
Harry Massey: Energy Medicine

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Speaker 1: In 1962, the Nobel Prize in physiology and medicine was given to Watson and Crick for the discovery of DNA. That event, over 50 years ago, changed the world of science. Today, we're looking for the next game changing discovery to improve mankind's health and wellness. According to many experts, your next speaker, Harry Massey, has such a discovery, based on the the integration of physics and biology. Many researchers base their findings on the scientific research of others. Harry's own 10 year struggle with chronic fatigue syndrome led to the discovery that he will share with you today, that enables people to have the tools they need to get well and stay well.

Harry told me he hasn't done much public speaking, but I've asked him anyway to tell us the story of his own miraculous healing and how that discovery could help you with your patients and in your own life. You'll also notice that Harry has a heavy English accent, so The Beatles aren't invading again. Just so you know. Please pay close attention so you don't miss a word of what he's going to share with you. His title is Decoding the Human Body Field: The Greatest Discovery Since DNA. Please welcome Harry Massey.

Harry: Does this work? Cool. Hopefully my English accent isn't too heavy. Firstly, my name is Harry Massey. If any of you have ever watched A Living Matrix, that's one of the films that we made and then one of the other things we did is put together the company [NES 00:01:51] Health. Today I'm going to tell you about quite an incredible journey of how myself and this other scientist called Peter [Frasier 00:02:01] mapped out the human body field, which is probably one of the least known discoveries ever since Watson and Crick discovered DNA, and how we went from that to create an overall total wellness system.

It's about 18 years ago now, I'm 39, but when I was 21 I got struck down with having chronic fatigue syndrome. It was an extremely hard time. I had it for about seven or eight years. I was totally bedridden for five of those years. I was on IV drips and tried pretty much everything you could think of. I went through the normal English National Health Service for the first two or three years. Didn't really get anywhere with that ... I met a nutritionist after that. Got into the ideas of nutrition. I did some fasting. I did a three week water fast, which was probably the most disastrous thing I've ever done. I went from 12 and a half stone down to 8 and a quarter stone. One lovely thing about doing that was I passed two buckets of parasites, which was absolutely disgusting, but the bad part of it is I went home in a wheelchair from South Africa back to England. After that I was bedridden for quite a period.

In all this sort of period - I think that took up about four or five or so years, but in that period I was always trying to try something new. I was always reading books and going onto the internet and the little amount of energy and time I had each day to really try and understand ... Really I was just trying to work out how on Earth to get better. I had this sort of strange ... It was a bit of a strange idea, but because I was so stuck at home ... I couldn't really afford to go and see practitioners, or I've been seeing a few practitioners, or I've been begging my

parents to pay to take me to different people. They would have to drive me and all that type of stuff. We lived in some little rural village, and it was quite a hassle to drive us around.

I basically had this idea that would be a much better solution if you could have some sort of system that would tell you what was wrong with you from the comfort of your own home. Then it could give you the information that you needed and all the tools that you needed in order to get yourself better again. That's really where this whole journey started, and I really had absolutely no clue how to do that. I was very, very ... Obviously I was extremely sick. I didn't have any energy. I didn't actually have any social skills. Do I have any social skills yet? Barely. I do have an accent, so that's okay.

It was one of those completely impossible type things, but because I was in such a desperate state, I didn't think there was any harm in trying to see if that was possible. That basically started me on this journey of trying to work out and how on Earth you could do such a thing.

I think one of the most influential books that I ... [inaudible 00:05:48] There's quite a famous doctor in England called Dr [Julian Kenyon 00:05:54]. I wasn't his patient, because I couldn't afford to be, but he had a junior doctor underneath him that I was one of their ... I was her patient. I was having an IV, an intravenous thing, at the time, and Julian Kenyon was walking past. I knew he knew something about energy medicine. I just thought there was something in it, but I didn't know what.

I just sort of asked, "Julian, who are the most prominent energy medicine researchers?" I don't know what he thought, because he was considerably older. I was like 25 or 26 and one of his sick patients in this place. He stopped and he asked me why, and I said, "Well, I want to sort of collect this information and put it online and stuff like that." He was kind enough to give me half an hour of his time. He ended up introducing me to this scientist called Professor Peter Frasier, who Julian and him and Theresa, his sister, another oncologist from London, were basically working on a cancer diagnostic machine for a number of years. They actually successfully made this machine, and the reason Peter was so influential, such a key part of that team, was he basically worked out a methodology where he got 97% accuracy for diagnosing things at all the late stages of cancer in any part of the body through energy medicine, without any X-rays or anything like that. That was pretty astounding.

He basically introduced me to the scientist from Australia. I rang him up, and sort of said that I have this ... I think I said I have this little idea, at the time. All he did at the time was he sent me back a paper on quantum biology, which made absolutely no sense, but I uploaded it to the web. Another year, year-and-a-half, went past, and I read another key influential book, which is called *The Field* by Lynne McTaggart. Has anyone read that? Lots, cool.

In that book there's a key chapter, which describes all of the Princeton University studies, and hopefully the next slide to work. This is the great thing about technology. Is anyone familiar with the [pair 00:08:43] studies? Basically, what was described in the book is these whole series of experiments between consciousness and different random events, and they were testing, they were using radioactive decays as a source of randomness. They were using pseudo-random numbers from computers. They were using ball bearings falling down a thing and going here and there. They were basically sort of putting people in a room, and they would connect the source of randomness to a computer screen. If it came out one way in the randomness, it would make a black square. If it came out another way, it just make a white square. They were just getting people to make a square on a TV screen black or white. Trying to get people to influence the random events.

