Restore Your Energy With Bioenergetics Transcript

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Introduction to Harry Massey

– Welcome back to the global energy healing summit 2.0 I'm your host, Jason Prall and today I have an amazing guest to introduce and that's Harry, Massey. Harry's story is incredibly inspirational for anyone dealing with long term severe illness or overcoming other kinds of seriously challenging circumstances.

Just briefly, Harry was sick with serious chronic fatigue syndrome all through his 20s four of those years, he was Bedridden in six years. He was completely housebound Harry being the extremely determined person.

He has tried many different things on his recovery journey, including nutrition, natural empathy, fasting, Gerson therapy and many other biochemical approaches that you can think. He eventually fully recovered after discovering the field of bioenergetics, the study of energy in living systems After 10 years of illness, he went on to be as accessible entrepreneur, founding both exponential health innovations and an R and D. Company and ness health, a company dedicated to innovating the most effective health platform for practitioners, He went on to make three award winning films called The Living Matrix Choicepoint and supercharged. His latest startup is preparing to launch it.

It's gem wearable later this year with the mission of restoring humanity's energy for life. So, from bed bound chronic fatigue to pioneering the field of bio energetic welcome Harry, it's a pleasure to have you on the summit.

– It's great to be here, Jason and yeah, I remember remember when we first met in Florida must have been four years ago. It's great, great to see how well you're doing. – Yeah likewise and you're you're continuing to move the field of bio energetic forward.

From Chronic Illness to Bioenergetics

Um you know, I first heard about your company ness health, which is primarily what I want to talk about today because I mean itself is I think more innovative than many people um can even think of when it comes to health and sort of mentioned it in your bio there, but you know this, many of us are still stuck in this this paradigm of biochemistry of newtonian mechanics of objects, moving things and things influencing other objects. Um And while we can conceptualize energy on sort of the most basic level, I think there's still a disconnect when it comes to how it can actually be applied in a therapeutic setting. And I think primarily it's because we don't have a framework for their, there hasn't been a lot of education when it comes to how does energy actually influence our biology. And so maybe you can kind of walk us back to the beginning of where you started with this journey, How did this sort of idea of bio energetic really influence you? And how did it kind of stick?

So that you said, you know, there's something here that I need to look more deeply at. – Sure, so when I was 21 I had these free accidents that basically left me bedridden for the next seven years with bed bound chronic fatigue syndrome.

And so like the first accident I went off ice climbing up Ben Nevis, which is this mountain in Scotland. The ice is really pretty brittle. So I was like teetering up my ice ax, basically cracked that I fell down And that day I actually ended up fracturing my spine, but because I was 20, I didn't realize it at the time. It wasn't it wasn't it wasn't for another two years until I had a paragliding accident where I had an X ray and they were like, well you didn't damage yourself this time, but you've got this fused fracture.

What, what was that about? I was like, Oh, that must have been what all this pain has been about. Um then 67 months later, I went out, I went out to the Alps and I was mountaineering again and I got a fever while I was climbing, got back off the mountain, spent spent 10 days in bed, which turned out to be the States, you call it Mano, we called it glandular fever, went back to university, finished my, I finished my finals, took my first job in London, but I was getting really, really sick by then.

So I was basically fired because I had 20 off days in my first two months and I didn't know what to do myself. So I went back out to Europe thinking like French food, wine climbing would would heal me, I couldn't have actually been more wrong because I was I was basically just kept pushing myself and that time I got so exhausted just trying to cure myself through hard exercise that that I basically ended stuck in a tent just eating dried bananas for a week.

I drove myself back home, stopping on the highway every 40 minutes, got back home. I didn't know what to do myself, enrolled in an M. V. A. Which was really stupid.

