



How Bioenergetics can restore your energy for life

**Tom McCarthy interviewing
Harry Massey**



Tom McCarthy

Okay, I'm super excited about our next guest. He was on our first summit and he was amazing. And now he's back with us again. So I'm really thrilled to have Harry Massey here. Harry has a really interesting journey that you're gonna learn about, of his own. Where he was able to heal himself from an illness that was crippling, and really robbed him of his energy. So the Global Energy Healing Summit is about all of you watching recovering your energy. And this is the expert that will show you how to do it. In addition, he's also had some movies. One of his movies was called Choice Point: Align Your Purpose. And another movie was called The Living Matrix: The New Science of Healing. Which is gonna be what we're gonna be discussing the new science of healing, How we can use science to help us heal more efficiently, effectively, and a lot faster. So, Harry, welcome, great to have you back.

Harry Massey

Thank you, Tom. You know, it's really, really great, you're doing this round two, round two at the summit. And it's so nice to see, you know, sort of being in the energy medicine field for a while, but it is so nice to see that, you know, this is the top, this is actually the top summit in the doctor's, actually, can't remember the name of the thing.

Tom McCarthy

Yeah, Dr. Summits.

Harry Massey

Sorry, the Dr. Summit, exactly. It's so nice to see that energy healing is really coming at the forefront now. And it's actually what people are most interested about, which is so, so great to see.



Tom McCarthy

Yeah, 20 years ago that wouldn't have been the case, right? But now, all of a sudden, people are becoming more aware.

Harry Massey

It was not the case, like, when I started off, it was like in a room with like four people turned up, and didn't know what I was talking about. And it's very different now.

Tom McCarthy

Well, because one of your companies you started, literally 20 years ago, back in 2002. Now, before we get into that, talk about your journey. Because I think this is really compelling. Like, someone who's never had issues with energy, or never had a chronic illness, it's hard for them to help somebody that is struggling through that. But you struggled through that. I mean, you're a fit, healthy looking guy now, but there was a time in your life where that wasn't the case. Tell us a little bit about that.

Harry Massey

Yeah, absolutely. When I was a kid, at university, I absolutely loved climbing and I would spend my summer holidays going out to the Alps, like climbing 4,000 meter overhanging faces, or on the coast of Dorset, I would go deep water soloing. And then, you know, when the problem gets too hard, I would fall off into all of the waves crashing below.

Tom McCarthy

Hold on for a second. You would be climbing with no ropes, and then if it fell, you fell way down into the.

Harry Massey

Yeah, well it, it sounds crazy, but it's relatively safe, because you just fall into the ocean. As long you fall straight, but yeah, nothing went wrong, actually. But soloing on the ground, that's much more dangerous, and much more serious. Because you hit the ground.



Tom McCarthy

Yeah.

Harry Massey

Yeah then, anyway, when I was 21, which was in my last year of university, I had a fever when I was going ice climbing. I fell, this was off Ben Nevis. Now I didn't get outta bed, really, for the next seven years and.

Tom McCarthy

Seven years?

Harry Massey

Yeah.

Tom McCarthy

Wow, okay.

Harry Massey

Yeah, so I ended up with a slightly, I say a slightly, I mean, it was, it was with a fractured spine. Although, honestly, I didn't know, it was fractured for a little bit later. I think there was another two years later, until I was in hospital, and they had an x-ray and they were like, well, you know, you didn't have a problem from this accident. Actually, it was a paragliding accident later. But it looks like your spine was fractured and fused from before. Which was when I was ice climbing before. But slightly different story.

Tom McCarthy

Yeah.

Harry Massey

But anyway, I ended up with this fever and, you know, I had glandular fever. And I actually



went back to university, but I was very, you know, I was getting increasingly, increasingly exhausted and, really, I mean, basically, over the next year or so, I just was able to spend less and less time, studying or, you know, going out. The end conclusion is I ended up bedridden, totally and utterly bedbound, chronic fatigue. And, you know, honestly, it was really like a dark cloud. Like, if you've ever been that exhausted, where you can't move and you can actually barely even think. Like, you get a little thought, but your thoughts are really, say, they're really like these very dark clouds. And then you can't remember what you are thinking. And, you know, honestly, it was, maybe it was a little bit like hell on earth for a while.

