How to Charge Your Body’s Battery, Providing the Raw Fuel for Healing Long-Term Fatigue Transcript

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Introduction to Bioenergetics

For. Welcome back, everybody, to the bioenergetics summit. You've got your hosts on this one, doctor Greg Eckel and Harry Massey. And our topic is how to charge your body's battery, providing the raw fuel for healing long term fatigue.

And this comes from the maestro himself, Harry Massie. Welcome aboard. I think I'm excited for our interview here and sharing your point on bioenergetics.

So as a starting spot, what are bioenergetics and how does it relate to energy? So, you know by energetics it's it's pure term. It just stands for the study of energy in living systems.

I like a slightly modified version of it, which is the study detection and correction of energy in living systems. Because, you know, we don't just want to study it, we actually want to know what's going on in the body.

And of course, we want to be able to use those answers, to be able to get feel, to get people better. And, you know, there's a lot of sort of fundamental principles in biology at its but I really like just free and those free, which we'll get into detail in in a minute, is that life is an exchange of energy.

And then the second one is that energy can basically be stored in the body, a bit like a body battery. And the third is the fields within your body govern energy.

So that there is also this alternative control system to the chemical control system of the body. So I guess we'll we'll start with the first principle.

Yeah. Let's let's unpack each one of those separately so that life is an energy exchange system. So how do we exchange energy with the world around us?

That is exactly it.

Energy Sources: Breath, Sunlight, Food, and Electrons

So, you know, we're we're we're sitting here, we're breathing in, or and more purely, we're breathing in oxygen. That oxygen is a source of energy. And, you know, people think that.

Well, people think all of that energy is just food. But actually most of your energy comes in your form of breath. And obviously it then does combine with fats and carbohydrates in the body to basically form, like ATP within the mitochondria.

And the cell is your source of energy. So that's, that's one. But on that note, it's why it's why breathwork is actually so, so important and so, so beneficial.

Because actually it's the most immediate direct source of energy in your body. And perhaps obvious, but we'll state it. You know, if you stop breathing, you know, you die pretty quickly.

If you stop drinking water takes a few days to die. If you eat, if you don't eat food, you know, there's some people who fast for a couple of months, you know, perhaps before they die.

So actually has, you know, in effects of immediacy, of importance air is, you know, super, super important source of

energy. So that's one the second would be sunlight.

You know, we've got sunlight pouring through the window here. We don't necessarily think of sun as a source of energy, but if we're looking at it from, from a planetary level, if you took out the sun, nothing would exist on Earth.

In fact, the planet wouldn't even exist because the planet was spun out, spun out from the Earth, and, you know, when you think about it, it's very easy to see it in the plant kingdom.

But basically, a tree or plant, it basically takes carbon out of the axis is breathing in, carbon dioxide, but the source of energy that turns it into carbon in that plant and that plant is photons.

And basically sunlight. And you might think, okay, well, that works with plants, but does it apply to animals and humans? Well, absolutely. It does. You know, a very there's a few ways of thinking about it.

But in the summer, generally no light, they're eating salads. Like, you don't actually need to eat as much food in the summer because there's more. There's more ambient heat.

There's more light energy from the sun available to you. So, you know, we're getting a large source of our energy from light, from, more sort of physical.

I'm sorry. More answers from a more solar biology point of view as as light enters a cell, it's basically hitting structured water, within the cell, which is a tree, O2 and what it's doing, it basically hits it's H3, O2, and it'll spin out an electron.

And then that electron can be used, basically space as a source of energy in the cell. Then we have food. I don't think I need to describe why food is a source for energy.

It's probably obvious, but the other source actually is just raw electrons from the ground and growling. Let's be honest. Like, you know, when you ground, you don't necessarily notice a massive uprising energy.

However, there's two places I think you do like one when you swim in the sea, like the sea is such a rich source of electrons. And that's mainly because the sun is, you know, it's just hitting the sea all day long, and it's just so rich in electrons and you feel really, really good when you swim in the sea or the other is like a more direct thing, but you can get things like ozone, steamed tents, or actually you can, you know, put ozone in an ivy and all these other things.