They did this blind. They did it in present moment. They did it going forwards in the future, where they would get someone to predict it today, and then they would run the experiment in a week's time, in a month's time, in a six month's time. They would do it in the past, where they've already recorded a whole source of random noise ... Taken a source of random noise from 5 years ago, and they would use that. They did it every which way you could possibly imagine, doing this over about a period of 25 years, with thousands and thousands of experiments.

Consistently, over all of that time, they were basically able to get ... Normally, in statistics, you should get an exact 50/50 line between a black and a white, but it was pretty, totally incredible that they found about 54% of the time they would accurately predict what was a black square and what was a white square.

In reading that, that was totally fascinating to me at the time. I thought, "Well, maybe that's the way ... You could apply that to doing a health analysis. You could apply it to pulling information out of the body." I told Peter that idea on the phone. This is like a year-and-a-half later. I rang him up, again, and I said, "Peter," I didn't really know who I was talking to, to be honest, because he was in Australia, I was in England, and the massive age difference. I was sort of an innocent, sick kid, really, but for whatever reason, we sort of got together. He liked that idea, because he thought order could come from chaos, and there are patterns behind everything and, obviously, we were [stuck out of 00:11:32] the holograph universe and quantum physics. Everything really is interconnected.

We wrote a computer ... We wrote some code to see if we could repeat these experiments. What this is here is, we literally just drew a grid on a piece of paper. We colored some white. We colored some black. We wrote a computer program - it was based on randomness - and asked the computer program to fill out the squares that we just drew on this piece of paper over here. There's no webcams involved. There's no magic, no trickery, and it did it. It got it right. Statistically, there's one in 68 million chances that it should have done that,

which, at the time, literally, we both pretty much fell off our chair when that happened.

We've read about it from the pair studies, but you read stuff, and you never sort of action it. Having actually actioned it and done the experiments, we were totally amazed. From that [fall 00:12:51], we thought, "Well, why don't we apply that to health. Could we also use that as a matching system, as a matching mechanism, to have a look at what's going on in the body?" Which we went on to do. I'll get into what that was a little bit later. There's lots of lovely slides.

This is just a little bit of history of energy medicine, a different type of [inaudible 00:13:24]. It's really as to why is this not here? Why is no one looking at the physics of biology? Why is no one really looking at what those ultimate, master control systems? I think there's a lovely ... Well, it's on the next slide, but there's a lovely quote by Albert [inaudible 00:13:45]. He says that life is too rapid and subtle to be explained by slow-moving chemical reactions and nerve impulses. No one's really studied energy medicine properly.

These sort of three pictures half indicate why ... That comment years ago, our first sort of understandings of anatomy and physiology. It's a bit of a joke, really. It's from cutting up dead bodies over the last 100 years. The rise of biochemistry and the rise of the microscope. We've been looking at things that are very, very small, and we're very obsessed with what we can see, but you can see it. With genetics, we understand genes very well, because you can see them, again.

When you're looking at the energy of the body, you can't see it. That's one of the significant reasons why we have this huge rise in biochemistry, not much of a rise in energy medicine. Obviously, you can add in on top of that all of the great, all of the sort of big pharmaceutical and profit reasons, as well. Obviously, there's ... So much money and research has gone into that end. Obviously it's very good at protecting its turf and lots of these solutions in effect ... They're free, but they can be done very much more cost effectively, which is obviously [anti that 00:15:33] other model, but it's something that is incredibly important. It's a bit of a shame that we haven't researched so much into it, but that's why we did.

At its absolute, most basic level ... When we're looking at reality, I think it's always good to go back to Einstein. He has this very famous equation called E equals MC squared, which really is just saying that the energy is equivalent to matter. If we have this bottle, we know its energy, or this computer is energy, or this desk is energy, but it's not just energy. That energy actually has a structure, because if it didn't have a structure, it would just be chaos. It would all be this sort of wave mush, really.

Really, we can slightly rewrite that equation and say that, really, matter is information-structured energy, or matter is information plus energy, or, if you like, when we're looking at a biological system, you could say that life is information plus energy. We're not just energy beings. We're energy with a very,

very complex information system behind all of those different types of energy to form life, and it isn't very ... The information systems are at many, many different levels, and you can go right down to the level of matter itself, and how a particular wave forms are formed, and how that's structured. Obviously you can go up just to say, "Well, how is thought controlling an emotion," and all those other types of things. There's many different levels of information and energy in the body, but overall, you could probably say that life is just two things. It's information and energy.

Let's see which slide [inaudible 00:17:43]. When we're looking at that, in our terms, there's really just two ways, in a way, how you correct health. If you're trying to make somebody totally well, totally healthy, if we can optimize all particular energy sources in the body -we'll get to talk about those in a minute - that's going to be a great thing. If you can correct the information in the body, or the information that controls that energy, then that's going to be a good thing.

That's another nice little statement. The body is the most miraculous doctor if you give it the energy and information it needs to heal itself. I'm a great proponent ... I think the jokes at the beginning about healing devices don't do anything, in a way I'd agree with that, I've had every type of therapy that you could ever mention. It's the body that heals itself. Everything else is really just a way of stimulating it or helping it. The way I see it, if you can help the body, if you can give the body the optimal sources of energy and you can help correct its information, it basically will heal itself. That's really all we're trying to do. The placebo effect is the most unstudied mechanism. It's incredible. Everyone knows the placebo effect works and does stuff. Nobody particularly likes talking about it, because everyone wants to say their magic device, their magic pill, or this, their that, does everything. Not really. It does in part, but really the body's healing system is what's going on. If you can help optimize that, you can steer it in the right direction, you're well on the way. I'm not a great fan of the magic bullets ... What are they called? Magic pills.