Tom McCarthy

Yeah. Sounds like it.

Harry Massey

And, you know, I would try all these different approaches. I mean, honestly, functional medicine wasn't a big thing in Britain, but holistic medicine was there. And, so, I would try things like Gerson therapy, where you'd do like coffees enemas each day with this, but it took far too much energy to do that. And then I got out of it. I did the whole like fasting thing. And actually, with doing that, I dropped down so much weight. That's actually how I got really, really weak. And that was no good. And, you know, you name it, I tried it. Whether it was, like homeopathy, ozone, IV's, et cetera. I, basically, tried it all, but for, whatever reason, none of it was having an impact on me. And, so, after about, I think it was after about six years or so, I just thought to myself, well, why don't I study where energy comes from? You know, I don't have any energy. Well, what's this energy thing? And that really led us into what we now call bioenergetics. Which is the study of energy in living systems. And, you know, from that, I ended up meeting the leading researcher in the field, who was actually in Australia. And he was a previous professor at Melbourne University, and set up the first acupuncture college over there.

Tom McCarthy

Wow.



Harry Massey

And then, after that, he just did private research into what we now call the, some people call it the biofield, or, you know, we call it

Tom McCarthy

Yeah.

Harry Massey

The body field, but he basically ended up basically mapping out the energy and information of the human body field over, it was over like a 25 year period before I met him, and then 10 years with me, so, yeah, a 35 year period. And, anyway, we ended up meeting in Los Angeles. And I basically became his research guinea pig, and.

Tom McCarthy

Well, I remember you telling me this story, like, it was so hard for you to even to get over there, because you had no energy. But you flew to Los Angeles to meet with him, right?

Harry Massey

Yeah, absolutely. I mean, it was a, you know, one of those billion to one sort of things, I mean, I.

Tom McCarthy

Yeah.

Harry Massey

Well, actually, I mean the full story, I was a patient with this doctor in England. And, well, actually I couldn't afford the doctor. So, I was with one of his sub doctors. But the senior doctors walking past, while I was having an IV, and then I just blurted out, who's the most prominent energy medicine researcher in the world? And then he looked at me sort of weirdly, but he gave me 20 minutes of his time.



Tom McCarthy

Ah.

Harry Massey

Gave me this fax number of the professor in Australia. See, he happened to have done a research project with him a few years ago, and.

Tom McCarthy

But now we know this was a long time ago. You said fax number, right, where you had to fax him.

Harry Massey

Yeah, so I wrote a fax and he sent back this paper on quantum biology with a note at the top saying, I don't know why I'm sending you this.

Tom McCarthy

Wow, wow.

Harry Massey

Very odd note, but that was Peter. And, you know, I read it and it didn't make any sense whatsoever. And, anyway, we became friends and called him up. And it was another year and a half later till we actually met in Los Angeles. And, yeah, it was a very big ordeal. So, it was a plane journey and whatever it was, like six or seven years at that point. But to tell you actually what happened. So, what we now call an infoceutical, which we can explain a bit more later, but it's basically the idea where you can imprint information of your healthy blueprint into a liquid.

Tom McCarthy

Yeah.



Harry Massey

And, anyway, so he gave me sort of these very early versions of infoceuticals. And we would just get these outrageous healing reactions. So, for instance, you know, I had, like many of us, well, you know, we all have our, not all of us, but anyway, I had all my childhood vaccines, et cetera. Not to be controversial.

Tom McCarthy

Yeah, yeah.

Harry Massey

And, anyway, we got a huge eruption boil that came out of the arm where, you know, where we'd had the vaccine shot.

Tom McCarthy

Oh.

Harry Massey

And we had, what was some other things, you know, we'd get all sorts of weird bodily excretions. Or another interesting one, because I'd had glandular fever, I was basically viral soup. You know, my immune system.

Tom McCarthy

Yeah, yeah, yeah.

