



**HEO - Harmonic Energy Oscillation**

1  
00:00:11,499 --> 00:00:12,999  
Hello. I'm Richard Saunders.

2  
00:00:16,289 --> 00:00:14,859  
Have you heard about Applied kinesiology?

3  
00:00:16,289 --> 00:00:19,429  
It's one of the range of so-called "new age" therapies.

4  
00:00:19,429 --> 00:00:22,310  
Maybe you've seen the demonstrated at a

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00:00:22,310 --> 00:00:23,880  
"mind body spirit" or "new age" festival.

6  
00:00:28,589 --> 00:00:25,190  
Maybe you know somebody who goes to  
see an applied kinesiology practitioner.

7  
00:00:34,890 --> 00:00:31,210  
In this video we will show you why you  
should be very skeptical about the claims  
of applied kinesiology

8  
00:00:34,890 --> 00:00:37,510  
and what's more important we'll  
show you how it's done.

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00:00:41,900 --> 00:00:43,530  
Now before we go any further

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00:00:43,530 --> 00:00:46,420  
I thought i'd give you a little demonstration of what this applied kinesiology

11  
00:00:46,420 --> 00:00:48,400  
might look like if you find it at a

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00:00:48,400 --> 00:00:52,150

mind body spirit or "new age" festival.

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00:00:52,150 --> 00:00:54,760

And help us we have Gary. Hello.

- Hello, hello. -

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00:00:54,760 --> 00:00:57,160

And we're going to be using this

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00:00:57,160 --> 00:00:58,160

ceramic pendant as our prop.

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00:01:00,620 --> 00:01:02,970

Now Gary what I'd like you to do is

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00:01:02,970 --> 00:01:05,659

extend your arms like this...

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00:01:05,659 --> 00:01:08,119

... lift this leg a little bit and resist...

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00:01:08,119 --> 00:01:14,570

stay on balance and resist when push down. Okay?

- So I shall. -

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00:01:14,570 --> 00:01:15,860

(Laughs) Back again.

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00:01:15,860 --> 00:01:20,240

Now Gary went off balance pretty easily there.

Let's see what happens when

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00:01:20,240 --> 00:01:23,869

he holds this little prop, this little pendant. Thank you.

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00:01:23,869 --> 00:01:26,940

It should give you more balance .

- Okay let's try it. -

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00:01:26,940 --> 00:01:31,450

Ready?

- Yeah. -

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00:01:31,450 --> 00:01:35,990

Amazing

- Much better. -

Amazing results. We'll try another test.

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00:01:35,990 --> 00:01:40,130

What I'd like to do is stand like this, cup this hand here like that...

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00:01:40,130 --> 00:01:47,130

I'm going to push down and try to knock you off balance. Okay?

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00:01:48,280 --> 00:01:49,499

(Laughs) Over you go! All right.

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00:01:49,499 --> 00:01:51,380

Now with out little pendant.

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00:01:51,380 --> 00:01:54,340

Hold that. Are you ready?

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00:01:54,340 --> 00:02:01,189

- I'm ready. -

One more time. Now resist... resist...

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00:02:01,189 --> 00:02:03,950

Amazing. Amazing results, amazing results.

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00:02:03,950 --> 00:02:06,270

Just with this. One more test...

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00:02:06,270 --> 00:02:09,449

What I'd like you do to is turn around for me...

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00:02:09,449 --> 00:02:12,989

...keep your feet exactly where they are. Put your hand out like that

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00:02:12,989 --> 00:02:16,619

and swing it around as far as it'll go.

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00:02:16,619 --> 00:02:19,269

Here. All right. Take that pendant.

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00:02:19,269 --> 00:02:21,119

Feel the magic power?

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00:02:21,119 --> 00:02:24,829

Give me a little bit more.

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00:02:24,829 --> 00:02:27,930

That much more.

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00:02:27,930 --> 00:02:30,199

That is amazing. That's just amazing.

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00:02:30,199 --> 00:02:31,209

But you know what?

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00:02:31,209 --> 00:02:34,840

I think we need a little bit more showmanship maybe something else to

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00:02:34,840 --> 00:02:35,809

really help sell this idea.

