# How Bioenergetics Can Restore Your Energy for Life? Transcript

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## Introduction to Bioenergetics

Hey, everyone, welcome back to Mastering the Menopause Transition Summit. I'm your host, doctor Sharon Stills. Always excited to be here with you and always excited when I'm bringing you something new to think about in your hormonal journey today we are going to dive into one of my favorite topics bioenergetics, and how energy and the things that you're not, can't necessarily see are impacting you in a profound way.

And so I have a great guest today. His name is Harry Massey. He has a incredibly inspirational story, which I am going to let him tell us. And he after he recovered from his illness, he went on to be a successful entrepreneur, for he's the CEO of Ness Health, which is a company dedicated to researching and developing technology aimed at restoring your energy for life.

So he also authored a book. He's made three award winning, winning films. And so he's just going to be a wealth of knowledge. And so sit back, relax, expand your mind, and be ready to learn your way of healing.

So welcome, Harry. It's awesome to have you here. No thank you. Yeah, I'm really looking forward to this talk. It's nice to be interviewed by someone who's passionate about lots of it.

So tell us your story, because I think it's so inspirational when we hear stories of people who were suffering and were able to find healing. I know people listening right now are probably suffering and can use a little inspiration in their life, I'm sure.

So I absolutely love climbing. I've climbed 4000 these, overhanging faces in the French Alps, a free climbed about ropes 100ft above the ocean with waves crashing into the cliffs below.

And when I was 21, I had these free climbing trips that led me to being bedridden for the next seven years. On the first trip, I went ice climbing on Ben Nevis in Scotland and ice climbing.

## Harry Massey's Illness and Recovery Story

It's much more delicate than than rock climbing, and sometimes you come across patches that are extremely brittle whereby like you teeter, teeter, teeter off.

As delicate as you can was a few hundred meters up the mountain. I place one ice ax made my move and the ice shattered, and the next thing I realized is that I was falling backwards, tumbling onto the slope below.

Now I managed to get my ice pack into the steep snow slope, resting my fall, and although I was in pain, it didn't seem like anything was broken. So I go home, had a whiskey in Scotland 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.

I went to Shamone in the French Alps, got halfway up the I and and started getting this fever where 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 I think in the States you called mono to sweat itself out. And after that, like, I found myself becoming increasingly more more and more exhausted, attempted one more mountaineering trip to Europe, thinking that the mountain air and exercise would cure us.

But in that in that time I couldn't have been more wrong. So the trip exhausts me so much. The landed up stuck in my tent, eating dried bananas till I managed to summit the energy to drive myself home.

Now my days from there were spent flat on my back staring at the ceiling, and it was like living in a dark cloud, trying to focus enough to remember what I was thinking.

And two years of Western medicine couldn't figure out what was wrong with me. You know, one doctor told me that 80% of people I had chronic fatigue syndrome, like I had it basically end up having it for life.

So you need to just just take some Xanax or something like that. And I said, screw that. I researched and tried everything to get my energy back. And I literally would, like follow every protocol to the letter for, you know, 6 to 12 months at a time.

So I went to Africa to do a waterfall. I lost a third my body weight, and then the next thing I know, I end up in a wheelchair. I tried, you know, the magnesium IVs, every IV you can think of, honestly, supplements, direct diets, ozone, you know, coffee enemas.

That depleted my dreams even more. And really, you know, the bottom line of all this is trying to get well with just biochemistry I found completely exhausting, you know?

And unfortunately, I was getting worse rather than better. And so I ended up laying in my bed just staring at the ceiling, not climbing, not going on dates, not having a career.

And, you know, it wasn't not 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. Essex the study of energy in living systems. So I ended up writing to the leading professor in the field, which was Professor Fraser in Australia.

He sent me this paper on quantum biology. I just did I think about like 10% of it, but I was totally fascinated. And that's really when I felt something that I hadn't felt in a really long, long time, which was how I volunteered to become his research guinea pig.

And I was I was experimented on daily for a couple of years, getting all sorts of incredible reactions, like getting these different boil boils and fevers, of like antidotes for the MMR vaccine.

And basically little by little, I got my energy back, slowly started living my life again, going on dates. I had my first rock climbing for ten years, building up friendships and starting apologetics research and development company.

And today, the company that we started with, Professor Fraser, as has turned the research into many, many different technologies that ensure are able to detect and correct your health and energy.

And, you know, for so long we've been using chemistry, i.e. drugs to treat symptoms. But these pharmaceuticals cause side effects over time. And plus they often only treat the symptoms, not the root cause of disease.