Harry Massey

It wasn't working. There were all these resident viruses, you know, going haywire inside us. So, he gave us something to correct that. And I got a fever for, it was around two and a half days, and then the fever went away. And that's basically, he turned on the body's immune system.



Tom McCarthy

Wow.

Harry Massey

To basically tackle those viruses, and they went, so, you know, when that happened, I really knew there was, well, actually, you know, and that. You know, I really knew there was something very, very significant going on with what he was doing. And, long story short, he ended up immigrating from Australia, and I'm English, You know, we flew back to England. And we ended up building this practitioner company called NES, over in England, actually for 10 years before A, he, well, he died, 10 years in. And then, when he died, I moved to the states. But, anyway, it was great. And we ended up creating what we now call a bioenergetic wellness system that's able to detect and correct your energy. In other words, we can scan all the different organ systems, meridians, mind/body correlation, trauma, et cetera. And, from the infoceuticals, we're able to trigger a healing response back, directly in relation to the scan and what comes up.

Tom McCarthy

Yeah, no, I love it, I love it. And I've experienced it too. It's so amazing in that like a voice scan. So, literally, you can be anywhere in the world and, using the technology that Harry's company's developed, you just speak into a microphone on, you know, on an app, basically, on the website, it records your voice. And, through that voice scan, there's information about your energy and your health. And I know that's probably super detailed, like technologically, but how is that even possible through our voice? Our voice is putting out an energy or an imprint? Or what's going on with that?

Harry Massey

Well, we're on an energy healing summit. Do you want the deep technical truth?

Tom McCarthy

Not too deep, but enough where the average person can understand it, yeah.



Harry Massey

You know, the quickest version of it, and the full details are in our book, Decoding the Human Body-Field, so you can read up on the details.

Tom McCarthy

Yeah.

Harry Massey

But the short version is, because in physics, absolutely everything is interconnected, And, I don't know, you know, the idea of a hologram, basically, reality is holographic. And so that means the information that is contained within your whole body, it's also contained within your voice. And there's other examples of this. So, like in iridology.

Tom McCarthy

Yeah.

Harry Massey

Iridology is like a window into the body.

Tom McCarthy

Sure, the tongue, the aura, all the, yeah, yeah.

Harry Massey

So, yeah, the voice is another one. And, basically, because absolutely everything is interconnect, we're able to get a, like a, it's basically a probabilistic reading of what's going on in your body.

Tom McCarthy

Yeah, that was so fascinating when I did that. And, just, anybody that's interested in checking this out, it's really cool because, through a voice scan, like a, you know, less than a



minute, right, you're talking and the software that Harry's developed can analyze exactly which organs, which bodily systems are out of whack. And then, let's talk about infoceuticals, because the ones that I was sent, it was basically water that had been imprinted with energy, or with a vibration, you can probably say it better than I can. But they were targeted for specific parts of my body that needed some support, that needed to shift the energy.

Harry Massey

You had a cold or COVID last time, didn't you?

Tom McCarthy

Well, no, the first time. Yeah, and then I, the first time I, yeah. I took a COVID test, I didn't test positive for COVID, but I could have definitely had that. So you sent me, you were so kind, you sent me some things that were helpful. Whether it was COVID or not COVID. And then I did another scan, and then there was other, my bladder, you know, it was different things that needed some support. And then I got some more infoceuticals and it was great.

Harry Massey

Yeah, yeah, I bet, basically, we, you know, we recorded the healthy blueprint of all these different tissues in the body. So, you can record the healthy blueprint of your liver, or your kidney, et cetera. And that information, you can then imprint into a liquid. And when you take the liquid, and I say, it's literally just mineral water. Because memory and water.

Tom McCarthy

Yeah.

Harry Massey

And then, when you take that, it will trigger a healing response. So, you go back towards that optimal blueprint. And, you know, before listeners are wondering, well, you know, is that scientifically verified. I've got, well, since we last spoke to you, we've had the University of California, they've been researching this. Well, I say, they've been researching this space, but to give it some context, we were at a Joe Dispenza event last March.