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00:02:37,339 --> 00:02:41,799

Let's invent some science.

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00:02:41,799 --> 00:02:43,510

Hello. I'm Dr Rachael Dunlop.

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00:02:43,510 --> 00:02:48,249

Now earlier Richard use this pendant to

demonstrate the balanced tests.

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00:02:48,249 --> 00:02:53,779

I'm here to add some "science" well some fake science to

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00:02:53,779 --> 00:02:55,669

liven things up a little bit.

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00:02:55,669 --> 00:02:59,609

So, on these cards I have some "sciencey" sounding words.

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00:02:59,609 --> 00:03:03,569

We're going to put them into a hat and then pick out three at random.

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00:03:03,569 --> 00:03:07,109

Let's see if we can make a brand new science.

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00:03:07,109 --> 00:03:10,639

Here we have "Healing".

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00:03:10,639 --> 00:03:12,839

"Magnetic"

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00:03:12,839 --> 00:03:17,899

"Balance" - "Quantum"

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00:03:17,899 --> 00:03:20,319

"Vibrations"

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00:03:20,319 --> 00:03:22,729

"Energy"

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00:03:22,729 --> 00:03:24,389

"Harmonic"

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00:03:24,389 --> 00:03:30,999

and "Oscillation".

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00:03:30,999 --> 00:03:37,999

"Energy" - "Harmonic"

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00:03:39,029 --> 00:03:41,479

and "Oscillation".

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00:03:41,479 --> 00:03:47,599

Now Richard, what new science do you think we can make with these three words

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00:03:47,599 --> 00:03:50,629

The time has come at last to reveal to the world

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00:03:50,629 --> 00:03:55,079

the ancient science known as "HEO" or

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00:03:55,079 --> 00:03:56,419

"Harmonic Energy Oscillation".

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00:03:56,419 --> 00:03:59,929

Known to the ancient, this amazing healing power has been lost for

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00:03:59,929 --> 00:04:01,689

thousands of years.

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00:04:01,689 --> 00:04:04,179

But thanks to recent discoveries in the Amazon

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00:04:04,179 --> 00:04:06,649

his breakthrough wonder of nature

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00:04:06,649 --> 00:04:11,029

can be yours for the low investment of \$420.

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00:04:11,029 --> 00:04:15,080

Embedded in this pendant are harmonic energies that oscillate

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00:04:15,080 --> 00:04:17,489

in tune with your body's unique

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00:04:17,489 --> 00:04:18,269

bio-field.

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00:04:18,269 --> 00:04:20,509

Giving you more balance, strength

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00:04:20,509 --> 00:04:21,819

and well-being.

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00:04:21,819 --> 00:04:24,179

Let's put it to the test. Okay Gary

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00:04:24,179 --> 00:04:26,400

Let's try this test again. Would you like to

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00:04:26,400 --> 00:04:29,039

put your arms out?

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00:04:29,039 --> 00:04:31,789

Lift that foot and I'll press down... lightly...

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00:04:31,789 --> 00:04:33,469

...and you go off balance.

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00:04:33,469 --> 00:04:38,699

But now I'd like to try it with this  
"Harmonic Energy Oscillation" pendant.

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00:04:38,699 --> 00:04:42,889

Hold that and you feel your own body's bio-field  
oscillating in tune with the pendant now.

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00:04:42,889 --> 00:04:45,869

Oh absolutely.

- Absolutely. All right. Lift that foot.

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00:04:45,869 --> 00:04:47,349

I'll press down...

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00:04:47,349 --> 00:04:49,740

...resist...

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00:04:49,740 --> 00:04:52,949

... and I can't knock you off balance.

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00:04:52,949 --> 00:04:53,850

You can not.

- Isn't that amazing? -

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00:04:53,850 --> 00:04:56,359

Isn't that just incredible?

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00:04:56,359 --> 00:04:59,929

Well with a little bit of science out of a hat, a bit of showmanship

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00:04:59,929 --> 00:05:03,669

you can have something that sounds like it's almost real.

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00:05:03,669 --> 00:05:05,680

And what's more amazing is

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00:05:05,680 --> 00:05:08,249

people will actually believe it.

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00:05:08,249 --> 00:05:13,469

Well, now it's time to show you how it really works.

