Introduction and Harry Masseyu2019s background

Welcome back to the reverse Autoimmune Disease Summit series everybody. This is 5.0 version. Healing your energy body. I am so delighted to be talking today to Harry Massey.

In 2002, he founded Exponential Health Innovations, an R&D company in the field of bio energetics, the study of detecting and correcting energy in living systems.

Within this group, Harry serves as chairman of Ness Health, where he's invented clinical technologies for practitioners and CEO of energy for life, where he's designed wearable technology to restore people's energy.

These endeavors grew out of his own research into health, as he sought to overcome being bedridden with chronic fatigue syndrome in his youth. He also wrote and directed The Living Matrix The New Science of Healing Choice Point, allowing your Purpose and Supercharged to educate and inspire the general public about bioenergetics approaches to health and well-being.

Welcome to the summit, Harry. Thank you. Keisha's. Great. Great to see you again. Yes, it's it's really, really wonderful to, it seems like after the pandemic, a lot of us haven't seen each other.

And it's been fun to do these interviews and see everyone poking their head back up above the ground. It's tough. It is still in Oregon. Is that where you are? Seattle area.

Oh, perfect. I moved to Park City. Oh. Did you? Oh, okay. A couple of my kids were born in Utah and I went to undergrad college in Utah. I'm just going to have you start with your story.

Perfect. I love climbing up. Climbed like 4000 meter overhanging faces in the French Alps, a free climbing about ropes 100ft above the ocean with waves crashing into cliffs below.

When I was 21, free climbing trips led me to being bedroom for the next seven years. On that first trip, I went ice climbing on Ben Nevis in Scott in Scotland.

Now, ice climbing is much more delicate than rock climbing, and sometimes you come across patches that are extremely brittle where you whereby you teeter off as delicately as you can.

Climbing accident and years of chronic fatigue

As a few hundred meters up the mountain, I placed my ice pick carefully to make my move, and then the ice shatters, and the next thing I realize is that I'm falling backwards, tumbling onto the slope below.

I managed to get my ice pick into the steep snow slope, arresting my fall, and although I was in pain, it didn't seem like anything was broken. So I go home and had a whiskey and it wasn't for another year when I went for an x ray for a paragliding accident.

I was told that I'd fractured my spine during that fall, but I hadn't stopped climbing. And before I even found that out, I went to Shamli in the French Alps.

I got halfway up the aggregate. So maybe I start getting this fever, or I'm shaking and shivering and I have to get down as soon as I can. I checked into a hotel and allowed what turned out to be glandular fever, which is similar to Epstein-Barr over in the States to sweat itself out.

And after that I found myself becoming increasingly more exhausted. I attempted one more mountaineering trip in

Europe, thinking that the mountain air and exercise would cure us.

I couldn't have been more more wrong. The trip exhaust hit me so much that I ended up stuck in my tent eating really boring dried bananas. I managed to sum up the energy to drive myself home.

My days from then were spent flat on my back, staring at the ceiling. It's like living in it in a dark cloud, trying to focus enough to remember what I was thinking.

Two years of Western medicine couldn't couldn't figure out what was wrong with me. One doctor told me that 80% of people who have had chronic fatigue syndrome like us, would have it for life.

So just take these anti-depressants. And I said, fuck that. I researched and tried everything to get my energy back. Following every protocol to the letter I ended up going to.

Well, the first thing I did, I went to Africa to do a waterfall, but I lost a third of my body weight. The next thing, the next thing I knew, I was in a wheelchair and then tried all sorts of IVs, supplements, all these different diets, ozone, coffee enemas, which we just talked about.

So I did two. Today was very unusual. The depleted, my adrenals more trying to get well with just biochemistry was basically really, really exhausting.

And I was getting worse, not better. Now. Laid in my bed, staring at the ceiling, not climbing, not going on dates, not having a career. In the end, that was, well, it wasn't one year, not two, not even five.

It was seven whole years trying all these different therapies until finally I thought to myself, if I don't have energy, why don't I study where energy comes from?

And that led us to bondage. Yet it's the study of energy in living systems. And I wrote to the leading professor in the field who's called Professor Peter Fraser in Australia.

He sent me this paper on quantum biology, which I understood around 10% of it. But I was totally fascinated. So, so when I felt something that I hadn't felt in a long, long time, hope and I volunteered to become his research guinea pig.