Tom McCarthy

Yeah.

Harry Massey

And we were introduced to professor Hemal, who is the, he's the vice chair of the, I can't remember actually the name of his department. I think it's, I can't pronounce it. Anesthesiology and I think it's in cardiology department.

Tom McCarthy

Okay.

Harry Massey

University of California. And he'd basically been, you know, doing some research on meditation with Joe Dispenza. And I was telling him about the infoceuticals and what they can do.

Tom McCarthy

Yeah.

Harry Massey

And, like, you know, just basically seeing, well, obviously, I wanted him to do research on it. And, anyway, I was really, really fortunate. And he agreed to do research. And, so, he put four PhDs in the department on our, on, basically, on the infoceuticals. And, actually, it was totally astounding. And, honestly, he was, you know, he was like, I would describe him as like skeptically open minded. Like, he didn't know.

Tom McCarthy

Yeah.



Harry Massey

He didn't really know what was gonna happen. He wasn't really expecting to see much, but he was also a curious person.

Tom McCarthy

Yeah.

Harry Massey

And, but then he, there at the time, like everyone in the world, was obsessed with COVID. You know, I'm not particularly obsessed with it. But, anyway, they were, so he, you know, he asked if we had any infoceuticals that could reduce the transmission of COVID into lung tissue. And, as it happens, one of our infoceuticals affects viruses. Way, way, way back, Peter had made one that helped, like, generally, coronaviruses. And so we just, anyway,

Tom McCarthy

Ah.

Harry Massey

So, we just used one of those infoceuticals. He basically had some lung tissue and we fed it our, basically, our infoceutical.

Tom McCarthy

Yeah.

Harry Massey

They would then basically infect it with the lung tissue of corona. And they can measure the penetration level of corona and, you know, whether the lungs rejected it. Anyway, lo and behold, compared to the control, there was this very large reduction in infection rate. More interestingly, it's like, we sent him some for AIDS, as well. And with, with AIDS, actually, they got a 50% reduction in infection on AIDS. Which was pretty amazing. And then he did a bunch of other other experiments. You know, I wonder if we could risk putting slides up.



Tom McCarthy

Yeah, yeah, if we can, pop it up, yeah.

Harry Massey

I know.

Tom McCarthy

But, yeah, so this is amazing. While you're pulling this up, so, again, it's a liquid. I probably even have some of the bottle still around. Yeah, I see him right over there. But, literally, just by putting infoceutical, the liquid, the mineral water with the vibration energy, into the Petri dish, it reduced coronavirus transmission into lung tissue, and now you're saying even AIDS by 50%, that's really, really cool. Oh, I might.

Harry Massey

I can't share the screen because.

Tom McCarthy

Yeah.

Harry Massey

I'd have to enable it but, anyway, it doesn't matter. And, so, one of the other questions is, so, there's this idea that you can store information in water. Probably people listening to this event may be familiar with that idea, but in normal western science, it's not a particularly accepted.

Tom McCarthy

Yeah.

Harry Massey

Idea, so, he basically got a paramet. Pronounce this word properly. An electron



paramagnetic resonance machine, an EPR machine. And, with that, they can basically tell, you know, very subtle differences in a substrate like water. And, so, when we make our infoceuticals, I mean, we literally have a hundred thousand bottles delivered. You know, they all came from the same batch. Like, basically the water is complete at the identical. And then we and imprint them with 72 different imprints. And then we send them off to University of California. Anyway, lo and behold, I wish I could show you, but we can't get the share screen to work. But anyway, they all basically have slightly different electron paramagnetic resonance signatures up, showing how, basically, the information is different. So, that was pretty cool. And then the next type of experiments that they were looking at, and because they're very, very, like all of us probably, were very interested in longevity and living long.

Tom McCarthy

Yeah.

Harry Massey

They had a whole bunch of stem cells in the lab. So, they wanted to see if any of our biosignatures would increase stem cell production. And it happens to be one that's called, maybe the name doesn't matter, but it's called carbon or oxygen hydrogen matrix. It's just one of our weird words. And, with that, they saw a 45% increase in stem cell growth over.