Was too sick to do that extended it to two years. That's quite a story. But I I ended up actually finishing that M. B. A. In a in a wheelchair. Um And that was really the beginning of just ending being like properly properly bed bound, moved back home with my parents in England. We had like the wonders of the NHS which is a national health care system. They tried diagnosing me, didn't know what was wrong, I knew something was wrong, we didn't know what and then because the normal medical system was failing us, we went, you know, we went down every alternative avenue you could think of.

So we started with actually started I think it was with like holder clerk stuff didn't really getting over that. Um Did Gerson therapy. It's all the coffee, enemas and juicing problem with that.

I was getting even more exhausted trying to do the therapy than I was getting it. And then all the caffeine in the coffee wasn't wasn't good either. Um tried a bunch of other types of new, you know nutritional type approaches after about five, about five years or so.

We just sort of thought to ourselves, well we don't have energy, all this biochemistry and doesn't seem to be working like why don't we study where energy comes from? And you know at the time I think the words, well there's the industry or not if it wasn't really an industry, but this space called called energy medicine or its other term that we call it now is by energetic, which is the study of energy and living systems went down a very deep rabbit hole with that ended up meeting this scientists from Australia who'd been mapping out the fields of energy in the human body. It was actually the fields of energy and information, human body. And he he was originally the first but not one of, he was the first person to set up an acupuncture college in Australia.

And he had spent a lot of time in china learning, learning from chinese masters, wrote all the first curriculums in Australia that became part of Melbourne University.

How Bioenergetic Control Systems Work

Melbourne University didn't like the ideas of chi and energy, so kicked him out once he was kicked out. He just ended up doing his own private research.

Um met up with actually some physicists in in London, some other scientists in Australia actually and and also also in France. And they actually ended up making this cancer diagnostic machine. Just, just looking at how energy even fields work in the body That was brought by Johnson and Johnson said it was 90, it was 97% accurate for different stages accounts in different parts of the body was buried by Johnson and Johnson. He'd given up in entirely and basically just gone off to to retire.

– They just, they just, they bought it to take it off the market basically because it was heat into their huge huge profit machine which noticed pharmaceuticals and everything related.

– Yes. And I think it's like a threat to um well threat to keep like the chemo industry is just massive and don't screw with that whole thing. Um Yes and yeah, so I it was actually my, well I was, I wasn't under the the doctor, but one of the doctors he was working with was how I got introduced to Peter and I wrote to him and I was like actually I actually had this crazy idea because I was stuck at home, I couldn't work out what was what was wrong with us. Um or basically I had to get my parents to go and drive me two hours to London to see a doctor.

I was like, wouldn't it be amazing if there was some sort of thing that could connect to your tv or to the internet and

work out what was wrong with you and I was calling it the home wellness system at the time in my head.

And so I wrote to him with that idea, thinking that he would know something of how to do it. I didn't know how to get anyone better. I was really sick myself.

He he fortunately didn't know how to get people better. So I basically became his his patient and he ended up he ended up healing me basically just just using what we what we now call an mpasu tickle.

But is basically you can record the healthy biological information of a of like a meridian or different organ mind body correlations actually like antidotes to viruses, fungi, et cetera.

And he would basically give me these things that are called in pharmaceuticals and they ended up giving me all these different healing responses. So like the first one I took I had a like I was basically an antidote to the glandular fever.

I got this fever for a couple of days. I knew there was something in it. I didn't, you know, it's not like I was miraculously cured or anything and it was basically like a period of a year and a half where he kept giving me all these different remedies and I'd get all these different reactions that I knew there was obviously something, you know, very fundamental in what he was saying.

He ended up moving from Australia to England where we formed the, well it was actually a company called now called the expo but basically that was the the R. And D.

Company and we ended up co inventing this system that will look at the energy fields of your body. But more importantly, you can trigger healing responses back.

– So there's a lot here that I want to get into with regard to how this technology works, right? Because it's it's so fascinating and I kinda wanna bring an analogy maybe um to help to help everybody understand perhaps um that there's a fundamental resonance essentially with healthy living tissue and the communication systems and perhaps even the, let's say the defense mechanisms that the body might send out against foreign invaders. Right?