But in that whole process, we basically discovered a way to restore people's health in a chemical top ten free way without side effects that's affordable for everyone.

There's my story, Tom. Wow. That's that's an amazing, amazing story. How long ago was that that you were sick? You know, I'm 47 this month, so, Yeah, I got ill at 21, so.

Yeah, it's been. Yeah, 20 years, actually. It's 20 years now. But that's pretty cool. And I was impressed with myself because I've climbed Kilimanjaro.

That's how I celebrated my menopause. But wow, your rock climbing is very inspiring. And we know it's so that mountain like that I to moody. I haven't been back, so I actually want to go back to Europe.

I I'm planning to do that next year and go climb up the mountain that I got sick. And that would be a nice like just

complete the loop. That would be awesome.

So bioenergetics energy. And I love how you said you didn't have energy. So you started to study energy that that makes so much sense. But we don't always we always study disease, right?

I mean, you know, when you say, oh, I'm going to know everything about chronic fatigue syndrome, five major and all you come across as these horrible statistics.

I was like, well, why don't we do the offset? Like how how do you have energy? And you know, where does energy come from? And that yeah, that shift in perspective was obviously it, it healed me.

But yeah. So for the listeners who this is a whole new concept for potentially what is bioenergetics, what is energy, what do they need to know to start wrapping their brains around this as part of their healing journey?

## Core Principles of Energy and the Body

So I mean, like the definition of bondage ethics is basically it's the study, detection and correction of of energy in living systems. It's sort of just in, in that statement and really, you know, some core principles of bondage ethics.

And I, you know, I'll just give you three of them. So one is that life is an energy exchange system. And I'll tell you what that is in a minute to the bodies of battery and free fields govern like a fields govern your control system.

So just going back to the first of life being an energy exchange system. So like, you know, if you if you imagine where we're here, like sitting here, we breathe in oxygen source of energy, breathe out carbon dioxide.

There's a little bit of sunlight on my arm. There's sunlight. Sunlight is a nice form of form of energy in the form of photons and heat. I could take my feet off and walk outside and get get, select electrons from the ground.

You know, food, food obviously as a source of energy. But food in the end gets converted to ATP, which is actually just, the electron transfer train in the, in the mitochondria.

So this is ultimately everything. But really ultimately everything gets down, gets down to electrons, even even photons. You know, when, when photons are shining, shining into my body here and they're hitting, you know, they hit structured water in the cell.

When it hits, structured water ends up spinning off, spinning off an electron, which again, can be used as a source of source of energy in the body. So that's like the first principle.

And there's a lot of ways you can optimize how you're exchanging energy with the environment. You know, breath breathwork is a is a great example. You know, I won't go into the details of breathwork now, but, you know, just walking and moving qigong, all these things, you know, they they will help increase your exchange of energy, the environment.

That's really, really important. Because the second principle, we gonna talk about is that the body is a battery. And so let's say that you are exchanging energy with the environment, but you're not storing the angle that, you know, your energy's too low.

If your energy's too low, you simply don't have enough. You know, I'm gonna leave you to the center because I have the zoo off to a less. I can't realize I was looking off to the left.

Sorry. Back to. The body's a battery, so you know it. So when your energy level is too low. So you need a certain amount of energy for, you know, digesting, just living, breathing, thinking.

And it all of the things that your body does. And if your energy is just sort of mediocre, it just has enough to do all those things. All it will do is do those things.

And if it's low, you know, you start getting brain fog, you know, you start being sluggish and all of that. But if your overall body battery, your overall energy level is high, you have excess energy that is available.

Now you can use that to heal yourself. I mean, it just happens automatically. You really have to think about it. Or if you use some qigong master and you have excess energy, you could actually use that energy to to heal other people.

It's a whole other conversation. But but really the important point, oh, principle is that the body is a battery. The idea is to keep fuel, battery fill, you know, filled up and make sure you're not, like, continually draining it.

And that's basically basically then you have enough to heal. And that sort of leads us into the the third principle, which is, you know, the more interesting one really is the fields basically govern your your control system.

They govern your energy control system. So one one reason your body battery might completely drain, you might say, well, I do walk, I do you, you know, yoga or whatever, whatever I eat the perfect diet.

Well, one of is your energy just draining away all the time. That's because, you know, unfortunately, if you end up in a if you end up with a disease or you have a whole series of, you know, accidents, things that the the happened to me, your control system can end up so inefficient that it just drain it just drains energy.