Tom McCarthy

Yeah, I wanna bottle of that, please, Harry.

Harry Massey

Yeah, I'll send you some of that. I'll send you some of that.

Tom McCarthy

That's amazing. 45% increase in neural stem cell growth. Literally by just taking that mineral water with that vibration, just talked about it, and putting it into the Petri dish, that is truly amazing. And talk about why it, or let me ask you a question. We're pretty much water, right?



Harry Massey

Well, it depends how you categorize it, but we're 82% by the, I think it's the, by weight. But 99% by number of molecules.

Tom McCarthy

Really, okay, I didn't even know of that.

Harry Massey

Well, it's because the molecules are so are so small. But yeah.

Tom McCarthy

Yeah, and, so, the majority of us is, of what we think we are, it's not this solid thing. It's water. And the water within us is already programmed with whatever thoughts or vibrations. What you're enabling people to do is just change those, that energy, those vibrations.

Harry Massey

The mechanisms pretty, well, it's super interesting and important. But, you know, when you're looking inside a cell.

Tom McCarthy

Yeah.

Harry Massey

A cell is basically, it consists of gel-like water. Or, you know, the policals of E zed water, or other people call it structured water. But it's all the same stuff. And, within that, you know, you've got your sense stones, your mitochondria, and your DNA and RNA. But, mechanically, when DNA and RNA split to make a repair protein, I mean, basically, your cell is sort of like a protein manufacturing factory. And, without that, you wouldn't grow muscle, you wouldn't repair any of your organs. Well, you wouldn't generate neurotransmitters, et cetera. Like, I mean, basically these protons, sorry, DNA and RNA is basically the machinery



of life. And when you think about it or look at it, right next to DNA and RNA, what's there? Water, basically, water. And it is basically structured water. And, so, mechanically, inside the cell, it's actually water molecules that are actually causing the DNA in RNA to split apart.

Tom McCarthy

Wow.

Harry Massey

Select certain parts out of the library to create new proteins you need to repair yourself. And then the other question, you're like, well that's odd. Well, where's the energy comes from? Well, it's actually from just ambient heat and infrared lights. So, it's really, well, it's basically infrared, which is heat, is supplying the energy. And then you're left with a question, well, what's directing it? Well, that's basically information, and it's it's information fields. And so, yeah, I mean literally, life would not work inside the cell.

Tom McCarthy

Yeah.

Harry Massey

Without this idea that water can have a memory and that there's information fields working through water. And, you know, it's an odd concept. But, for whatever reason, biologists, chemists, et cetera, we've all been studying all these molecules and chemicals and, you know, structures that are sitting inside water.

Tom McCarthy

Yeah.

Harry Massey

But hardly anyone has researched the actual water and the mechanisms of, you know, basically the mechanisms of the medium, and how that interacts. And, you know, for energy medicine, it's absolutely, well, it answers so much for energy medicine.



Tom McCarthy

Absolutely, and just the fact that water can be programmed with vibrations and energy, and then can even work with our genes to turn bad genes off and turn good genes on. And the whole genetic makeup. Like, it can influence that, that's really interesting. You talk about, to be healthy, you've gotta have more energy than you are consuming just to, what is the way you say it? You say you have to have extra energy on top of whatever you need just to survive. Or, and sometimes.

Harry Massey

Basically, you have to have more energy available than your current energy needs.

Tom McCarthy

Yeah.

Harry Massey

I mean, yeah, maybe I'll back up from there. So, I mean, really, in a way, there's really just three main ways to elicit healing. Or, if you like, and restore your energy. And those three sort of sit in these two big buckets. So what one is, life is an overall energy exchange. And two, we have this operating system, you know, this informational operating system. And if you have correct information, basically energy is super efficient. That's the second, but I'm gonna go back to the first, because it's an important concept. That life is an energy exchange. So, you know, we are breathing in oxygen, a source energy, we breathe out, calm, dark side, we eat food, you excrete food, you go out and sunlight like we're just describing. I mean, heat is a very important source energy.