This is sort of another analogy, if you like, of this similar type of thing. If we compare the body to a computer ... The human body basically has three components. It's got its software, which is the information that controls the body, that's like its operating system. It's got its energy, energy supply, and its energy supply you can split into four sort of parts. There's food and diet, which everyone's going to be very familiar about. There's electromagnetism, IE. [inaudible 00:20:32] we were just talking about light and that's one of the major sources of energy, specifically infrared. You've got magnetism, the Earth's magnetism. You got gravity, and gravity is an interesting source of energy, and not one any of us particularly think about, but it's there. It's an absolute force that acts on us every day, but because you can't do much about it, particularly, we're all roughly exposed to the same amount of gravity on Earth. We don't worry about it that much. Oxygenation and, of course, water. When you're looking at the fundamentals of life, like if you stripped out any one of those, if

you stripped out light, if you stripped out food, if you stripped out magnetism, oxygen, water, you're not going to live very long.

What's really interesting, when we're trying to look at healing and health, is we do get pretty obsessed on the whole food thing, and we often ignore all these other aspects. I think it's always good to look at all of the sources of energy in the body, the information ... If you do that ... If you'll diet ... We've been doing all these diet and food things for years and years and years, and that's not getting anywhere. Maybe you should look at the other four bits of the energy equation. I'll talk more about that in a second.

The other part of the body is the hardware. We do obviously have a physical body that the information and energy runs through. In a way we sort of talked about it. How we see it is, when you're looking at how to correct health, it's a little ... Does anyone know what a fractal is? Cool. It's a little bit fractal-like. There's certain things that, if you make a small change in some areas, you can have a really large impact. One of the most significant impacts of things you can do is correct the information that's controlling all of that energy, that's controlling all the body systems, and that has a much greater impact than all of these other things. Second down the chain is energy, like correcting your nutrition, having really clean, healthy water, and then making sure you're doing plenty of exercise, getting plenty of oxygen, and exposing yourself to light and magnetism. If one of those is sort of fundamentally flawed, then that's a strong place to look.

Underneath, you've got the idea of bio-hacking your physiology, but really every bio-hack is affecting the information, and one of those sources of energy, in some particular way. Assuming that some bio-hacks are more good at doing that than others. They all did something. Supplements is a bio-hack. Juicing is a bio-hack. Doing cold thermogenesis is one. Yoga affects gravity in a way, like ozone, high [inaudible 00:24:09], light magnetism, etc, etc. All those are examples of bio-hacks that can affect you energy and information.

Let's get back to energy, because it's a bit more interesting. This is a lovely slide. Sara's lucky enough to go and meet the person who ... She's going to go and film the person who took this slide in two weeks' time, actually. In [New Scientist 00:24:40] ... Was it a year ago? In New Scientist, about a year ago, there's this amazing article where some scientists out of UCLA had basically discovered these bacteria that were living off pure electrons. IE. they weren't eating food. They weren't breathing. They were just living on pure, pure electrons. For me, did I fall off my chair? I fell off my chair.

It's sort of what we'd intuitively think and what we intuitively believe, that life does basically, or can live off pure electrons [inaudible 00:25:22] at this sort of most basic level of organisms on our planet. You actually have bacteria that don't require food and don't breathe. It wasn't just one sort of bacteria. They started discovering them in the ocean; they're everywhere in the Earth, around us. I

think the discovered like 60 odd different types. It goes on, like once they found one type, they knew what they were looking for, and it goes on.

The reason that's a bit interesting is, when we're looking at our own body ... I think what [inaudible 00:26:01] was mentioning about the mitochondria. The mitochondria originated from bacteria, and they are this incredibly, incredibly rich store of electrons. When you're looking ... Traditionally we always think of diet and the whole carbohydrates, ATP route, as being a source of our food, but ultimately that whole pathway actually just works through electron donation. Not only that, the real question is ... This is a funny little point, but when you're looking at sugar, it's one of the richest sort of sources of carbohydrate. The people who eat the most amount of sugar and got the least amount of energy.

I think it's Gilbert Ling who, in the '60s or '70s, he did a load of research and identified that the mitochondria only produced ... The whole ATP route. It only produced about 20 or 25% of the energy of the cell, and there was this whole other missing 75% that couldn't be explained where your body got energy from, and it wasn't from food. I think it did originally make a medical textbook, but it soon got written out in the next version because that didn't sort of go in with the whole biochemistry approach, and that wasn't cool, so it got taken out.

There's loads of examples like that. Just birds. When we're looking at how birds flock and fly right across the oceans ... There's also been some studies where people weigh the birds before they fly thousands of miles and flap their wings so much and all that type of stuff, and when they get to the other side they haven't eaten but ... If you do the calculations of where that energy must have come from ... They've got another source of energy that obviously hasn't been from their food for them to survive. There's all sorts of other examples that you can get into the [breatharian 00:28:34] examples of people living on light and not eating. I'm not saying that, because that's a bit extreme, but the sources of energy in our body aren't just from food. You can train those mechanisms, which is really interesting, but you can train these different systems in the body to not rely so much on food, so that you're able to get more energy from elsewhere. The more energy you get from elsewhere the better.

How on Earth does that mechanism work? This is quite interesting. There's a professor, he's called Professor [Gerald Pollack 00:29:25] from Washington University. He's basically done a huge amount of research into water and how the body is able to act as a battery. The mitochondria is basically full of water and also has a fat membrane around the outside. The fats are quite important to it because they help to act as a capacitor, which stores the electrons from the water next to it.

