fossil fuels, but could, if deployed wisely, help us to produce more food, desalinate sea water, re-vitalise deserts - and so much more, yet to be imagined. And since it would be out of the hands of any one country or power group, it could bring immense benefits to the bulk of humanity currently living on the borderline of starvation.

But free energy will not of course be enough in itself to usher in a peaceful world. It can only come as an accompaniment to a deep change in individual behaviour, and the deep change in social relations this could bring. Thus I derived much inspiration from the talk by Foster Gamble, entitled: "Whole systems strategies" (<http://www.globalbemvoices.com/videos/lectures/foster-gamble-whole-systems-strategies/>). He emphasised that free energy would be a crucial element in these deep changes. His talk was received uproariously.

And indeed the Breakthrough Movement is about so much more than energy technologies. It brings us up against a number of other momentous issues which never get a mention in the popular media. Since most people regard the popular media as the authoritative source they need to appeal to, they either do not know about these issues - or if they do know, they don't believe. Free energy is one of these "unmentionables". And the story of its suppression is itself a "conspiracy story", along with a number of others. No matter how much information is obtained from whistleblowers and investigative journalists, these must remain "stories" because we will never get the truth from the perpetrators.

A third conference took place in Miami: <http://secretspaceprogram.org/conference/>. This time it concerned the Secret Space Program. It is worth the \$35 to watch the talks. The conference dealt with some more "unmentionables". Particularly the UFO phenomenon, and how the US military has kept its knowledge of this, even including some kind of collaboration with extraterrestrials, secret for so many years.

I recommend the talk on this by Richard Dolan, and another by an engineer revealing inside knowledge of the technologies obtained from the extraterrestrials, including free energy and anti-gravity. It seems that some of these are already in use in man-made "flying saucers".

Also watch a very significant talk by Catherine Austin Fitts. As a former high-flying financier, she is an authoritative source. On the basis of much insider information, she explained how trillions of tax dollars gets funnelled off into the "black budget", the details of which, for security reasons, are not revealed even to top politicians, including the president.

I see these movements as the first green shoots of the long-awaited "shift": that is the establishment of some quite different form of society - even amounting to the next major stage in human evolution. (My account in the spring issue, of a meeting in Italy, has a bearing on this). The need for radical change has been getting more urgent with every year that passes. But, as Ervin Laszlo has written, for a non-linear system to undergo a really radical change, it has first to go through a period of intense chaos, before it settles down to a new order. Indeed we do see increasing chaos now: e.g. the rapid advance of the Islamic State, ebola, and the events in Ukraine.

Many who, like me, feel the urgency, will look around and see the rest of the world going on with business as usual, and wonder how we could do anything to help bring about this kind of change. Indeed most people in our comfortable western world will not listen, and cannot believe such a change to be possible. So each of us needs to find others, even one or two, who will listen. And then these small groups could join up and share thoughts and actions. This is where the appearance of several movements for social change could be very significant. Especially the Thrive Movement.

The Thrive Movement

With the assistance of his wife, Kimberley, Foster Gamble started the Thrive movement a few years ago. Along with the Zeitgeist movement, this is one of a number of non-political movements for social change, which could in due course form the nucleus of a new way for us humans to live together in peacefully and with material sufficiency. The film they produced is very inspiring; but will also be challenging to conventional beliefs. It won several recommendations, including #1 documentary in Japan. The movement is spreading fast, so that there are now more than 1,000 groups in some 90 countries. Each group chooses what issues it wishes to address. And there is a big list of issues, being added to all the time. It needs perhaps to be emphasised again that this is in no way a political movement. As Foster Gamble has said: Thrive seeks to find individuals and empower them to realise their purpose in life. Without describing it further, I would urge members: if you don't already know of the Thrive movement, please have a look at <http://www.thrive.com>, and maybe get the DVD, or watch online. Our world is now more than ever under threat. This is a wake-up call. Please respond to it in whatever way fits with your purpose in life.

Roger Taylor BSc, BVSc, PhD. *Becoming disillusioned with a long career in immunology, and with the mainstream approach to biology, Roger took early retirement to work for 2 years with The Dove Project, publishing on the biophoton output of the human body. In work during the last few years around the subject of life energy, he developed a quantitative dowsing technique. Among the results obtained were non-local transmission of dowsable energy and frequency-information by means of identical images on paper.*

Results were backed up objectively, in some instances, by UV spectroscopy of charged water, and quantitative seedling growth experiments. He has five articles published in the online journal Syntropy (www.lifeenergyscience.it/journal).