Tom McCarthy

Yeah.

Harry Massey

And, you know, without that exchange of energy, life, basically, wouldn't exist. Now, where we're going inside the body, there's also all of these energy exchanges, you know, between the blood, and the cell, and the mitochondria, et cetera, et cetera. So, you know, life is just



exchanging energy area. And that really leads this very basic principle for healing. You know, if you've got enough energy available, in your body, you're exchanging enough energy with the environment. If you've got more available than you need for thinking, eating, you know, walking, whatever you do, your body will put that excess energy. It basically has excess energy that it can heal and restore and rejuvenate you. And the classic thing, you know, why people generally go down, you know, or can go downwards in health, is because the opposite is true. Like, you know, they're pushing too hard, they're working too hard, they're exercising too hard, or whatever it is. And they're basically consuming more energy than really they have, you know, than really their reserves can handle. And, so, when they do that, well, there isn't enough energy left to repair you, so, you're just worn down, worn down until, you know, in my case, when I was 21, I ended up bedroom because I was burning the candles so much in the years before and I, you know. No one teaches you that when you are at university. They just teach you to have a good time.

Tom McCarthy

Yeah, hey, the other part that I like too, though, is that second thing you said. If you have an inefficient operating system, maybe you've got enough, you know, you're eating good, you're, you're sleeping well. I had chronic fatigue. Mine didn't last as long, but back in 2015, I got a little virus and fever, and I didn't get better right away. And I remember, like, I was feeling like I was 95 years old. Like, I had no energy, like what you talked about. I was older than you when I got it, but I had no energy. I would sleep like 14 hours and wake up tired. And I think part of it was that inefficient operating system too. You know, because I was eating well. I was trying, I mean, I didn't have much in energy, but I was trying to get up and do some qigong, or things like that, but, inside.

Harry Massey

Yeah, it's a self-fulfilling cycle. So, when you don't have enough energy, and you start degrading, as you're degrading, basically your energy efficiency is becoming worse. Because, you know, your body hasn't been able to repair itself. So, your body's energy system, or control system, it just becomes super, super inefficient. And your body is just burning up all this excess. Well, it's just. I mean, an easy way of describing, you know, when you like, oh, like you heavily overexercise and your muscle just gets ridiculously tight? And it, you know.



Tom McCarthy

Yeah, yeah.

Harry Massey

You can't really use it prop. You know, you can't use it properly. And then you have a deep tissue massage and it all gets, it basically all gets released. And then it.

Tom McCarthy

Sure.

Harry Massey

Your muscle becomes efficient again. So, it's that sort of idea. But it is also happening on a systems level, and an organ level.

Tom McCarthy

Right.

Harry Massey

But it's why, like, with our infoceuticals, or our new wearable, it's coming out, or our My Health, you know, all those particular, you know, devices or therapies, they're all aimed at making your control system, or I'll call it your energy control system, more efficient because it's, maybe it's fairly obvious, but if you can make it really efficient, then instead of, you know, you needing this amount of energy to function.

Tom McCarthy

Yeah.

Harry Massey

Ah, yeah, you only need that amount of energy. And if you only need that amount of energy, yeah. You can do all this stuff and you're not, you're not gonna get tired, and you've



got enough to, you know, repair and rejuvenate while you are asleep, et cetera, et cetera. So, yeah, it's really, really, it's really, really key. Like, you wanna manage your exchange of energy. You wanna manage when you're getting rest and recovery. But at the same time, you wanna make your energy system more efficient.

Tom McCarthy

Yeah, that's an amazing insight too, though. Because even if people had the same level of energy coming in, right, and they're using the same level, if they become more efficient at the way they use it, then you have an energy surplus. So, really that's an amazing insight, and I've never really thought of it that way. So, that's very, very cool. Hey, I wanna talk about some of the things you've got coming up. So, obviously, with NES, that's available to anybody right now, and it really is amazing. Literally you do a voice imprint will tell you the health of your organs, and even your emotional makeup. So, really, really cool. How can people access that? what's the best place for them to go to get more information or to take advantage of that?