I was experimented on daily, getting all sorts of incredible reactions like boils and fevers. And little by little, I got my energy back and slowly started living my life again, going on dates.

I had my first rock climbing trip for ten years, building friendships and more importantly for for everyone listening. We started Apologetics Research and Development company, and today that company that we started with, Professor Frazer, has turned that research into many different technologies that are able to detect and correct your health and energy.

And for so long we've been using chemistry or drugs to treat symptoms. But these pharmaceuticals can cause side effects over time. Plus, they often only treat the symptoms, not the root causes of disease.

But we discovered how to restore people's health in a chemical toxin free way without side effects that's affordable for everyone. That's quite a story.

The you've, fleshed out the part about ice climbing since I've heard it before, so I love hearing that. So tell me, you know, for someone that's never heard of the term bioenergetics, let's go through and and define that in a way that is understandable to everybody listening.

So I mean, Wikipedia, they say biology is the study of energy in living systems. I slightly altered it to say it's the study detection and correction of energy in living systems.

And really like when you're looking at the overall field of bondage, there's free main principles. One is that life is an energy exchange system to the body is a battery.

And three, that it's fields that govern the energy in your body. And so I'll just explain some of these three principles in more depth. So when you're looking at life as an energy exchange system.

Yeah, here we are sitting here, no one knows that you had Covid and I had it two, three months ago. How you know, we're sitting here, we we breathe in oxygen.

We breathe. We breathe out carbon dioxide. That's an exchange of energy.

Discovering bioenergetics and recovering energy

You know, you eat, you eat food. Food. The energy is generally from carbohydrates and and fats, but even the carbohydrates and fats ultimately turn into ATP, which is like the electron transfer, chain.

I mean, ultimately there are rich source of electrons, and fat is four times richer source of electrons than that than a carbohydrate, for instance, equally, if we went out into the sunshine, light penetrates through the skin, as it hits, yeah.

As it hits structured water in the cell, photons, photons of that infrared energy will spin out an electron again, that can be used by, by energy, the body or this will there's also like things like grounding.

You take your feet off, we'll walk on the walk on the ground or swim, swim in the ocean. And when you swim in the ocean, you're connected up to where you're very directly connected to, up to, both magnetic field, but more, more directly a source of electrons and, you know, from a bonded genetics point of view, you want to be optimizing how you're exchanging energy with the environment because very, very simply, if you have more energy available, you've got more resources and energy to heal.

Which really brings us into the sort of the the main second concept in biology, Essex, which is basically that the body is a battery. So like it's not a very good picture, but like if, if this is a battery and let's say, you know, your energy was down here, but it takes this amount of energy to feel good, think normally, digest, you know, walk around, you know, feed your kids everything you would need to do in daily life.

But your energy is lower here. You simply do not have enough energy available to heal yourself. And you need to get your energy above the level that you actually need for day to day living to be able to to heal and repair yourself.

And if and if you don't, I'd say, honestly, it's almost impossible. It's almost impossible to actually to actually heal yourself. So the second sort of therapeutic goal is you want to restore your energy levels in your body battery, so you have enough reserves for, for a healing reaction when people come healing crises or all those sorts of things.

You don't actually have to go through a healing crisis per se, but you you do need that energy to heal. So that's a very important concept. And you get that through the first principle of learning, how you optimize, how you exchange energy with the environment.

And then the third bit is the fields govern energy. So let's say let's say you've actually got let's say you've got a medium, medium reasonable amount of energy.

You're you're exchanging energy, your environment correctly or optimally. But because your system is so energy inefficient, you're just burning up all of this energy.

And so again, you don't actually have energy that the can go towards go towards healing. And so I guess the next question is like, how on earth do you I don't know if you do correct that energy control, that energy control system.

And conventionally, you know, conventionally we've all very familiar of a chemical based control system where it

will look like chemistry molecules are going through your blood hitting.

So different cell receptors and doing everything they're meant to be doing. The problem with that is actually it's quite enough. It's not that it's not true. It's 100% true.

However, in terms of in terms of the control system, it's actually quite inefficient. So, for instance, you know, if you the thyroid is producing, producing thyroxine, it has to travel to the cell and then the fire or it has to, sorry, the fire scene has to go through like the lock and key mechanism to act or, and that's true of any, any other chemical.

But in a field based control system, actually information transfer is, is instantaneous. And you can communicate, you can basically communicate to all the cells in your body in real time.