So almost like like when you hear uh you know, a C. Sharp as a note, there's this there's a specific frequency, there's a specific resonance specific note that is a C.

Sharp. And and somehow when we're in a diseased state in a state that is lost coherence that is uh that is essentially distorted. We're getting a not A C. Sharp but something sort of similar to a C.

Sharp. But it's just off the notice just a little bit. And by using this sort of mpasU tickle sort of reminding the body bringing back resonance to the C. Sharp. It's like the body knows what that note is, it knows what that resonant frequency and that resident operation is.

And my sort of giving a little bit of an analogy. – That's pretty accurate. I would say say the the body has a control system that has multiple control systems. And the one that we're all generally used to would recognize is the chemistry control system. So you eat something, eat a pill goes in, your blood carries carries a molecule and then your cell your cells have receptors for those molecules and you know they do X, Y Z like aspirin or roofing, anti inflammatory or whatever it is.

Um However yourselves, they also have receptors for fields and information and you know, while that might be a new idea, like I can give a very simple example of the negative side of that.

So you know, I think most people would be aware of like that you might get damaged if you're next to a next to a microwave or you know, really high powered router so that that's just you know how a field can affect the cell. But the cells also affect affected by healthy fields. Um and the bottom line when you're looking at this cellular based or field based control system, It's actually necessary for survival and for life to even exist because the chemical-based system is actually incredibly slow because it has to travel down the blood and you know your cell, there's a reaction

and it spits out another chemical goes to another cell.

And while that's absolutely 100% true and necessary, it doesn't actually explain how the 70 trillion cells Able to coordinate and actually there's three trillion operations that happen in every single cell and then there's 70 trillion of those cells that's all happening basically instantaneously in real time. And without without a field based or more instantaneous communication system, even simple things like keeping your blood temperature the same art isn't really possible. Or you could just look at the nervous system like the nervous system. We probably think like it's all it's all just nerve impulses that coordinate us.

Information, Coherence, and Healing

Now, if you're looking at a nerve, like inside your little finger, that's really, really thin, like a, like a millimeter millimeter and a half, your spinal column is so thick, it's also disjointed and has to go through a chemical exchange as its changing parts of its nervous system.

So none of the nervous system even travels at the same speed and it's actually the information that's carried in the field actually outside of the nervous system that actually enables you to do something like, more magical.

Like, so when a baseball player, like, you know, someone's like throwing the ball and they hit it at exactly, you know, fractions of a millisecond and then they get the ball, you know, out if it was all just down to those weird nerve impulses that actually wouldn't quite didn't quite work. So, you know, your body is, you know, it's it's almost like, well, it's not almost, it is sort of like this psychic quantum ability that it's able to do things instantaneously and yeah, that doesn't work through the chemical control system.

It also doesn't work through this idea of just nerve impulses and it definitely doesn't work through the, you know, well, the other control system would be, would be jeans and that that also can't explain it.

So, yeah, I mean biology fundamentally wouldn't even work about a field based control system. – Yeah. And I think fundamentally we we've all experienced this, right? So whether we've been in a scenario where somebody's lying to us and we can just feel it and that it's not like we're actually thinking of it. It's not a thought based reality.

It's actually a visceral experience that we can actually tell if somebody's lying to us or there's there's sort of love in the air if it's a wedding or something like these are things that we can actually pick up on and feel. And this isn't an individual, individualized experience. Just one single person, there's actually a field effect happening, right?

Um, and we notice in group settings, right? And there's plenty of research to document all this sort of feel like effects. – And so even your life, right? Your I mean, I know about your life, my life had a very destiny. Like it's like it's like guided by this, like, you know, you could call it the invisible hand of God or the invisible hand of the universe or if you're into astrology, you could say it's from, you know, the star constellations. Um, but yeah, fields absolutely. Well, they affect us individually, but they're also affecting us on a societal group level for sure. – Absolutely.

