DISCUSSION GUIDE

AFTER THE FILM: A CONVERSATION

For the person leading the conversation after a screening of *Beyond Medicine*, whether that's twelve people in a circle or three hundred in a hall. Allow 30 to 45 minutes. You don't need to be an expert. You just need to ask, and listen.

BEFORE YOU START

OPEN GENTLY

Before any question, let the room breathe for a moment. Then ask: **"What's one moment from the film that's still with you?"** Take three or four answers. It warms everyone up, and it tells you which questions below will land.

PICK FOUR TO SIX QUESTIONS

There are eleven here, in three parts: the story, energy and health in your own life, and what happens next. Choose a few from each part. You won't need them all, and a good conversation beats a finished list.

SMALL GROUP OR BIG HALL

Up to 20 people: sit in a circle and let people answer in turn or jump in. **A big room:** ask a question, give everyone two minutes to talk with the person next to them, then take three or four answers to the room with a microphone.

KEEP IT ABOUT EXPERIENCE, NOT ADVICE

Say it at the start: **"We're here to share what the film stirred up in us, not to advise each other."** People will talk about their own health. That's welcome. Diagnosing, recommending treatments or telling someone what to take is not.

IF SOMEONE ASKS ABOUT A MEDICAL CONDITION

Be kind and clear: **"That's a really good question for your own doctor. The film isn't medical advice, and none of us here are the right people to answer it."** Then thank them and move on.

DOUBTS ARE WELCOME

Some people will be skeptical. Good: so were several people in the film, including the scientist who tested Harry's work. Let doubt and belief sit side by side. Nobody has to agree.

IF IT GETS EMOTIONAL

The film touches long illness, shame and recovery, and it can stir things up. If someone is moved, let the silence be, thank them for sharing, and don't rush to fix it.

> This film isn't medical advice. Anyone with a health condition should keep working with their doctor.

THE QUESTIONS

Each question has an optional follow-up, for when the room wants to go further.

PART ONE

THE STORY

1 Harry says three things hit him at once: a virus, coming out to his family at 21, and a head injury from his fall. Which part of his story stayed with you, and why?

Follow-up: Did any of it remind you of someone you know?

2 For five years he tried one diet, detox and therapy after another. What do you think kept him going?

Follow-up: When have you kept going with something long after others thought you should stop?

3 His turning point was a new question: not “which chemicals are out of balance?” but “why doesn’t my body have the energy to correct them?” Has asking a different question ever changed things for you?

Follow-up: What question are you living with right now?

4 Prof. Hemal Patel says Harry’s idea sounded “absolutely nuts” before he tested it, and several people in the film started out as skeptics. Where did you find yourself believing, and where did you doubt?

Follow-up: What would you want to see or understand better?

PART TWO

ENERGY AND HEALTH IN YOUR OWN LIFE

5 The film talks about energy as something we make, and something we leak. What fills your tank, and what drains it?

Follow-up: Which drain have you gotten so used to that you’d stopped noticing it?

6 Harry calls the emotional drain “the biggest leak of all” and “the one that you’re the most blind to.” Do you agree?

Follow-up: What helps you let something go?

7 One of the people in the GEM study says they don’t always take the time to notice how they’re really feeling. How do you check in with yourself, if you do?

Follow-up: What would it take to do it once a day?

8 Someone in the film says chemistry is only “half the story” of healing. Where in your own life has medicine helped, and where have you wanted more?

Follow-up: Where did you go looking, and what did you find?

PART THREE

WHAT HAPPENS NEXT

9 Near the end, the film says this kind of medicine should belong to the public, so everyone can use it. What would that look like where we live?

Follow-up: Who would you most want to see this film?

10 Twenty-nine years after his fall, Harry climbs the mountain again, “not to conquer it, but to leave it behind.” Is there a mountain like that in your life?

Follow-up: What would leaving it behind look like?

11 What’s one thing you’ll do differently this week because of tonight?

Follow-up: Who will you tell about it?

CLOSING

Stop on time, even mid-flow: it's better to leave people wanting more. Thank the room, then read this or say it your own way:

> "Thank you for being so open tonight. As the film puts it, when you climb to the top of one mountain, there's always another one. Whatever yours is, I hope something from tonight goes with you.
>
> If the film raised questions about your own health, take them to your doctor. And if someone came to mind while we were watching, tell them about it."

IF YOU WANT TO GO FURTHER

The book. *Beyond Medicine* by Harry Massey, the companion to the film: his story in his own words, and what he worked out about where the body's energy comes from. beyondmedicine.movie/book

The film's home. News of the film, screenings and what comes next. beyondmedicine.movie

The GEM app from the end of the film. Free for 30 days: count to ten out loud, photograph your tongue, see your Vitality Score. iPhone and Android. e4l.com/app