You're probably thinking, "How on Earth does that work?" What Professor Pollack discovered was that there's a fourth phase of water beyond liquid, ice, and vapor. He calls that fourth phase water, or he sometimes calls it EZ water, as in E-zed, an E-zed layer. Basically water, when it's next to a hydrophilic surface,

which means a water-loving surface, it has this incredible hexagonal structure. That hexagonal structure has all of these curious properties. One of the properties helps to explain the questions earlier about infrared light. When you're looking at light, particularly at, I think it's 270 nanometers, which is in the infrared range, it's able to convert that energy particularly well. It basically converts photons into electrons. Those electrons end up being stored and collected and then transmitted for later energy use by the mitochondria.

Here's a picture of it. That's a picture of what he calls this E-zed layer. What you're seeing there is basically water with a whole load of [solute 00:31:30] in it, which just means other particles of dirt, etc. He shined a whole load of light into the second slide there, and as you put more energy in, it builds up this E-zed layer, and because it gets into a very tight hexagonal grid, it pushes out all the solutes. Inside your cells, in that fourth phase, at this, next to the cell membranes, you get this extraordinarily clean, pure water, and it pushes out over all the debris away from it, and then it has all of these absolutely incredible properties. Some of it ... It's actually able to transmute all sorts of different types of energy in different ways.

There's a fairly incredible example. When you look at your capillaries, a red blood cell is too large to fit down the capillary, and it sort of squashes down. It somehow gets through. No one really knows how, or no one did until Pollack looked at it. The heart - I'm sure lots of you have heard about how the heart isn't just a pump, but when you do the maths on the heart's being a pump, it isn't able to pump all of the blood through all these tiny capillaries. You've got really, really tiny capillaries down in our legs, etc, and we've only got a small little heart there, and it can't physically do it. Blood somehow is able to propel itself, and it's able to do that because it's really a light, E-zed layer engine. Light is going into your body, and it's helping to move the blood around everywhere, and it helps to move all these really big red blood cells through all these tiny capillaries.

This is ... Everyone know [Imoto 00:33:57] in Japan? This is just, it was an interesting little experiment that we did a number of years ago, but when we were first making what we call [infacuticals 00:34:05], which are basically, we encoded information into water, we sent off to Imoto's lab some samples of some where we'd imprinted information into water, some where we hadn't. In this particular case, we were basically imprinting something called source driver, which was designed to do exactly what we were just talking about, of how to convert infrared energy into energy in the mitochondria. Rather incredibly, the crystal came back in this hexagonal structure, which is exactly the same structure you get in fourth phase water. We didn't actually know what that meant until only a few months ago, actually, when we just went and interviewed Pollack for one of our new films, and again, it was only last year we were reading his book, but that was quite a nice example, where it shows how information can be stored into water, but also comes out of a ... I don't know if many are familiar with the work of Bennett. He has a [inaudible 00:35:22] and Luke Montagne.

Bennett [inaudible 00:35:25] was a scientist in the '70s that basically showed how information could be imprinted into water, and IE. how water could have a memory. He successfully proved it. Nature wouldn't publish it. Nature said, "Well, we'll only publish it if you show it in another three labs." He got another three labs around the world to replicate that experiment, resubmitted it to Nature. Nature were like, "Well, sorry, we still don't believe you, but I tell you what. We'll come to your lab and watch you do it." They went to his lab, and they brought a magician's defrauder, who is basically famous for defrauding magic tricks. It's incredible, really. He did it, and then he repeated it again, but because they couldn't understand it, or they just didn't want this article to be in Nature. They then went and published ... They published his paper. I think they put his paper in, but then they put this huge side note with a huge editorial with it saying that it was a trick, because they couldn't ... Because the magician defrauder said it was a trick, but he couldn't work how. [Bennett Bella Vista 00:36:49] was destroyed really in the whole science world. That completely killed off huge amounts of research into how water has a memory. It just put off any scientist looking into it because no one wanted to be killed off by Nature and other peer reviewed places.

Luke Montagne had another go about two years ago was it? He also showed then how ... He did that with DNA, didn't he? I think he replicated the information in a gene, recorded that in water, and then I think Sara would probably say it better, but then I think he got ... Basically managed to record that, some genetic information into water. It made a bit of a splash in alternative circles, but again, he didn't get any funding or anything. Luckily, what's good is, Gerry Pollack in Washington, it was also taking it up to really get to grips with the ... How memory in water is working, which is a very, very important topic I couldn't really talk enough about, because what's fascinating, when we're looking at our bodies, 99% of our molecules are water. We don't particularly understand how information transfer works in biology. We might think it's all the nervous system and weird hormones, and doing all this type of stuff, but there is a million reasons why that doesn't quite add up. When you're looking at the body as a water semi-conductor, a lot of things start to make a bit more sense.

What we've got here is, back to the story of the body fields ... We went off topic for a little bit. The body field ... When you're looking at the overall body field, one of the key questions is how on Earth does the body generate energy. In its most basic level, every single organ is able to attract to and amplify energy. Every single organ is full of mitochondria. Each mitochondria is basically attracting infrared energy that's been converted into electrons. All of that energy is being stored, and you end up with a cavity within a cavity, so mitochondria sits inside a cell, a cell sits inside, for example, a heart chamber, which has four chambers, which sits inside a chest cavity. It's a little bit like a guitar, or a guitar within a guitar within a guitar. You get all of these incredible harmonics of the different energy systems being collected in each and every organ. Every single organ, if you like, is like an energy cavity system, and all of these organs overall generate our overall body field.