And like, you know, the most extreme example of that would be, would be cancer. You know, when, when cancer starts sort of just growing everywhere. Basically your control, your control system has become so inefficient.

It can't it can't hold itself. You know, it just can't hold itself together. So the body ends up sort of destroying itself. And ultimately, ultimately, you die.

And so what we want to do is make your body's control system, you know, nice basically efficient coherence is a lot of words you could use for this. You know, we also use the word information.

And if you can get your control system efficient then you get well. So the next question you might ask is like, well what is this control system and how does it work?

So, you know, I'm I'm just going to split it into two control systems because it's simpler. So, you know, we're very like we're all generally very used to this chemical control system.

I you look like a fibroid molecule. You know, it goes in like a little lock and key and tells your cell to, you know, to speed up metabolism, that's all.

That's all fine. But it takes time for those molecules to, you know, get from your thyroid, travel around the blood, get into the cells. Well, in addition to that, you also have a field based control system.

And the field based control system is pretty is pretty much instantaneous because it can basically travel at this at the speed of the speed of light or the speed of fields in your body.

And that's super useful. And it's a slightly foreign concept for people. But if your body was only working on a chemical control system, your body couldn't actually coordinate itself until you know, absolutely perfectly, because there's trillions and trillions of of different reactions and mechanisms happening, happening in the body at any one time.

And the only way to coordinate that perfectly is actually through for a field based system that this instantaneous that's actually able to, you know, to hold that cohesion, or like, you know, if you're suddenly in an accident and you react super fast, you know, you're not waiting for adrenaline to go to the cell to, you know, fire up that muscle, like magically you are just able to do that in real time.

And some people report that time slows down in a car accident and, you know, they're able to do all these things,

and they managed to avoid dying by moving or whatever it is, that that's because of the field based control system.

And so everything that we want to do in biology, ethics is what we want to make that control system work is as well as possible. And if we do, then energy is conserved, and then we have enough energy and resources to basically Hela cells.

There you go. That's biology. So I, I loved personally and my practice I love to affect the field with color. And that's been one of my favorite ways to get the bio photons to speak to each other.

So I know you have like a whole set of remedies and devices. So I'd love to learn more about what you're doing to affect the field that the listeners can learn about, that they can use in their own lives, I'm sure. So all of the all of these fields, you know, full, nice, lovely bit of physics.

And so in, in, in physics, you know, all of science. So, so I'm just going to go with all of science. So, the sort of base, if you like. I'm just looking at a pyramid at the base.

You sort of have biology and, and, and physiology. Above that you have chemistry. Above that you have physics at the sort of the top of the pyramid that within that physics part, really, you have just energy and information.

And, you know, if I go to an ion, well, there's two Einstein quotes help to explain this. One is that equals MC squared, which is just saying energy is equivalent to matter.

And the second great Einstein quote he said is like the soul soul governing force of the particle is to feel sorry. I actually said the soul, the soul governing force of the God I was.

That's amazing. I never get that wrong anyway. The soul, the soul governing force of the pole. No, it starts with the field. The field is the soul governing force of the particle.

So. And the the meaning of all that is, it's it's actually the field that's controlling biochemistry and, you know, and in turn controlling biology. What what Einstein means by the field, it's a, it's a field of information.

## Information-Based Remedies and Scanning

So ultimate information is like this blueprint that's right for our reality. But in this case we're just talking about the physical body and this blueprint of information, you know, ultimately controls absolutely everything else.

And the the beautiful thing about and, you know, a lot of, very, you know, different traditional, different traditional, medicines over the centuries, like from China, like Chinese medicine has a sort of an informational, energetic character, of with homeopathy.

A couple hundred years ago, you know, it was also use was also using that, the only difference being something like home you office. They were taking a very dilute substance and with it of they were diluting something that would cause the symptom and they would dilute it, and then the body would hopefully react against it.

And the insight that we had with Peter Frazer, the, co-founder of ness, it's like, well, why don't we just record the positive information version of how, you know, how different parts of the body work in the first place?

Like, you know, we don't need to come from a disease setting. But just like when we said at the beginning, like, you know, these people were saying, well, you've got chronic fatigue, you're just going to have to suffer for the rest of your life.

And we were like, well, no, why don't we study the opposite of what health is? We we applied that same principle here. We're like, well, let's record the, the informational blueprint of a healthy liver, healthy kidney, healthy, you know, brain cells, etc.

and then provide, you know, provide that to the body. So to answer your question, because you just asked about remedies, basically, like in it all remedies that we call and in the suit, which is, you know, an information suit to go with basically recorded the healthy blueprint of, you know, different different tissues, into the in basement Claudio Minerals.