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00:05:13,469 --> 00:05:19,209

Okay, now we're going to show you actually how these body tricks work. We have...

- Charo -

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00:05:19,209 --> 00:05:22,749

and he's going to be helping me with this demonstration. The first one as you saw before...

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00:05:23,739 --> 00:05:27,039

...let's... put out your arms like this.

Stand on one leg.

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00:05:27,039 --> 00:05:32,749

Now for the first time without the magic device when I press down, I'm going to be pressing

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00:05:32,749 --> 00:05:34,419

more or less straight down

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00:05:34,419 --> 00:05:36,940

and slightly to the side.

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00:05:36,940 --> 00:05:40,649

Naturally he falls off balance. Very little pressure is used.

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00:05:40,649 --> 00:05:42,129

Let's try it again.

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00:05:42,129 --> 00:05:45,090

I'll get him to hold this little wombat.

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00:05:45,090 --> 00:05:46,690

Gives him the magic power you see.

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00:05:46,690 --> 00:05:48,520

Let's try it again.

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00:05:48,520 --> 00:05:51,399

Arms out. Leg up.

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00:05:51,399 --> 00:05:53,449

This time I'm going to be pressing down but

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00:05:53,449 --> 00:05:56,449

slightly towards the body and slightly with the  
centre of gravity.

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00:05:56,449 --> 00:05:58,889

So I can press down and the harder

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00:05:58,889 --> 00:06:00,779

I press... thank you.

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00:06:00,779 --> 00:06:03,519

The more he's actually anchored to the spot.

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00:06:03,519 --> 00:06:04,799

But it looks impressive.

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00:06:04,799 --> 00:06:09,919

Because I'm straining and going... putting  
all my power into it and yet he's still standing.

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00:06:09,919 --> 00:06:11,429

Very subtle trick.

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00:06:11,429 --> 00:06:14,029

Let's try the second example.

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00:06:14,029 --> 00:06:17,519

So I'll get you to cup your hand like that. That's right.

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00:06:17,519 --> 00:06:20,219

Again I'm going to press down.. more or less straight down and

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00:06:20,219 --> 00:06:24,799

slightly out and away from the centre of

gravity so...

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00:06:24,799 --> 00:06:26,990

... over he falls. Quite easy.

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00:06:26,990 --> 00:06:31,999

We'll give him the little device, tell him it's got magic powers. Are you ready again? You are?

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00:06:31,999 --> 00:06:36,430

This time pressing straight down slightly towards his own centre of gravity...

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00:06:36,430 --> 00:06:39,169

...and...

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00:06:39,169 --> 00:06:40,620

... anchored to the spot.

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00:06:40,620 --> 00:06:43,340

It's as simple as that.

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00:06:43,340 --> 00:06:47,239

Finally the flexibility test. If you'd like to turn around.

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00:06:47,239 --> 00:06:49,809

Face that way and

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00:06:49,809 --> 00:06:50,449

swing your arm back

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00:06:50,449 --> 00:06:53,659

as far as it will go.

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00:06:53,659 --> 00:06:55,280

That's pretty far.

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00:06:55,280 --> 00:07:00,639

So how the little power Wombat and do it a little bit more.

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00:07:00,639 --> 00:07:04,009

Anybody doing these... thank you...

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00:07:04,009 --> 00:07:07,840

Anybody doing this sort of flexibility  
test will find when they turn their body around

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00:07:07,840 --> 00:07:11,069

for the first time they'll reach a certain limit.

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00:07:11,069 --> 00:07:13,919

Give them two or three seconds rest

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00:07:13,919 --> 00:07:17,219

and they'll always flex their body just a little bit more.

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00:07:17,219 --> 00:07:22,430

Well that's it, that's as simple as it  
gets. It's a very very convincing trick

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00:07:22,430 --> 00:07:25,550

but don't be fooled by it.

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00:07:25,550 --> 00:07:28,470

Even the people demonstrating applied  
kinesiology

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00:07:28,470 --> 00:07:30,349

can be fooled. Why?

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00:07:30,349 --> 00:07:33,830

I spoke to psychologist, Dr Krissy Wilson.