What's really interesting when ... This is Peter who's doing this research. We started making what we called energetic drivers, which were basic information sets that help each organ to get healthy again. We noticed that there was a sequence within how these drivers were developed, and that sequence that we ended up using in our health system matched exactly the development cycle that happens in the womb. It happened by accident, because we worked out all of these energetic drivers first. I think it was at least six years later that someone came to us and said that matches the fetal development, which was quite interesting.

All of these overall organ systems, overall, they're basically responsible for every type of energetic activity that you have, from physical, cellular, to chemical, more magnetic, electrical, sound, and also light. All of those fields overall combine to what we call the human body field.

The next question is, how on Earth can we change our body's control system? This really is part of a story [inaudible 00:41:55] genetics. We're all very familiar with that whole, say old fashioned gene story, that if you have an inherited disease, then that's going to manifest as some health problem later on. It wasn't until about ten or so years ago the field of [inaudible 00:42:17] genetics grew, which really said, "No, it isn't actually the gene that controls your outcome. It's really the environmental signal that can change your genetic expression," which is huge.

The next question that comes out of that is, what on Earth controls that? That [inaudible 00:42:44] genetic expression, or more importantly to us, how can we influence it to help our own health? This really, we have a number of ways. There's light, there's magnetism, there's water memory, which we were just talking about, there's your thoughts, everything you think and do and experience, there's non-native EMF, which is a negative thing that we want to avoid, toxics and nutritions, viruses, etc, good or bad lifestyle. For all those mechanisms, we're basically affecting that [inaudible 00:43:22] genetic expression. We can change what gets repaired, whether something is repaired, whether something grows. It's extraordinarily significant.

I missed that one amazing word out of there, which is information itself. You can actually directly put information in, and then you can affect all of these things in a positive way, and you can basically do that ... It doesn't matter where. A lot of energy medicine devices that you would have heard of, either electrical or magnetism based or light, that's Mickey Mouse stuff, to be honest. What matters is putting the information in onto that signal. If you put an information on how a liver can work, when it's working properly, how a kidney can work, how a nervous system, etc, etc, it completely changes the outcome. There's the energy side of the equation, and it's great to give us more energy in these areas, especially if you're lacking it, but the thing is, someone said, you can go outside

for that as well. That's one of the healthiest ways, to go outside, or go and swim in the sea, get grounded in all of that.

Instead, if you put information in onto these signals, it has a completely different outcome. This is one way you can do it, and I've got one in my pocket. There's pictures on the slide. You can give information through [infoceuticals 00:44:59], and this is the same idea of memory in water. It's really a modern take on homeopathy, whereas in the past, in homeopathy, you would basically take a dilute substance of a mineral or an herb, or something that would create a reaction, but instead of doing that, why not just give the information, the how something is when it works perfectly. You just say, "We want your brain to look like this," so what Peter did is he basically mapped out a blueprint of how different parts of the body function when they're functioning perfectly, and then we just provide that information, instead of doing that indirect methodology through homeopathy, where it's a bit so-so. It worked quite well 200 years ago, but now we've got so many X hundred thousand different toxins in our environment, and all the non native EMF, etc, so our environment is much more complex. It's not as effective as it used to be. But even so, you don't need to get the body to react against something. You can actually just say, "Why not be like this?"

It goes back to the idea that, looking at the body as its own self healing mechanism. If you just provide the body with the instruction of how it can be, it'll do its thing. It will basically start to heal itself. It's not magic. The body is basically magic, and you're just helping the body do that.

These are just other sources. I think we talked about that a bit. Just look at what charges the body. This is the second part of the equation, of how do we optimize the energy in the body. Grounding is a great way. My personal favorite is swimming in the sea. If you can't swim in the sea, fill up your bath with Epsom salts or crystal salts, or sea salt, because that's already grounded through all the copper pipes down into the Earth anyway, and it's an extraordinarily strong grounding medium. You can get these whole great big [life 00:47:47] pods or sea water pods and doing that type of thing. [inaudible 00:47:52] that, going barefoot. Barefoot is a bit weird, but your feet [inaudible 00:47:58] that's okay. Grounding is a great way of getting free electrons.

He's a bit spaced out. The question is, do we photosynthesize? What's the difference? Why do we even eat food? Put it another way, what's the difference between a mammal and a plant? Mammals, we've ended up disconnecting ourselves from the Earth. We don't have roots going down into the Earth. We've ended up developing this other system for fuel, which is food, and plants generally don't need food. Plants are amazing. They just live off, literally live off air. It's like air and light, and a few minerals, and electrons. That's it. We do, too. We've shown in that mechanism of water, how water is able to convert infrared light and how you can read in Pollack's book called *The Fourth Phase of Water*, more how photosynthesis works. It works through water.

We also recharge from Earth's magnetism, and if we disconnect ourselves from that, if we're up in high rise buildings and we're never walking on the Earth, we're never really exposed to Earth's magnetic field, or in Northern Alaska, or some areas where the magnetic field is a bit weaker, it affects us. There's been a number of experiments where they've put mice in [faraday 00:49:54] cages and disconnected them from Earth's magnetism. They don't do very well. They've done the opposite, where they've increased the magnetic field, and they've lengthened the mice's life by 40-50%. There's this very strong correlation between increasing magnetism and increasing life span, at least with mice. Haven't done the experiments long enough for humans.