Well, and this is to me in this sort of spiritual work and the personal development work. And even then trauma informed work as we, as we start to get into those realms of things. To me, this is actually the practice is actually getting in touch with these fields, becoming familiar with these, feel more in tune with them.

We're sensitive to them and and then we can actually pick up on a lot of information that we might have otherwise been missing if we're just sticking to our normal sort of ordinary senses. Right?

So there's there's a lot of subtlety happening here and we see this in animals too. Right? So, so we again, we see evidence for this all around us in in an everyday occurrence. Right?

How do, how do all these animals pick up on these sort of very subtle things. Right. And so, um, there's so much here. So, so let's take this at face value that that that the bodies has this field like effect going on down to the sub cellular level.

Up to the sort of full system level. Right. There's a communication happening on all on all levels. How does, how does one, going back to sort of the early work here? How does one even begin to understand how to program a substance to create something like an info surgical, like, I mean like where I'm sure this is very complex.

I'm sure people out there. – But it isn't so you know, there's there's a lot of it in history. Um So I mean the whole of Chinese medicine that's 5000 plus years old as basically an energetic system.

Or like if you're looking into aromatic um arithmetic medicine and you know, they will have like the idea of mantras or like the Japanese would have, you know, right Ricky where they're visualizing a a symbol and doing energy work.

So I mean there's been, yeah, it's not, it's not like it's a new phenomenon that's more like a traditional form. And then because we've got a broader understanding of modern science, you know, we we can enhance it and improve it.

Um But yeah, if I go back like 100 years ago, there was the field of that. There's the field of radion IX. It's really like an electronic form of homeopathy. Um And I mean, well they would basically record, they would record a dilute like a dilute substance and actually they would Um they would actually assign numerical values to it. Maybe that's a little bit too much for rabbit hole. I'm gonna go for, I'm going to go forward to 22 years ago just so they give a whole history lesson.

Um but basically yeah, to answer your question. Um if you there's method, there's all sorts of different methods of doing it. But basically like you can you can shine light through healthy tissue.

You can record the information that comes out of it. And that's a pretty pretty good method. Um What I was saying about numbers there. So just like in Ricky you can have you can have a symbol and therefore like focus, focus and intention or healing intention into somebody.

Um the more the more detailed your experiments and research. So what what Peter would do he would say. Okay well how does a cell get energy? Sure there's the normal 80 p. route. Um but there's also you also get energy from light. When a photon hits structured water or cellular water inside the cell it'll it'll spit out an electron.

And that electron can be used by the mitochondria as as energy. So he would basically like work out that pathway where he would do experiments to see if that pathway was correct or not. And when he had a theory that he thought was was right, he would basically digitize if you like just digitize those pathways. Um And the body, the body actually recognizes that information. Or if you in another way of putting it as it recognizes that that healing intention of the original experiments.

Um And then you know when when you expose that information to the body that the body does know what to do it. Like you said those subtle cues. Um It did used to amaze me it's like why? Why?

Why does the body recognize what he recognizes language. It recognizes symbols that recognizes words that you know, it can recognize maths. I mean we in our in our system we basically digitize and got anything. Everything in a mathematical formula.

The reason we did that is because it's more it's more precise but obviously there's other people out there um you know just using symbols and stuff like that.

But the more the more detailed and accurate the original research and experiments, I think the more precise in a in a way your intention is the more, you know, the more effective and precise it will be.

– And so what's the method by which this information then gets transmitted from an infamous article to the body? Is it is it through what I like? Is it a pill that we're taking or is it an energetic wave?

– I mean so I mean we're talking about these mpasu tickles that comes out on the camera. So that that that's based

it's basically colloidal minerals in water.

And you know that that's a whole other little subset. But basically what water is able to have a memory the information because the whole because the body is producing this body field all the different cells and organs produces body field overall. You only actually have to expose the body to information for it to be taken up everywhere. So it's not.