Harry Massey

I literally just go to the website, which is NESHEALTH.COM.

Tom McCarthy

NESHEALTH.COM.

Harry Massey

And, yeah, and you've got this free pass in that website. You know, you can be a client of a practitioner. And there's a practitioner locator, although, obviously, it all works remotely anyway. Or if you're a practitioner, or you wanna become a practitioner, that's a slightly different route. But you can also train up as a bioenergetic health coach. And, so, some of these principles that we've been talking about here, like life is an energy exchange.

Tom McCarthy

Yeah.



Harry Massey

System and the energy control system. Like, we basically teach people in depth about all of those concepts. So, either they can use that knowledge on themselves, or they could go out and basically coach other people in bioenergetics and help restore their energy.

Tom McCarthy

That's what I was saying, the same way you did. You learned it and now you're helping the world with it. So, there's an opportunity for them to actually go through a coaching program, which will help them for sure. But then, also, even be a business that they could do. And that's on that same site?

Harry Massey

Exactly, and it's basically, you know, it's a cloud based business. You have the voice scan for the clients. And then you can interpret their scan. And then we drop ship all the infoceuticals to your clients, et cetera, et cetera, but yeah.

Tom McCarthy

Yeah, in addition to the infoceuticals.

Harry Massey

The next generation of health coaching, basically. It's like, you know, with health coaching, it's generally just about diet, diet, and exercise.

Tom McCarthy

Yeah.

Harry Massey

These days, maybe a little bit of mind stuff. But they don't actually have the tools to necessarily help people. But this basically gives the coach the tools. Because they can get an insight into what's going on in people's body. And then, more importantly, the actual solutions to get them better again.



Tom McCarthy

Yeah, and the cool thing, too, is that the diagnostic tool they have, with the voice imprint, then you use the infoceuticals, and then you have the client do another voice imprint, and see what's going on. Usually, you know, you see improvement. But maybe something else is popping up. Because there's always levels of potential healing. The first level might pop up first. But then, after that resolves, there's new things you can help people with. So, I think that's really cool that you're enabling people to learn how to be a coach on that, with this great diagnostic tool, so they're not trying to just do it on their own knowledge. You have a quantifiable tool that will help them. And help them in their own health, but help them help other people, that's really cool.

Harry Massey

Yeah, well, I mean, it's super important to us to get the education information out about how all of this works.

Tom McCarthy

Yeah.

Harry Massey

And, obviously, knowledge is power in your own healing journey.

Tom McCarthy

Yeah, now talk about the wearable. I'm really intrigued by that. So, you've got a device that's gonna be a wearable, around the wrist, tell us about what it does. So, I'm looking at it, it can detect, it can correct, and, also, protect, which sounds pretty interesting. So, tell us about the wearable. And that's not out yet, but it'll be coming out late 2022?

Harry Massey

It's coming out in, in November, yeah.



Tom McCarthy

Oh, November, okay, great.

Harry Massey

November, so.

Tom McCarthy

I want one.

Harry Massey

Want one, yeah, me too, actually. Well, it's been called a GEM, which stands for Guided Energy Management. And, to what you just said, it detect, corrects, and protects your emotional energy. And, so, I'll just start with detection. So, in traditional Chinese medicine, you can basically read 29 different pulses. We've worked out some algorithms just using a PPG sensor that can classify those TCM pulses. And, for us, for instance, you know, someone has a, like a slippery pulse. A slippery pulse, in TCM medicine, would, you know, would, which ones are slippery? Don't get me caught out. No, I think slippery is for spleen. Or if someone has a wirey pulse, that would indicate gallbladder, liver issues. Or knotted pulse would be indicator of heart issues. But with this wearable, we're not doing organ analysis. Instead, we've translated it to emotions. And, so if someone's liver is off, they're generally frustrated. If their liver is healthy, they're quite, they're decisive. Or, with the heart, like, the heart goes from impatience to joy, or the spleen is anxious, yeah, sorry, it's anxious to faith. So, we basically categorized all of these into different emotional states. And just to what we were just talking about. Because we wanna make your energy system more efficient, no, not that, but basically because we wanna make sure people have got enough energy each day, one of the key areas that that happens with is for your emotions. Now, if you are excessively angry, impatient, et cetera, it burns up an awful, awful lot of energy. So, yeah, having a wearable that helps give you insight into actually when you're using up too much energy is super useful. But what's more useful than that is correcting and protecting that energy. And I'm gonna jump to protection, because we're talking about emotions. And one of the best ways to protect your emotional energy is through what we call an annotation, which is an energetically imprinted meditation. And because we know your emotional state, we can personalize the meditation to help shift you out of that emotional state, also while energetically imprinting you with the information. It basically amplifies the effects of