And then just when you take that, you, your body recognizes that blueprint and it directs this energy and restore says to repairing that part of the body.

Back to that blueprint. So that's the that that's how we help people. That's the main part. The second, you know, the second part is like, well, which part of this control system, which remedy do we need?

So we we basically created a scanning system that that uses your it uses your voice. And for those familiar with like muscle testing in that type of stuff, it's it's sort of like it can I mean, it it gets a bit complicated the mass.

But basically it's a, it's a computerized form of, of muscle testing where we test, you know, well, 420 different aspects of the, of the human body field.

And then. Yes. And then and then basically from that, you know, we know which, which remedy to use. So that's, that's how we help people. I'm curious how did you find healthy resonances of the different organs, because it seems like it's hard to follow up to not a super long process.

So, so Peter is, you know, a co-founder and the scientist from Australia. He he'd been mapping out the human body for, for, for 25 years for IBS. And, and then we worked with him for another ten years.

It was a 35 year process. And a lot of there's an awful lot of trial and error, like, he would it's it's actually sort of, but it's mathematically theoretical in the sense that, so like we would say, oh, like, and there's so many examples.

So like if we're looking at a cell. No, then he he would have to work out the, the theory of what's crazy energy in the cell. And okay, there's the normal ATP route.

But he found that at only 60% the energy came from ATP. There's like another 40% from light and, like ambient heat, light, photons, etcetera. So then he would track those pathways and then to act so, so basically, it's not like that we took, a rule we didn't go and find the healthiest person on the planet or anything like that.

This is actually from the ground up, raw principles of how different pathways or different energetic pathways are working a body. And then to work out the information sets in literature, you have to do it through trial and error.

Like, it it's math, it's mathematic. So it's like, you know, it does a vector is a vector a one, is it a two is a three. Is it for. No, you know, and B no no no.

Oh it's a five. Yes. And then we would, we would basically build up these vectors, of just pure information and, and it did take 35 years to do that. So yeah. It's not a. Yeah.

We didn't we it's not from biological samples per se. Yeah. Makes sense. Makes sense. So what is actually in the remedies. Are they just and from from from a chemical point of view it's just minerals and water.

But the, the magic is the information that we imprint. And probably you wondering how you imprint that. So. You bet. We basically use deceased photons and stuff like that.

You can you can carry the information on the light. And the light just passes through and then imprints the liquid on the inside. We do that a lot with homeopathic remedies like imprinting machines.

So, so for someone who is listening, how do they know if their energy needs help and how do they know which part, like which organ? How is there that that's through this scan that we call the apologetic.

Well, in the system. So you basically see you would get like you would go on line with your practitioner or coach. They, they would, they would record your voice.

And then we basically take that voice imprint, we run a whole bunch of algorithms against it. Well, against 440 different items. And then that select from that, it selects like five different emphases, calls. Cool.

So it's easy to do. It can be done from your computer. It can. Yeah. Yeah, yeah. Anywhere over the internet. And you also have wearable devices, right.

No not quite. But if anyone there's some it's coming out. So in November we have a, a new wearable called a gem that stands for Guided and Guided Energy Management.

That's able to detect, correct and protect your energy if you like everything we just described, we're basically doing well. It's not as fully comprehensive.

What I just described is really a practitioner system. And what I'm now describing is a, you know, a consumer system. But yeah, you can you can basically just do it in a, in a wearable.

It's long, short, although a little bit more. It's a little bit more complicated because we're, we're picking up people's pulse. So from a traditional Chinese medicine asthma you can there's like 29 different pulses.

And then we've worked out these algorithms that are able to classify, classify those 29 pulses. And then we like turn that into five element theory. And then from there into all these different emotional characteristics.

So like we know so we can tell if someone's like frustrated to decisive or and or anxious to, to face like all these different sort of emotional scales.

And you can tell the normal things like a wave or a would do like the whole sleep movement, all of that. But that's pretty dull because everyone can do that.

But yeah, the, the real thing is it can I mean, it's actually analyzing your overall energy, health and vitality in real time because we can tell from the shape of your pulse.

## Research, Wearables, and Practical Applications

How you know, not I say normal, but in Chinese medicine school to obtain my, And that's like a nice optimal normal pulse. And we can see how deviated the shape is away from the from this perfect pulse picture.