The ozone is like the most it's the most ridiculously rich source of electrons. And you really, really feel, feel that energy. And so fundamentally and from, from a healing point of view, if your energy levels, a low basically, you know, you feel bad, you end up getting disease and there's some research that shows, like when you look at the electron potential across the cell membrane, when, like the optimum, I think is, when the voltage is 250 millivolts, like, if it's below 50 millivolts, that's, basically cancer.

Most other diseases fit between 50 and 100 millivolts. You know, upwards from from 100 onwards, you know, more like 100 to 200. You can be you don't necessarily have a disease, but you could be feeling a bit tired when it's getting, you know, above 200 to 50 that that's optimal performance.

You've just got energy on tap. All day. So yeah as a as a principle, like we really want to get those energy reserves up and just have all that energy available because if you've got more energy available than you actually need in the day, your body will basically send that energy into repair, into healing.

And you won't, you know, you don't manifest disease. So, you know, it's it's a yeah, it's a very fundamental principle, apologetics, that we want to get your energy levels up and, and keep them up and I'm sure.

The Body as a Battery

Well, let me ask you, like from a Chinese perspective, you know, how does that apply, I guess, to lychee kidney, jing essence, all of that type of stuff.

Right? I mean, that's we we come in with postnatal chai or prenatal chai, what our parents gave us energetically, and then postnatal chai of what we put in, which is all of the facets that you just talked about there that create the qi or the energy Jing essence is that fire.

It's called from the Ming men fire. This spot between the kidneys of it is the essence of life in the body. Well, there are a lot of things that feed into that essence.

I love the core. So. Right. That's it. Well, it's interesting because kidneys is like the the water element. Yeah. You know, struck structured water in the body or more specifically in the cell that, that really is how this I call it, the body battery mechanism.

But that's really how it's working because you want to build up that the charge in the cell. Yeah. And so having that you know that that mingling fire then percolates the water throughout the body and that creates the flow and then essence and blood.

And so that is on a health promoting component. I really like that. The concept of some people don't really get that. As far as the energy from source is, you know, you said it without the sun, it nothing is happening.

The show stops and it is we are eating sun energy like we're breathing, you know, and I mean, plants, all food really is like, frozen light in the. Yeah.

I mean, I think I see it as frozen, like love it. Well all right, so that's the first component on life is an energy exchange system. So the second one that you package there was the battery is a battery.

So what do you mean by that. Oh well it's really an extension of this idea. So you know you've got you've basically got structured water in the. So it's it's basically creating a potential from light from, from food maybe from electrons if you're, if you're grounding now some people's batteries, like if you allow your energy to get too low over too long a period, you basically start sort of like roots.

It's a bit like a battery going dead. And, you know, it's you sort of ruin the batteries potential for, for, for generating charge. And so, yeah, really, it literally is the body literally is like a battery.

And the whole goal is to, is to get your energy level up, not to use it too quickly. And yeah, it's a very simple principle of healing. Like, you know, we go about our day to day life.

You may get quite a lot done each day, and then we have a lot of work to do. We just sort of exercise and all of this stuff. Now, if all energy level.

Well, so we're using all, all of this energy each day to stay alive, do all the things that we're doing. But if we if we allow that energy level to get too low, too low or below sort of a fundamental base level, there is no energy available for basically restoration, rejuvenation, repair.

Or you could just wrap all that up in into the word healing. And, you know, that's just so core. So when we say the body is a battery, what we really want to think about is like, okay, well, how do we make sure that we're good enough?

Well, either we're exchanging enough energy of environment to recharge that body battery be and how we're spending it. We want to make sure we're not spending too much energy.

You know, and see, we want to make sure that there's a good storage of energy, I guess. Do you want to direct that energy, to to what you want to direct with.

So, yes. And like in you know, in the things that actually burn off energy the most is generate is generally actually just stress. So like if you're looking at your emotions and you're getting angry with your partner or you're getting over anxious about the future and you're overthinking, you're just burning up all this energy unnecessarily.