And you might think, well, you know, why doesn't medicine know this or study this? Or we could just give some I mean, there's a lot of example. Well, actually in medicine, for example, you know, there are EKGs, EEGs, MRI's.

What bioenergetics means and how it works

And so at one level, the like the whole medical system does actually read fields in the body, but the bit they sort of missed out is they're like, okay, they don't recognize the fields actually interact interact with it with the body, although it's sort of it's fairly evident if you, like exposed to, you know, if you went up to a cell phone turn, you feel pretty awful because of the, you know, the high, the high, the, the bottom line is like your cells also have this field based control system that is much, much more efficient and more rapid than the chemical control system.

And so a way of basically helping your energy flow through your body is to is basically to correct your field based control system. And if you do that, energy becomes more efficient or energy flow becomes more efficient.

And then back to the body battery idea, you, you end up with more energy in the tank or a new battery. And then you have energy available, to heal. But it's all also that energy is directed properly because your control system has been optimized.

And really, if you do the two together, like you, you know, you increase the level of your energy and you optimize how your control system is in your body.

Basically, you get better. I mean, that's, that's that's where optimal health comes from. So that's apologetics. And in a nutshell, it's basically the study of how energy works in the body.

And as I said, from our point of view, it's like, well, also how do you detect it and correct it? Because that's how we can get people better. So the principles of bioenergetics, I really appreciate you explaining and giving that definition.

And how do we put that to work practically. So practically. So we have this cloud based system that we call the energetic wellness system. And this is basically how we're able to detect or if you like, scan all the energy fields in your body.

And, you know, in, in general, like if you're if you're a member of the public, you would either go to a practitioner in person or you can use a voice cloud based system and you can find a practitioner location.

I think has a systems that's even easier. But I was less self-conscious. And you basically record your record, your voice, it'll scan against 440 different items or, which include all the organ systems, meridians, mind body correlations like nutrition.

We also look at things like life purpose, beliefs. And that type of stuff. And from there it also works out which sets of like in pursuit goals or like information inference will help you in this generally around five of those.

And then from that, you know, they, they just get drop drop shipped to you. Yes. That's basically that. So that's an

upgrade from putting your hand on the little mouth and having it. Right.

Yeah. So you can just, through the cloud using your voice, you know. All right. So can you talk about the technology underneath that? How did you do this?

You know, that's a long story, but. Yes. Yes, that's a 22 year story, but. Okay. So. Well, I do, I surveyed it, pulse diagnosis. And you know that I've been trained in that years ago.

And there's a current inside of your pulse and in different layers, you know, and and so I'm sure your voice has a similar quality. So I'm so curious about this correlative between pulse diagnosis and voice diagnosis, which is something I had never heard of.

It's it's actually it's actually more of a, a quantum physics resonance principle. Okay. So you know how, like, people will do muscle testing? It's it's really doing like a cloud based resonance or matching, type thing, and we just need the voice.

We just need the voice to identify a person in space so that we can then do this matching process in the cloud. And the real the real trick of it is, well, the real question is like, how did we work out that map of the body field in the first place?

And the answers that were it took. So it took Peter, who's the press from Melbourne University. So he was working on that for 25 years before I met him 22 years ago.

And this is going a long, long way back in, in history. And he basically he's working out like through trial and error. So he he would work out these different field vectors.

And you know, most of them would be wrong and would and wouldn't work. And so he wouldn't get a match. And then, you know, he would basically, say it was over.

It was over 20. It was 25 years plus, like there was ten years of his work. And where we were iterating on it. So it's almost like trial in that it's like, like having a very good theory.

But then you have to do trial and error to see whether your theory is accurate. And so, you know, over that long period we would end up, anyway, we would through trial and error, we sort of got got all of those vectors worked out so we could do the matching.

And then these days it's a bit easier because we have all the, all the cloud based data. It's like we know we know what's going on with all the clients and patients.

So it's it's easier to correlate things. But but for him, he had to do it all through trial and error over with his own individual patients over a really long period.

That's amazing. Yeah, it took some time. You know, it's not a sure answer. But if you really if people really want to dig into that, we wrote a book called, Decoding the Human Body Field.

It's like 400 pages with all of that history and the experiments, and it's it's pretty interesting. Read, if you like, going down, down that sort of investigative research rabbit hole.

My gosh. And human design, I'm an investigator. That kind of, rabbit hole is my jam. I definitely want to read that. Now, there's some recent research findings from the University of California in San Diego, right.