And then and then it corrects you by imprinting these, like, through, like, same, same as we make these remedies, you can, they seem for your blood directly to help balance all your emotions.

And then we have these personalized, what I'm calling an annotation, but it's basically a spatial meditation that's personalized to you based on the reading with all this wisdom that that sort of, you know, helps you become, become more positive, basically, that is super, super cool, I love that.

So you had mentioned there was some research out of the University of California, San Diego. Sure. Yeah. So, well, yeah, for this new, this new company, we wanted to make sure it came out as research backed.

But yeah, they've been doing a whole bunch of experiments, but, one they did on the very famous Covid. We don't have a product for Covid, so I can talk about it, but so basically we would take so you can you can take lung tissue and then we basically imprint the lung tissue with some information that will help the lung tissue reject the Covid virus as an infected with Covid.

And then you see how quickly it rejects. And basically you can you can increase the rejection rate by like 30%. And when we did it with Aids increased it by 50%, to some other experiments with neural stem cells where you can

increase, neural stem cell growth by, that was that was 50% over a, over a ten day period.

And then we've also been looking at, like the, the cell membrane resilience i.e. so if like toxins are trying to get in the cell, the cell membrane can, can resist, I have that, but it has I don't know the full data, but I know they're saying early signs of it, of the cell membrane, like resisting toxicity and things like that.

Very, very cool, very cool. So I mean, in your mind, do you see a need for anything other than bioenergetics in your, your healing process, or did you take the question?

You know, there's there's a place for everything like good, I mean, good good, good food and diet. I mean, from our vantage point of view, it's it's inclusive of but of biochemistry anyway.

And you know, that bad food is bad information from our point of view. So, no, 100%, you know, good good. Herbal medicine. Good, good. Other healing principles.

I mean, there's so many things in the healing arts, that are really beneficial, but honestly, they sort of fit within this framework, that we're describing.

Anyway, if I, if I went back to when I was really sick about the bit, I didn't say, you know, that period was so, so stressful. I think that's why the bike, the biochemistry wasn't working.

Whereas obviously it does work for a lot of other people. You know, my view on it all on the is like, you do you do every so you do everything like, you know, if you've plateaued or something and not getting anywhere, then try something else.

So you know, you know like you might try, try our stuff for six months or something like that. But yeah, no, I yeah, I mean, I, I, I do not eat unhealthily, if that's what you're asking.

I'm going to go to McDonald's after this time. No no no no. So where can this is definitely, outside the box. It's totally in my box, but I'm sure it's outside the box.

Where can people listening learn more if this is something that's calling to them? So, I mean, the, the best space to go to an s health icon, on that site, you can, you know, you can find, a practice or coach, you can, like, you can download or books, you know, like our main book, I may, I mean, books like, I think it's Restore Your Energy with Bios Essex or restore your health budgets.

I'm sure that's on Amazon. As is declining body feels as a film called The Living Matrix, which is a film about all this stuff which is on the Living Matrix movie.com.

But yeah, and then the only other site would be energy for life.com, which is the new, the new where we'll like if you're interested in that for when it comes out, just put your name in the box and then we you'll be alerted when like there's no you're not going to be bombarded with these letters.

But when it, when it, when it comes out we'll let you know us. Well, thank you for sharing and I hope everyone listening maybe listen again, go to some of those resources.

And we tend to and as you know, we tend to focus on our hormones and I love hormones with the rest of you. And but there is so much more to healing. It's why I wanted to create this summit, so you can learn about all the other important things you can.

You can take hormones, but if you don't work on your energy field and the information you're getting, then you're not getting the benefit of the hormones. You're not having a fully healed being.

And so I really hope I think, yeah, I mean, in reference to hormones as it's, they're full of it. I mean, it's, you know, when you optimize your body's control system, it's it's going to optimize how your body, you know, produce

produces hormones and it's going to make it easier transition for you through the menopause.

So, I mean, it's not that you can avoid it, but it's it's going to make it easier. Exactly. It's we we always want to start with the hormones, but we really need to start with the field and the energy and the information.

And we get these things balanced and then we can build up. And if we need to tweak or add in the hormones and so forth, we can certainly do that. But you're missing out on a big part of healing if you don't have an acknowledgment of information, energy and how it affects you.

So I hope this inspired you to go learn more, check out Harry's sites, sign up for it. I'm signing up. I want one of those. So so thanks for being here and playing with us and we'll be back with another interview soon.

So be well till then.