Yeah it's it's not in that chemical type thing that you know, you have to take it and wait for it to travel to the cell receptor.

Research Validation and Infoceuticals

Um And just just like actually how we were saying with the nervous system and the information is carried over the nervous system or like with our cell phone when we make a call, the information is carried on that signal. So yeah it's not yeah, as soon as you expose information to your own body's fields, it's basically picked up and that the body field does the rest.

– Yeah. And I think some of this we have to step outside of our sort of three dimensional level of reality that we think that there's time and distance. And space.

Right? And so of course that's true. And there's another dimensional aspect to the way energy and information works which is outside of time. – If you get if you're going yeah right down the rabbit hole, I'll start the bottom. You have like Biology and then we have chemistry, chemistry, governments biology, we have physics.

And if we're looking inside physics there's energy. You know the top is information like information governs everything that governs the patterns of energy which govern chemistry which govern biology basically governs you know your life for your health. – And this is a big one right?

Because although this is called the global energy healing summit and energy is critically important and I think it's really cool to take people beyond the physical level of reality to the energetic plane, so to speak.

We often forget that information is really a key driver here. Um, intelligence may be another way of saying that right? But there isn't a… – It's never I mean I say it's everything but without it you just have chaos. I mean the universe, well the universe, it would just this sort of infrared goo of just spread out. – Well and our biology is a perfect example, right? I mean you take a the formation of a human itself. Right?

I mean clearly a lot of, a lot of energy is required to go from 0 to 2 cells to force the conventional biologists think um like they basically human Bargy in conventional terms, fails the law of entropy and basically that the law the law of entropy just says like heat and all energy just gets dissipated.

However, however absolutely. There's exactly the opposite going on. You know? So I say information opposes entropy and that's exactly what you know, the body, what we call the body field is it's it's it's basically this information that that's keeping you together and keeping you alive, death obviously it ends. Or if you take something like cancer, cancer is basically a breakdown in that control system because the, you know, the cancer just suddenly proliferates everywhere instead of obviously being the original. So it wasn't wasn't cancerous.

So yeah, so I mean it's definitely another definition of of healing is you basically want to you want to preserve and improve the information inside inside your body and you know, even the convention, I say the conventional it's not even conventional really, but all the all the nutritional aspects and all these other healing therapies.

I mean, ultimately they are all there to use that word coherence earlier, but they're there to allow you to have more coherent information. – Yeah. And this is this is I think again, this is a key concept that I think really landed for me in my study of Ayurveda.

But it is this idea of information of intelligence that is so critical. Right? Again, I point back to the development of a

human, right? And it's so unbelievably complex and unfathomable how all this coordination can happen in lockstep, right? Like every human, pretty much, you know, with a little bit of variation of course, but is going through the exact same process.

– You know? It's complex, but it has it has simples rules underneath. So, um I mean, really that control system is fractal based just like the universe is just like, you know, even like your lung tissue is your heart is it goes on.

I mean, there's all sorts of examples of fractals in your in your body, but long and sure, some relatively simple rules can actually describe these immensely complex systems. Um you know, I don't I don't think anyone's quite worked out like the the ultimate like simplicity of what that fractal is. But you can see, you can see plenty of evidence that it's there for sure. – And that's what's required, right? And look deeply, it's something in nature.

It's it's often comes down to these sort of simple fundamental truths, right? And so I guess that's what I'm trying to point pointing to here, which is when we feel ill, when we get these chronic issues that start to develop, when we have this sort of metabolic chaos that arises, it can be a due to a loss of energy and a loss of energy tends to tends to occur in those circumstances. And I think again, going back to what we said earlier, the more fundamental aspect is it's a loss of intelligence, loss, loss of coherence, loss of communications, loss of that, that that information system and when that returns also energy can return to, right? So sometimes it's both.