There is lots. Yes. Yeah. I talk a little bit about those findings. I will, so last year, yeah, we're in 2022, but in 20 into it in 2021, actually, we were at a Joe Dispenza event.

We met, Professor Hammel, who's doing, doing research for the Justine's a nonprofit, you know, talking about a lot

of these schools. And he was like, oh, that's, that's interesting.

I like to test all these out in, in their lab using all these different cell cultures. So. So he, like one of the first experience did this because it's 20, 21.

They're obsessed with Covid. They they said he took lung tissue. They bathed the lung tissue in, like in basically in a, in a medium of we haven't explained this, but I'm just going to say for now, it's, it's an imprinted medium with the information that will help correct your, your body's control systems.

They basically imprint this medium with information that would help reject Covid from lung tissue. And then they infect the lung tissue. And obviously they have a control as well.

Voice-based energetic scanning and the underlying technology

And they basically saw a like a 20% increase in the, rejection rate of Covid from the lung tissue. And when they did it with, an HIV virus with a different set of information, we had a 50% additional rejection rate.

Then they they were like, oh, this is quite interesting. So then they were like, well, are these infections different? I'll just say one suit because I've got one here.

So that's, yeah. Let's talk about the difference between that and a homeopathic solution. Yeah. So this, this basic information that's where it's information that's basically there to help correct your, your energetic control system.

And it is in mineral water, but the, the minerals and the water part, we're really not so important. The, the part that matters is the information. So I'll explain how in fact it bit after.

So I'll just finish the research bit and so then, then they basically wanted to see, well all these different emphases schools different. So they used a school of a paramagnetic.

Anyway, it was a is a machine that could basically tell all these different wavelengths of power and magnetism. And anyway, they basically found each var in residuals, had a, had a different a different magnetic signature.

But chemically it was a, it was a thermal absolutely identical. So that was like the scratching their their heads in there. And then obviously they were like, well what else can these industry schools do?

So they had a bunch of like neural stem cells and we and we actually didn't know they were doing this experiment. They just told us afterwards because we sent them, like all 72 sets of chemicals.

And then they just there was one called, I mean, the name doesn't matter, but it was called CRH matrix. And they tested that against neural stem cells and they got, yeah, they got a 50% additional growth rate to growing a stem cell culture.

Than than the control. So that was yeah, that was pretty interesting. Then they started down a whole load of other types of experiments where they're looking at the like, so, so membrane resilience, and they were able to see an increase in the, resilience of toxins entering the cell.

What else have we seen? The studying, like, metabolite, like metabolism and energy haven't got the when we haven't got those results. Got all those results.

Yeah. But, long story. What's really exciting is when we, when we were first doing the research with Professor Frazer, like 20 plus years ago, he didn't he didn't have, like, all the modern equipment that university has.

He didn't have access to all of these cell cultures. But what's fascinating is, like the sets of information that we worked out in the 20 plus year was literally 20 years ago now.

But we're finding in the lab on these, on these actual tissues that they're having their effect, like the, you know, the next phase is, to the to basically the dirt with having my dogs being very naughty, on mice not we're not going to do dog testing, just, you know, and and then you go into he into human trials, but, Yeah, well, that's pretty exciting.

I and sorry to explain your homeopathic thing. Just so that people understand, the principle is different, you know, and I think a lot of times when people see an empathetic goal, they automatically put it in the category that they've seen before.

And this is something quite different. So, so, so homeopathic, so like to 200 years ago, you know, Hannah, it sounds his first name, Samuel Harriman. He would take a dilute substance of something that would create the symptom in the in the body.

So, like, you know, as a herb Knox or Knox? Vamika. If you eat a lot, you would vomit. But then from a homeopathic point of view, if you dilute it all the way down, you know, you dilute it so there's nothing left.

That imprint will basically, in a way, and in a way, it sort of helps the helps the body basically elicit a healing reaction that would help settle down your stomach.

So you wouldn't B6 it's it's sort of like, the body the body is basically reacting. It's he is healing has a healing reaction against something that would be poisonous or the high dose.

You know, we looked at that idea and we're like, you know, why on earth, why on earth?

Research findings and comparison with homeopathy

We sort of going this really indirect route and asking the body to to react against something rather than just providing it the actual optimal blueprint of how something should be in the first place.

So we've asked like we we're just basically recording like the healthy blueprint of how our liver is when it's working properly, you know, or a kidney or a brain, etc..