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00:07:33,830 --> 00:07:37,130

So Dr Krissy. What's going on  
with these people at the mind body

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00:07:37,130 --> 00:07:39,770  
spirit festivals who demonstrate

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00:07:39,770 --> 00:07:41,619  
applied kinesiology.

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00:07:41,619 --> 00:07:42,819  
Are they fooling themselves?

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00:07:42,819 --> 00:07:43,289  
Yeah hi Richard.

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00:07:43,289 --> 00:07:45,580  
Yeah this is an interesting one

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00:07:45,580 --> 00:07:48,349  
and it's a good example for me

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00:07:48,349 --> 00:07:50,589  
of how beliefs in ostensibly

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00:07:50,589 --> 00:07:52,509  
paranormal phenomena are actually born.

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00:07:52,509 --> 00:07:56,629  
Obviously there are lots of reasons why  
people

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00:07:56,629 --> 00:08:00,269  
believe in the paranormal, in ghosts, in clairvoyance, talking to the dead all those kinds of things.

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00:08:00,269 --> 00:08:01,749  
But research shows us

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00:08:01,749 --> 00:08:05,339  
that for many people personal experience is crucial.

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00:08:05,339 --> 00:08:11,050

So what we've got here is a classic case  
of people going along to psychic fairs

154  
00:08:11,050 --> 00:08:14,500  
they go along armed with the belief that this thing is real

155  
00:08:14,500 --> 00:08:16,289  
that these things can work

156  
00:08:16,289 --> 00:08:17,889  
or at the very least

157  
00:08:17,889 --> 00:08:21,289  
the desire to be convinced that these things work.

158  
00:08:21,289 --> 00:08:25,009  
They have personal experience of the phenomena working

159  
00:08:25,009 --> 00:08:25,889  
and

160  
00:08:25,889 --> 00:08:27,439  
for them that can be every powerful.

161  
00:08:27,439 --> 00:08:29,460  
It can have a real impact on them.

162  
00:08:29,460 --> 00:08:30,090  
And so

163  
00:08:30,090 --> 00:08:32,670  
it doesn't matter how often

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00:08:32,670 --> 00:08:36,250  
doctor smarty pants like myself comes along  
and tries to convince them that this was

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00:08:36,250 --> 00:08:38,260

actually a normal phenomena

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00:08:38,260 --> 00:08:42,040

for them it was very real, it worked

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00:08:42,040 --> 00:08:44,040

and it can be very seductive.

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00:08:44,040 --> 00:08:48,500

So you're saying the need to believe is  
a very powerful tool here too.

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00:08:48,500 --> 00:08:50,170

Oh yes, absolutely.

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00:08:50,170 --> 00:08:51,390

That coupled with

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00:08:51,390 --> 00:08:52,850

a very

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00:08:52,850 --> 00:08:55,610

normal experience that's

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00:08:55,610 --> 00:08:58,200

misinterpreted as being paranormal.

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00:08:58,200 --> 00:09:02,910

A normal phenomena?

- Yeah what we've got here is what we call the ideomotor effect.

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00:09:02,910 --> 00:09:03,730

Essentially

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00:09:03,730 --> 00:09:07,320

this is the influence of suggestion

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00:09:07,320 --> 00:09:08,540

on our involuntary

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00:09:08,540 --> 00:09:10,690

and unconsciously motor behaviour.

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00:09:10,690 --> 00:09:11,780

So a good example is

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00:09:11,780 --> 00:09:16,180

"Ouija" board phenomena.

Everybody puts their fingers of glass and

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00:09:16,180 --> 00:09:17,320

the class

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00:09:17,320 --> 00:09:20,390

moves all by itself.

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00:09:20,390 --> 00:09:22,010

Nothing more paranormal going on there but mere suggestion.

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00:09:22,010 --> 00:09:24,390

But if you put all those things together

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00:09:24,390 --> 00:09:26,510

so, the suggestion, the belief

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00:09:26,510 --> 00:09:32,110

personal experience, you will easily be able to convince someone that this is real.

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00:09:32,110 --> 00:09:37,300

That's fascinating. Thank you Krissy.

- You're welcome. -

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00:09:37,300 --> 00:09:39,830

So, now you know how it's done.