So really, you know, one of the keys to keeping your body battery in in tip top state is really is really managing your emotional energy. I mean, I'm saying that's one of the most key things you can do.

I agree, you know, in in Chinese medicine and the organ networks, there is an emotion associated with each organ. And so keeping those in balance, that emotional intelligence and economy of where are you, you know, where are you going to spend your capital, so to speak.

And so many people, it's like they just roll down their window and just like throw their capital, their cash, their energy economy, just out the window.

You'd never do that with a stack of $100 bills. But we do it with our emotions every day, unconsciously, of like reacting here and there and getting manipulated by environment, almost a victim to circumstance rather than in a conscious fashion.

Really, where do I want that economy? Where do I want that energy to go? So I love the battery analogy there. Yeah. Yeah. And is one of the things, you know, we've really been looking at how well you know, how you can optimize your body battery.

And that's like one of the reasons we're creating this new wearable and that new wearable, it it directly looks at your levels of emotional energy and actually in your language like it.

We're actually doing it across the five elements of, water, fire, gold.

Fields, Cellular Communication, and Disease

Which ones have I forgotten? Sorry. Vessel glow and wood and wood. Yeah. Metal and wood. And then we basically bracket them. So like wood, for example, is, basically frustration to decisiveness.

So if you're very decisive, you're really efficient with your with your emotional energy. If you're frustrated, you're recycling some problem in your head and you, you're never getting resolution because that's that's why you're frustrated or, you know, there's, so your heart is impatient to to joy.

It's a lot more efficient to be in joy than, you know, impatient. And so, yeah, the way the way we think about it is like, well, if we can give people an awareness to where their emotional, their emotional energy leaks are, and then we have ways that we can talk about it in a minute of, you know, basically how to correct and protect your emotional energy.

And it really is about protecting that emotional energy. Then we can make sure your overall energy is, you know, ticked up and your battery stays, you know, three quarters to, to fully charged most time.

So the third component that you start at, at the South with here is around fields govern energy. So kind of speaking to that in regards to providing the raw fuel for healing, long term fatigue and how to charge our body's battery.

So basically this this is generally like two systems of how of how energy flow. And really actually all operations in the body work like there's a chemical control system.

And that's basically, you know, when like a bullet, like a chemical, a molecule travels. Daniel Blood, hits the cell membrane. So the cell reacts in the sun in a certain way to it.

And it, you know, it does its function. But there's also there's also a field based control system. And you might think, well, okay, I haven't heard of that.

Like, do you need one? Is that is that true. And you know, I can just take through through some examples of that. So the thing with a field based control system is there are many, many orders of magnitude more efficient than the chemical control system.

Because, you know, the chemical, we could say, okay, well, it's let's say, you know, you're producing thyroxine or you're producing cortisol in your adrenal gland.

It has to travel through the blood, get to the get to the cell receptor. Basically, you know, it then does its job. Now all of that takes minutes to get from a, you know, A to B. Yes.

You know, if you're in some accident or some, some shock, a certain amount of information is basically communicated pretty much instantaneously. You'll react super fast, like way faster than it would take the chemical to get there.

And that that's because cells also have field based receptors. And you might think, well, you know, does that happen through the nervous system? The nervous system is fascinating because your spinal cord is whatever so thick.

But the little nerves in your finger are just like a couple of millimeters thick. They're also they also have, but they're also completely just disjointed, like, they, they have like, all of these can, chemical joints, and then, you know, then it goes back to an electrical conductor, the long and short of it, your nervous system operates at completely different speeds.

Some parts are really slow. Some parts are relatively quick. Again, it doesn't actually explain how you can communicate to the whole body. But if you look at it from this of a but if you look at the nervous system is setting up a field and information just transfers over the top like no different to, you know, also, cell phone is communicating to to a tower.

This is producing a field the cell for, the task producing field information carries pretty much. You know, it's not calling states, but it's super quick.