And then we just imprint that information and provide that, basically provide that to the body. So from your body's point of view and it has a certain amount of energy, if it has, it has enough energy to to heal.

And it will then basically direct. It'll then it then basically steers the body to heal itself in a, in a particular direction, as guided by an emphasis.

And thank you for the explanation. I know that we, when I had a brick and mortar clinic with the nest system and in pursuit of goals, from your company, and we we're having to provide that explanation quite a lot. So, how how do you see bioenergetics changing, really?

Our cultural story or our society as we know it right now? What a big question. Well, basically. Like that. Well, if you could imagine, like the the world wasn't ruled, like, by the emotions of our leaders or, you know, I think that question comes after that question comes after asking about Jim.

I think the answer will make more sense. If we are able to edit that. Yeah. Go ahead and talk about Jim. So that, you know, so what we were just describing was, it's an emphasis.

Goodness. So one of the, one of the new things that we've been doing in our R&D company is making a new wearable that can detect, correct and protect your emotional energy.

And if you like, it's a bit like it's a bit like delivering a digital in suit. Cool. Where the wearable is imprinting straight, straight into the blood.

The biosignature that that you basically need and that's the correct that's the correct part. The, the additional sort of

pretty, pretty neat thing on the correct.

Sorry. On the detect for is it will also read your pulse. So in traditional Chinese medicine you can basically work out like which pulse out of 29 different pulses.

With managed to work out algorithms that will pick up for 13 of those TCM pulses just based on the actual shape of the wave. And so from that we can tell, well, we can tell these different emotional characteristics, like, if where someone is in a scale of frustrated to decisiveness and it's sort of based on, like a, like a Warri pulsing or a liver pulse, you can, tell where someone is from anxious to faithful.

You know, sort of a more, more of a spleen type type type pulse and, it also does all of the normal things that you might expect, you know, or we like your, sleep, sleep movement energy, etc., etc.

all that sort of standard stuff. But say the the really interesting, unique part is instead of like just looking at HIV or heart and heart rate, it's actually looking at the full shape of the pulse.

And that means we can get a much, much greater insight into actually the health or like the vitality of a person, like, right, right. In that instance.

And then of course, we can use all of those analytics and insight for the for the correction. That's beautiful. Yeah. So that's quite cool. Do you have an example of the wearable there to show?

I j I don't, but energy for like with the number life.com, you can see on that website. Okay. All right. And there's there'll be a like a beta launch of that in in November.

Who's launched.

Wearable technology and the future impact of bioenergetics

So I mean literally we're just going to give out a few hundred and to, to beta testers and then there's a full launch next March. Nice. So then lead that into the societal question.

So if you can imagine that, like, you can detect, correct and protect your emotional energy, then like if you could then therefore imagine that the wool like if we had a ruled a world that wasn't ruled by the emotions of our leaders, like if wars were not perpetuated by their state of energy and consciousness, and if work stress didn't burn up your energy, if doctors didn't offer only like anti-anxiety and anti-depressants, when the root cause of stress and mismanaging your emotional energy, and you can imagine a world where people detect, correct and protect that emotional energy, where people understand their bodies, their emotions, how it affects their life experiences, their health, their relationships, etc.

then you can probably see like how how that would change the world as each individual's positive emotions would cause a ripple effect. Raising the consciousness of the planet would lead to less wars, better corporate cultures, societal decisions and health outcomes, and a society's experiences.

The benefits of bonds. Yes, it catalyzes a scientific revolution that would overthrow medical science, leading to changes in a fundamental understanding of biology and how to heal people.

That really leads us to a world where the first port of call is to energetically heal people, and a chemical side effect free way, only using chemistry as a secondary measure when needed rather than as a primary measure.

It's also a world where you would connect your innate wisdom and then a healer for a world where our environment is setting up, set up for our body to heal, our minds to calm down and our spirits to shine.

That's how I think it will affect society. But I mean, yes, this I could go on, but, I love that. I'm looking forward to beta testing and gym. Harry, thank you so much for spending the time to share your wisdom with us.

I know you have a free gift for our audience and I. So yeah, it's a book called, Restore Your Energy with Bondage Ethics, which I you can get if you go to the the self-care, website and opt in there.

We'll have it here too. So thank you so much. I really appreciate knowing, the latest innovations coming out of the company. So perfect. Cool. Thank you. If.

All right, everybody, until next time, be well.