There's, coming out of that, this one. Another way of doing it is you can use pulsed electromagnetic field therapy. There's been lots of research here. This first started with fractures, with demonstrating how EMF fields could be used to heal fractures. I think it dropped on the floor. This is a mini EMF device. We basically put information in onto that signal, then we pulse an electromagnetic field as well. It can do a few things. It can basically stimulate the particular region of the body that might be blocked in some way. More interestingly is we also put the information in on the signal, so we might put information to help bone heal. We might put it to make the muscles heal, or calm down the nervous system. I think we've got a few hundred different types of function in there that do different things.

Another great source of energy or free electrons is fresh air up in the mountains. That's all good. Then the last part is, looking at how you can hack your physiology. It's quite an interesting area. We're very strong opinions about diet and all those types of things. I've tried a lot of these different things. I'm at the moment quite keen on this idea of really just increasing your metabolic flexibility. I say almost any, but pretty much anything you do to your body, or whatever you're trying to hack, or do a bio-hack to your physiology, it's really a training effect. We're training. If you keep doing the same thing, the training, once that particular reaction has happened, you don't necessarily get a lot more effect if you keep doing it, so if you're going with that whole [ketosis 00:52:57] thing, and you just keep doing it, it doesn't work so well six months down the line. It's not necessarily great for you then. It's the same with interval training or something. If you just keep doing the same thing, it's not particularly effective.

The best overall way of thinking about it is not to think in these, "I'll do this, I'll do that, I'll do that," it's to think, "I'm just going to change it up," which probably we all do, but really the better way of looking at how to hack your physiology is how on Earth can we have a much broader sphere, a huge amount of flexibility, in what we can do? You might want to expose yourself to a lot of cold. That's great. Expose yourself to heat. That's great. In the diet world, I think that the diet world is so interesting, because you've got all the vegetarian, vegan, and juicing world, and you can see people who really flourish in that, and you can see people

who don't do well in that, and you can see the same thing in the ketosis and homeo and that world too.

When we're looking at the mitochondria, or what our bodies are made of, a cell membrane is mostly DHA and fat, and we know some of the mechanisms of how that can store electrons and energy. At the same time, water is incredibly important, and the best source of really good structured water is juicing and the vegetarians [inaudible 00:54:46] raw and all that type of stuff. You sometimes thing, if you married the two worlds together, it might be in a better place.

Personally, I think it's always good, just to use particular diets as being for a particular reason. There could be a time where one is more appropriate, and a time where one isn't, and if you're feeling a bit sludgy, you're going to be better off in that detoxing type regime. If you're overweight and want to try the ketosis thing, and correct a whole sugar thing, then do it, but don't do it long term. Go back to the more balanced approach. Oxygenation is another. Interval training is an incredible way to increase oxygenation in a much more gentle way. I've seen in the past, people were doing 45 minute, or hour long runs, and that type of stuff, and it stresses out your hormones, etc, but just doing short, sharp shocks is a lot more beneficial, because you can get the training effect, you can increase your lung capacity, increase your oxygenation, but you're giving your body the time to rest and make that adaption. There's also hyperbaric oxygen and ozone, etc, but again, if you always do ... If you did hyperbarics every day, and had one at home ... I bought one actually, and I sent it back, because I think they're completely toxic to be honest. Full of VAC's and all the rest of it.

If you do something all the time, you're reliant on all of that extra oxygen, and you take yourself away from all of that extra oxygen, you don't have as many red blood cells, and you're not able to [inaudible 00:56:45] a normal life. That's not a great adaptation. Everything has a place, but doing something all the time, forever, is often not a great thing. Way better to swap it out all the time. You keep giving your body different training effects, so you end up with a broader capacity to handle more challenges in life, let's say.

This is a very nice pink lady. Overall, the message in this is, if you correct the information in the body, and you give it the optimal energy, you end up super charged, and the reason we say super charged is because it's ... The next movie we're making, Sara and I are making this, is called Super Charged, or some superchargedmovie.com. I think if you go there you can view our previous film, The Living Matrix. Put your email address in and that type of stuff. The overall thing, to get super charged, correct the information, and optimize your energy.

Always say it in three ways. Change the information that directs the energy in your body, and you can directly affect the energy in your body through water, light, magnetism, gravity, and then also you can hack your physiology to affect the first two. That's it.

Our main health company is on the NES health.com.

Speaker 1: Is this on? Any questions for Harry? No questions. Okay.

Audience member: How did this help you?

Harry: I didn't say that, did I? No.

Audience member: What did you do to fix your -

Harry: Sure. I can show you. Do you want to demo?

Audience member: Yes.

Harry: We'll give you a demo. Do you want to help, Sara? Basically, we have this ... We created this overall health analysis to be called ProVision. Do you mind being scanned?

Sara: Yeah. You asked the question. I think Harry's going to scan you with his technology.

Harry: I'll show you. It's just easier to show.

Sara: You're not on screen.

Harry: Am I not on screen? Oh.

Sara: We have Yosemite.

Harry: We have Yosemite. Goodness me. How do we do it? I might just tell you.

Audience member: Okay.

Harry: Can you see that? Is that viewable?

Audience member: Yes.

Harry: All right. We'll do it this way.

Sara: I'll hold that.

Harry: All right. You do that. I'll talk.

Audience member: You're the talker.

Harry: I'm the talker. Basically, we ended up making that health analysis, in which we produced this, and at the end, we basically put your hand on here, and then that

basically scans the body to see what's going on in the body, so we can look at all those different, like when we were talking about the energetic drivers and so we can look at your heart, liver, kidneys, etc. We can read your pulse, which, but we won't show them. It's not the normal read the screen. Basically we can see what's going on.