Yeah. The the nervous system is, like, in a similar manner the heart will produce. I mean, the heart produces, very, very large magnetic field. It produces sound waves long and short and all, all these different organs in the body.

Well, including the cell, like we just earlier we talked about the, the cell membrane too. And, you know, 200 250 millivolt potential when you're healthy.

That's also a little field. And if you add all those cells together, you know, you get bigger fields for all of your organs. But long and short, there's this field based control system in the body.

And, you know, really the next sort of question or thing from that is okay, like, how do we optimize that and what does it do? And from a control system point of view, we just want energy to be as efficient as possible.

Like you just want energy to flow easily. You want information, to like, you know, if I'm speaking to you, you want to understand my words perfectly, and we don't want the information distorted in any way.

And again, you know what happens in disease, like when that body battery gets so low over, over a period, things start to break down. And like cancer's the ultimate breakdown of a control system.

You know, when a control system breaks down, unfortunately the communication system, it basically goes wonky, it gets distorted, and things don't do what they're meant to do.

And that's that's basically the, you know, the other label is disease. I mean, that that truly is illness because all of your cells, different functions are not doing what they're meant.

You know what they're meant, meant to be doing, despite you could argue, you know, the chemistry being in there and chemicals getting to the cells. Unfortunately, because the field based control system is broken down, it just doesn't work properly.

So, you know, that's a really key thing that bioethics is concerned with. And actually it's yeah, it's part of the research that that's being done. It's, University of San Diego is like we're looking at like, well, how how does cellular communication work?

What what effects happen from, from field based communication? You know, and I think that's the subject of another it is the subject of another of these of these talks.

I won't talk about it now, but yes. Anyway, that's really one of the big points of what energetics is, is trying to help people do, is helping people do is make that energetic control system more efficient because if energy flows more efficiently, anybody, guess what?

You don't draw as much power. And if you're not drawing as much power, the battery's less likely to go flat. So that anyway, that's really the name of the game.

So speaking of that. So. Right, we're not draining the battery. We're not flattening the battery. How can you tell what your energy levels are?

Measuring and Restoring Energy Levels

Because so many of us will just go and deplete the battery without even realizing it, until we've gone past the point of no return, or it's like the system just shut us down.

So how can you tell what your energy levels are? Besides, just I have enough energy on a scale of 0 to 10 for the day. It's. Are there ways that you can measure?

I mean, there's there's a few. There's a few ways. I mean, one one within that we're blowing. We already talked about the, you know, how it's measuring emotions, but it's actually a, it's actually measuring, if you like, the energy levels to those five elements.

And we did that based on, TKM pulse diagnosis. We basically worked out algorithms that don't want to say, we'll replace you, Greg, but you know what I mean?

Well, I mean, honestly, I will admit. So, in the time of Covid, of looking to get into folks living rooms, not in a creepy way, but in a healing fashion.

I've had a chance to play with this. And, you know, I have 25 years of pulse diagnosis where I had to go around the globe, Harry, and study with masters.

Like, it takes time, you know, you're taking pulses, and then here you come off with this device and I'm correlating it to my pulse taking. And I mean, I have to say it's it's actually doing a better job.

So while I know I'm irreplaceable, I'm, I'm okay with that. But it was your is your all knowledge is not is not is not replaceable. But yeah technology can read a pulse.

Technology can is really nice and it's very accurate. So I love that you have developed that I mean that that's one way. I mean, you know, there's there's a lot of work and a lot of sorry, there's a lot of devices that use heart rate.

They're busy. Although, you know, admittedly, me and Greg truthfully have slightly lower HIV, but that's not such a problem. But, but anyway. But but generally if people's HIV declines for, for a, for a day, that genuinely means they've been using up a bit too much, too much energy and they have to replenish it.

What else you say? I, but you can also look, but you can also look at the energy, the priority of, like, different organ systems, different meridians in the body.