But but fundamentally it's always a loss of intelligence or communication or energy. – I like, I mean I like looking at both, like saying I to to sum up, you know what the bio energetic method is, It's like one recharge your body's energy to optimize your control system. Um you know, and there's a lot of ways that you can increase energy that probably most people be familiar with as the like breath work, exercise, good nutrition, um there's like devices you can put your feet on and we'll just charge up, charge up your energy just basically just using raw electrons, um you know, and all those things are great, but like if you're yeah, but if you do while you're optimizing your body's control system, it's pretty amazing what things can happen. And I guess from the, just from the daily, like the habit point of view, um people lose a lot of people lose a lot of their energy just through bad habits through emotional stress, trauma etcetera. So you know what you were saying about trauma earlier that that that really ends up as like a distortion to the body's control system.

And you know, totally healing trauma can be hard. I mean it depends how, you know, I think someone has been in a war zone, whether they truly truly totally get over the trauma, I don't know, but they can certainly learn how to get around it, how to cope with it better.

Um but yeah, they just have massive, massive distortions in that control system. And I think the key, the key part of it is if you can opt or not, if when when you optimize your body's control system, your body actually uses a lot less energy and therefore you don't need as much energy just for day to day to day life.

So like when I was super sick, my control system, it was so distorted, it didn't basically matter, you know, I was doing all the right things with all the right diet and trying to do little bits of walking or whatever it was each day.

But I just simply couldn't, didn't matter how much energy I exchange with the environment. My own system was so inefficient, it just went to waste. – Yeah, this is a key concept and I kind of go back to my engineering days and when you're working with energy, it's it's about efficiency, it's about coherence, it's about utilizing the energy that you have in the most effective way to accomplish whatever goal or objective is right. And so if the body is unable to do that successfully because of a loss of the control system and again, even in my engineering days, control systems, a big part of sort of energy efficiency in the building is like if we can upgrade the control systems now we can control our energy in the building in a much more effective way, useful way.

NES Health, Practitioners, and Future Wearables

And so it's it's again, it's just really interesting as you get down to that level of outside the biological terms, just thinking about this in a more sort of conceptual way that we can all understand, seems to make a lot of sense.

And I remember in my study of Ayurveda, there's a concept called um kara and this is the I am principle, this is the,

this is the fundamental intelligence of of you, of your being and when they, when you go through sort of the cleansing the punch of karma and doing some of these things that principle returns that, that there's like a cellular intelligence. Each cell has this principle the body systems have a principal right? The liver knows that the liver cell right?

Like this type of thing. – That's exactly what's happening when you're fasting. Yeah you end up getting more coherent again. Yeah and so so you mentioned before we hopped on here that you had some pretty cool research coming out of U. C. S. D. That is related to these mpasu tickles because some people might be hearing this and really liking what they hear.

But now we've got some scientific evidence directly tied to some of the stuff that you guys are doing. So tell me about that. – Yeah you know so like every I guess every company and product on the market will have um I guess stories testimonies and stuff and I can tell you a gazillion of those but um you know what's been pretty interesting. So we met we actually met Professor Hammil who is the vice chair of the medical department at U. C.

S. D. University of San Diego. And actually I met him at joe dispenser event and they were doing research on how meditation can basically not prevent but protect a bit from covid.

And then you know I met him at lunchtime and I was like well now that research you just presented I believe we can do the same thing just with an unsuitable and you can bypass all the meditation And he was like um I don't know, I'm not sure I believe you but he said but he said just send them to the lab because they're basically running all these experiments experiments anyway. And so they basically have like so in this example they had lung tissue um they basically bathed it in our one of those in pursuit vehicles and then they impregnated with, he was dealt like the delta variant at the time. And anyway they basically saw a 40 46 46% or 44% um protective rate or basically reduction in the penetration of the virus compared to the control. So then he was like oh that's pretty interesting, like what else can your mpasu tickles do.