Back 12 years ago, we didn't have this 12 years ago, but Peter did it in a sort of, with an old fashioned Geiger machine, and then we basically computerized it today. From that, we made all these different information sets to correct different parts of the body, which are ... Have we got an [infoceutical 01:01:20] around? I know there's one in my bag.

Audience member: So you didn't ... You weren't able to cure your fibromyalgia until recently?

Harry: No, no. This was 12 years ago.

Audience member: Oh, 12 years ago. Oh.

Harry: Basically, I met Peter, and we did that initial experiment with the black and white squares, and then after that, he basically started making me these [infoceuticals 01:01:44]. The first one I had was an antidote to a group of [inaudible 01:01:51] viruses. I basically ended up getting this very strong immune reaction for about three days, which basically helped correct that [family of bugs 01:01:58]. It didn't cure me or anything. Then I think the next one we made was a remedy called ESR, which stands for Emotional Stress Release. That ended up calming me down a bit, because I was very, very wired and tired at the time. I was still tired, but I wasn't wired. That basically helped give me more rest.

Audience member: Kind of steps.

Harry: It was over about like an 18 month period. We made all these different ... We made 72 different sets of [infoceuticals 01:02:33], of these. Basically the scan works out which ones you want, which ones you need, and then we give all these different information sets. Cool all right.

Speaker 1: It's on the screen now, Harry.

Harry: Oh, is it? Amazing. We'll put your hand on there. Then we're just going to hit start here. It's a new graphic. This is a new ... Peter did the software. We haven't really -

Audience member: It knows I'm a girl, too.

Harry: You're the first person to ever be scanned by this piece of software. There we go. Up there we can see all the different organ systems. I can take it off now. What we can see here is basically -

Audience member: I'll sit down then.

Harry: Yeah, if you want to sit down. Unless you want to ... You might want to tell us if this means ... Because we ... Yeah. You know your body better.

When we look at your overall body, basically what's coming up is something called the heart imprinter, which shows us how well you're imprinting information into your blood through your heart. Your muscle driver is coming up. Your muscles might be a bit weak. Your liver driver ... Your liver is coming up. Circulation is coming up. Little bit kidney, little bit lungs, little bit heart, little bit nerve.

Audience member: The yellow ones are sort of non sequiturs, and the colored ones ... Or is it the size of the circle?

Harry: The ones that fall sort of purples are the worst.

Audience member: Okay.

Harry: Then the oranges, and then after that the yellows.

Audience member: Okay.

Harry: These are a bit like the Chinese meridian system. In this case, again actually it's your heart/lung meridian. Then also your mucus membranes, your small intestine reading that comes up. Then if we look at bugs ... It's flashing a bit. [inaudible 01:04:59] there's a stomach bug that comes up. You've got the same bug I had, which is the chronic fatigue, or that's the [inaudible 01:05:09] bug, so there's a bit of that going on.

Audience member: Okay.

Harry: There's another bug that affects your nervous system. [inaudible 01:05:17] that shows you've had the autism vaccine, and that's affecting you a bit.

Audience member: I had an autism vaccine?

Harry: Sorry, it's the MMR vaccine.

Audience member: Really?

Harry: Yeah. It could be.

Audience member: I did have mumps as a child.

Harry: It's still affecting you.

Audience member: I'll be darned.

Harry: You can basically take an [infoceutical 01:05:45] that will correct that. That's how that works. Then we have ... In this screen here, this screen basically shows places where we would use the my health. Maybe Philomena can do it at the same time I'm talking.

Philomena: Your computer?

Harry: Yeah. Let's do that. Philomena ... [inaudible 01:06:14] on my health. Here are 25 that's coming up. What this is doing is basically showing where this particular energy blockage is in different parts of the body, then we just set ... Here is says ER-25, which basically has information to help the stomach. It's got stomach meridian, and then bone meridian in it. She's basically placing it over that particular area on that setting, so at the moment it's putting in a pulsed electromagnetic field at a particular frequency set that helps that particular part of the body. Then we put the information in onto that signal on top.

There's quite a lot to it, but I might say something about the frequency structure. I heard someone asking about how you know what frequencies are right for which parts of the body. It's a whole other subsection of science, but out of Russia is this incredible scientist called Professor [Muller 01:07:32], who came up with this theory called global scaling. He'd basically taken on the work of Lee Medulla. Lee Medulla was a Russian scientist, I think in 17th, 18th century, who was ... He was behind calculus, wasn't he?

Sara: [inaudible 01:08:00]

Harry: Yeah, but it was more fundamental than that. I won't worry about that bit. It's a horrendous bit of detail. He came up with something called the [cantor fractal 01:08:12], back in the 18th century. Professor Muller took this research on in Russia. He got a ... What are they called, the Russian? He got the equivalent of the Nobel science prize in Russia for this work, and basically what he found is this cantor fractal that was reflected in pretty much every part of reality you could think of, but more interestingly, it's reflected in the body.

Another scientist called Dr Reyna [inaudible 01:08:50] told us about this, only about six or seven years ago, but we didn't understand it, because it was half in Russian, half in German. We asked him to write a book on it in English, which he did, so me and Peter could understand it. Long story short, basically, Reyna, using this mathematics, they could basically tell which sets of frequencies would have a healthy node ... How would I put it? Which frequencies could have a healthy oscillation, or supported by nature, or supported by this cantor fractal, or not. Then we looked at those sets of frequencies, and using a similar technology to how we made this system, we basically matched these frequency steps against different parts of the body to see where there was a match or where there wasn't a match. Then each of those sets of frequencies are basically

programmed in there, for the different functions of the body, then we added in the sets of information in on top.

That's a frequency device, but also an information device.

Speaker 1: Question right here.