That's not through the wearable. Like we, well, in our previous company, which is this which is still around, that analyzes, like the energy of the organ systems, meridians, train mind body correlations so you can look at energy, from that point of view, and that's more to like work out which areas in that energetic control system are distorted, you know, broken down, just just not working optimally so that we can then basically focus the therapy to, to correct it.

So that's measurement. And that's there's a lot of different ways of measuring how do you correct and restore your energy levels then. So like within that energetic.

Well it's the whole the whole thing is to basically correct the energetic controls systems. The energy flows more freely and then we can recharge the body battery from that.

And in our world, it's basically, we've got three ways of doing it. As we were talking about the wearable, I'll start there. So, the wearable can put in, biosignatures.

It's basically putting in that like the field based information directly into your body. Basically to literally just to create that energetic control system we're playing with, actually.

Well, I say we're playing with, but it's, it's within actually the energy for life wearable as well. You can also do it for a conditioned response. So you can program your brain through, through Pacific meditation organs, that are personalized from the actual readings.

And then it will it will basically condition your autonomic nervous system to remember the effects of the meditation so that when, it just gives a little signal into the body, your body's nervous system.

Remember, it basically remembers the effect from the meditation. Like, I'm not unconsciously sorry. Subconsciously. That's one way, you know, ness world.

We do it all through these things called, an infant suit. Go where we've imprinted that information, just directly into the body so you can put, like, the optimal blueprint of how a kidney or liver functions, record that information, basically into structured water.

And then when you take that, your body or your body field recognizes that information and it's like, oh, I meant to be like that. And so then it ends up sending resources to, to heal that particular, oh, I shouldn't say a word, but, you know, to trigger response.

But back in that, in that particular organ or meridian or area, and these are the things that, have been like researched at the University of San Diego, which, I'm sure some are in the summit.

You can download like a research paper. And, and I also interviewed Doctor Hamel. Patel, with some really riveting recent, findings out of, research. So you can look up that interview to. Yeah.

Perfect. Perfect. And then the fourth way, I think we're, for us, we have another device, which I don't think I've got. May called, called on my health, and that uses, like, a.

Well, it basically put the information into an electromagnetic signal so that you can directly place it on a particular part of the body that, well, you know, whether your control system is being distorted and, you know, it's a bit more, like where an institute would made 72 different ones, different parts of the body with a device you can like go directly on the spot.

You can also actually put energy directly into an area of the body. And then because it's got the informational blueprint of, how that part of the body should, you know, work properly, it, it's like a little, it's a bit more, a bit more

direct.

So is this really useful when people have like scarring or pain in a particular body?

Where to Learn More and Get Support

Like, you know, you can go direct on the spot. An emphasis because the more sort of, gets but better in the sort of bigger general picture. Lovely. So how can one learn more and apply this knowledge?

Because this, this is a an intricate system. You've got it explained really in a comprehensive, comprehensible way. Where where, where, where do people go to plug into this, you know, so two main places.

So one on NES health.com and there to bit depending like if you actually want to learn and become a biologist, a health coach like you can do that there.

So that that's the way to get like the most fully comprehensive of all like version of this. Or if you're, you know, if you're a patient or a client, you just want to see a practitioner.

Number one, I honestly recommend going to Greg. And what's your website, Greg. B vital pc.com is where I will direct folks. Yeah. So, go there. If, if, like, if Greg is too busy or something like that.

We also have I know what we've got. I think we've got 1500 practitioners around around the globe and then the states. So you can just use a practitioner location on that website and you can do a, you can basically do a remote scan so you don't actually have to visit in person.

That's the same with you, Greg. Right. One of the all coaches can do it remotely. Yeah. We are global at this point on the coaching front. And we've got the pandemic actually to thank for that.

So, we can see you right where you're at. Yes. Perfect. And then what else? Like the wearable. So the wearable basically go to energy for life.com. And, you know, there will also will be there will be a special like webinar recording about about the wearable as well.

Lovely. And I love to finish with that of putting people into action at each of the interviews during the summit. So, really appreciate that, Harry. Brilliant. Well thank you. What a good interview.