meditation somewhat. So, that, anyway, that's on the protect side. I'm gonna jump back to correct. So, just like the infoceuticals that we were talking about, we can imprint those biosignatures, basically using the wearable into your blood. And the blood is a little bit like, you know, imprinting it into the water. So, we're basically imprinting it into the blood plasma. And then, you know, the blood flow then carries that information

Tom McCarthy

Very cool. Very cool.

Harry Massey

To the rest of the body.

Tom McCarthy

Yeah, that's amazing. So, the wearable device, kinda like a watch, but it's a device, it literally can detect when, emotionally, you're out of balance. And then it can correct by sending a signal into the blood that helps correct that emotional imbalance. And then, also, protect. Now, that would be from an app, right? The app that goes with it, you would listen to a meditation?

Harry Massey

Yeah, you listen to meditation. But, at the same time, the wearable is imprinting you with biosignature.

Tom McCarthy

Oh, very cool.

Harry Massey

And then, also, we're gonna be doing it in groups. So, for instance, you could upload, you know, you could upload your intention into the app, so other people could see it while a group meditation was happening. Go for a guided group meditation. And, at the end, because, you know, the thing that makes what, the thing that, there's a lot of things that make your intention more powerful. Being in that parasynthetic state is one of them. But



some of the other things, honestly, is the communication of what happened, and the intention afterwards. Because the universe absolutely loves commitment. So, if I got all of this insight during the meditation, and the meditation, we like, we ask you certain questions, so you can go into your past or current event. And then you can, we help you to reframe what happened, so that you then know how to have basically, you know, better, sorry, better patterns of thinking going to the future.

Tom McCarthy

Yeah.

Harry Massey

But it's super important to then communicate that back out to a group, because then you get some accountability. And you also, I say, the universe loves commitment. If it's a bit flaky, wawa in your head, and you don't actually vocally communicate it out, you could get away with not doing what you thought about in your head.

Tom McCarthy

Yeah.

Harry Massey

But if you actually speak it out loud to other people in a group setting, it makes it more powerful. So, anyway, I mean, it's a whole concept we're developing out called an annotation, which mixes all those concepts.

Tom McCarthy

Is there a site people can go to, Harry, to sign up for more information? I know it's not out yet, but.

Harry Massey

There's ENERGY4LIFE.COM. And the four is the number four.



Tom McCarthy

Energy, E, N, E, R, G, Y, number four. And then life, L, I, F, E, dot com. And they can sign up for alerts of when this is coming out, and?

Harry Massey

I don't even know if there's a sign up thing. But there's information about it out there.

Tom McCarthy

Okay, good. Get a signup, because I know lots of people wanna know right when it comes out.

Harry Massey

If anyone opts in on NESHEALTH.COM, hundred percent we'll be emailing.

Tom McCarthy

Getting the word out.

Harry Massey

Anyone in that database, so, yeah.

Tom McCarthy

Amazing tools, NES, they're already available where you can literally see what's going on inside of you, and emotionally, just with a voice imprint. And you can become a coach for that. Or you can become a client, where you have someone coaching you and helping you. That's what I did. And then, also, the wearable coming out really, really cool. Harry, it's so great seeing you again. Thank you so much for being part of the summit again. And I know you gotta catch a flight. Thanks for also working this in, where we could talk to you today. And thank you again so much. Really appreciate you being here.

Harry Massey

No, thank you, it's great, Tom, as per usual.