And so he said in one called cell driver that optimizes energy in the cell. And in that they were basically able to see the amount of mitt er mitochondria in the cell increased by 50%. And then more interestingly It was also um they also sought they then basically wanted to see they could destroy the cell with hydrogen peroxide. And they basically saw I believe it was a 67% protection rate from reactive oxygen species versus the control.

This sort of changes in the cell membrane resilience that basically improved the cell membrane. Um God, what else? I mean those were some experiments um we're doing some really interesting ones with X owns um at the moment because there's the whole Xom world like everyone wants better exorcisms.

So I haven't got the results though at the moment, but we're basically now basically in printing cell cultures to make improved exceptions for for different different types of conditions. And anyway, that will have to be the subject.

I've got the results. – So with with your technology, with these infoceuticals, how does one, let's say that has hashimoto's for example, or some condition that that we can name with sort of western terminology or that doesn't even know what they have going on.

But they've got all these symptoms that they can describe. How does one go from there to figuring out which mpasu tickles to use? Like what's the process of that you can sort of apply this stuff?

– So we basically have a way where we can scan the energy fields of the body, actually just use your use your voice. Um it uses that principle of residency was saying earlier and there's basically 800 different tests.

Um more well more importantly, there's only there's only actually 78 infoceuticals and using that we can prioritize which infoceuticals are right for you in that particular month. And then you generally re scan after a month and then do another set of infoceuticals. And there's we've got like a lot of biogenic health practitioners and coaches that you can find on neshealth.com with this locator and say you can do it from anywhere or you can visit them in person.

– Wow, that's amazing. Cool. Harry. I mean this has been fantastic. I want to let people know where they can go

find more about this stuff. I mean you mentioned some practitioners but where can they find more about mess health and all these mpasu tickles and how can they apply this stuff in their own life?

– I think the best, the best thing is definitely going to NEShealth.com and see that has all the information there. There's a book you can download or if you go to amazon and put in our name, remember what the book is?

I've got, we've got six books. I think the latest book is called restoring your health with bio energetic or something like that. So I mean that that's a good, that's a good, that's a good place to start.

Um and yeah, I guess yeah, on the other side, just on the research, if people are interested in supporting research in this space, we founded a nonprofit institute called the institute bio genetics on bioenergetic.com – Beautiful. Well, before, before I let you go, you have a new company that I don't think is quite yet out or it's just getting started.

So tell me about that. What can we expect from you and your team in the future. – So it's called Energy for Life and you just put in dot com. Um, and it's basically a new wearable that we call the gem that stands for a guided energy management system, it can detect correct and protect your emotional energy just for a wearable.

And should we use different technology for that one. So In Chinese medicine you can pick up 29 different pulses. We worked out algorithms that will identify which of those pulses are going on in your pulse, like using a PPG sensor and then based on that it makes recommendations about your emotional state.

Well and also I guess your energetic state and more importantly how you can transform a particular emotion. So like a worry pulse is a liver pulse and that generally shows if someone's frustrated or angry and then the opposite of that is being decisive or like a soggy, soggy pulse is when someone is in anxiety and then faith, faith and trust is sort of like the opposite of that.

Um so so it'll give you the awareness of where you are that also sends in bio signatures to help correct it and we also play personalized meditations based on those readings as well as that's the protect part. Um I mean that's one of its products but basically the company as a whole is introducing the energetic lifestyle to consumers.

So yeah we're also making a device that will recharge your body's energy just by putting your feet on a plate. We have a whole Energy master program that explains a lot of like the spiritual aspects of how if you master your energy you can master your life like a couple of supplements that give you the nutritional support for for your solar energy. But yeah anyway I say it's still You'll you'll you'll see it in the market around like November December in 2023.

If that's when you're watching this. – It's exciting. It's amazing. So cool. Well Harry, thanks so much for coming on today. Really a pleasure to talk to you as always and keep keep up the good work. It's it's really cool what you're doing.

– Thank you perfect.