Audience #2: You partly just answered it. Two things. One, is it just literally, put your hand on, and does it just read energy levels in your skin, in your hand, when you put your hand on that device? Then, from there, it just knows from a program to go at a certain frequency in order to heal it?

Harry: It's the falling off your chair answer. You know in the beginning, when we were talking about the black and white square experiments? It basically uses that. Every single piece of information in the body can be converted into numbers, and so we basically have a number for how a liver is working well, and a kidney, etc, and then we take that number, and we basically then run the random event against that number, and if ... We don't run it once. We run it 28 times. Then we measure the amount of deviation away from normal against that particular set. It's not an electrical system at all. It literally ... We call it space resonance matching. You could call it information transfer at a distance, or as Einstein would say, you get spooky action at a distance. You could call it, there's the field of radionics. You could call it out of radionics, or pendulum stuff. There's many different ways of explaining it. I don't know if that makes sense.

Audience #2: I don't have all the background.

Harry: The book called The Field by Lynne McTaggart, that's really key to understanding it, and another book is called The Holographic Universe by Michael Talbot, or our own book. I don't know why I don't mention my own book. It's all described in that book called Decoding the Human Body Field. I've given you the long way around. That's the book.

Audience #2: But from a therapy perspective, are you saying that you just use your tool? Or are you recommending this as a sort of an area to look at hot spots in your body, so to speak, that then you can work with your practitioner, whoever that might be, to focus on those areas? What do you, at the end of the day, do on a holistic perspective?

Harry: We basically only work through practitioners, so generally, whenever the public goes and sees a practitioner, they scan them, and then they recommend the right infoceuticals. They do the my health treatment. However, come from the 16th of May, that was, I had an original dream of creating a home wellness system, but from the 16th of May, you will be able to do it from home as well, but via a practitioner, so there's a ... Basically you can have a my health at home-

Speaker 1: Portable.

Harry: Yeah. Basically, the scan will work through the internet, and your practitioner shares your results through the internet, so you don't have to visit a practitioner, which is why I started it. It took about 12 years for all that to get over. That's how that is.

Audience #2: What would it be like? They go, they get the information. How long would a treatment take? How long would you expect somebody to, depending on what the condition is, get a solution? What would be different scenarios, and cost related?

Harry: Each infoceutical costs \$25 dollars. They generally have four of them. Philomena may answer better, because she's one of our practitioners. It really depends what's going on with the person. There's no ... You can't really give an answer. In my case, I was battling for eight or so years. It took about 18 months for me to get significantly better. You get stories of people just having one my health session, and something goes away, and they get better. Most people it's a few months. It's very dependent on what's going on, and what else they're doing. Generally, you would know within one, two sessions, whether something's going on. If you notice changes, you're going to carry on. If you don't notice changes, better off to do something else, but generally ... Have you got an answer Philomena?

Audience #2: What's involved in practitioner training? What's the time for that? Just curious.

Harry: There's sort of two parts to it. There's an online program. I think we generally recommend it's about six months. However, you can do it ... It's like 300-400 pages or something. It depends.

Philomena: It'll guide you through it. It's quite a comprehensive training program. Initially, it's a four day where you're doing class, and then there's a comprehensive program that's online, and you do it in your own time, but yeah, as Harry says, it would probably take about six months, because there's case histories and things. You could be practicing on friends and family in between. It's very much-

Harry: It depends if you're in practice or not. If you're not really busy, then you can race through it. Most people who come in and are running practices, they're doing it the weekends or in the evenings, so for them it takes six months. It depends a bit on the circumstances.

Speaker 1: Any other questions?

Audience #2: How does this ... Does this completely replace more traditional blood tests, and other panels that you run? Are you looking to say no, or is it complementary, in order to find out what's going on? It looks like, from here, what you've just done, it's like, it's great. You just put your hand, and bam, it comes up with all your

problems. I'm not trying to ... I'm just a little skeptical. I still think it's a really great thing.

Harry: It's totally different to blood tests. We're looking at the body from alternative field, so we're looking at how well the liver is generating energy, or how the heart is, etc. It's not the same as doing a particular liver blood test, or any of those types of things. It's not something I would say you should be replacing every blood test. It all depends how you're working. Obviously we've got a lovely regulatory environment. For us, we're basically saying it's a wellness system, and the body is healing itself, and this is giving an indication of the energy systems in the body, and it's a way that you can help to stimulate the body's own healing response. We're not claiming to be a medical system doing medical diagnosis and all that lovely stuff. My political correct response answer is, no, we're not replacing it. You could view that how you want.

Obviously, we do have practitioners who only do this, and don't do ... I'm sure like 78% of our practitioners are not doing blood tests as well, because that's not what they do. They use this. I can't say don't go and do that.

Audience #2: That was basically my next question, is do you have any kickback from the AMA, or from medical doctors, saying you're practicing medicine without a license?

Harry: If we made those sorts of claims, then we would, but so far, no. We just survived a four day FDA inspection, which was a bit hellish, but we came out all right. From their point of view, with what we're saying on our website, actually they flew over to Britain and inspected our UK office, and went through all of our paperwork and computers and everything. After four days, we came out, and we didn't have to make any changes. From that angle, it's fine. Obviously I'm assuming ... Obviously how I've spoken tonight, if there was an FDA in the room, I probably would have spoken a little bit differently. It's not so risky. The biggest risk in this land is your website, and your printed brochures, and what you say is a little bit different, unless there's someone in the room, then be careful.

Audience #2: [inaudible 01:19:57]

Harry: Oh, well.

Speaker 1: Okay. Let's thank Harry.