



Energy4Life Podcast

Episode #45

The Secret Life of the Virus

Harry Massey 0:00

Welcome to the Energy4Life podcast where we explore the future of health and wellness to help you enhance your energy, health and purpose.

Harry Massey 0:11

Hi everyone, we're going to be talking about the secret life of the virus as a messenger to the cellular terrain. That's a super important concepts in here. Not all of these concepts are sort of well understood. And there's been a massive split in philosophy, in health philosophy between probably- well between the conventional medicine and the more naturopathic holistic views where they basically split virus theory to one side and then terrain theory on the other. But the truth is actually, the truth is actually that they're both correct. And actually viruses and the terrain are completely important to each other. And so we're just going to talk a bit about that.

Harry Massey 0:55

So we'll just start with you know, where on earth do viruses come from? And there's this misconception that a virus is alive, that it has some life of its own. The truth of the matter is, is actually viruses are created inside the cell. And they actually have no no life of their own, like you have virus can't get created outside of the cell, and it really can't do anything unless it actually interacts with the genetic machinery inside a cell where it reproduces, and you know, creates, creates other proteins and other effects within the cell. And so what on earth are they? Well, in essence, a virus actually actually is a messenger that basically is communicating information. Often, now you might wonder what sort of information often this information is actually information about the environment so that cells can adapt to a potential threat and so they can adapt to a new environment. You know, an easy way of looking at that is within immunity, you know, people people get getting new information. From a virus, their immune systems adapt, they're stronger for it.

Harry Massey 2:05

There's also another way of looking at it, you know, if you um, like, for instance, you know, if you expose yourself to a whole bunch of environmental toxins. So for instance, if you're under a lot of respiratory distress such as inhaled a load of toxic smoke, your lung cells will actually respond to the environmental stress. One of the things that they do is they want to rid themselves of the toxin. And in doing so, they also produce RNA or if you like, viruses messengers that end up communicating to other cells and then particularly, when you cough or sneeze out those RNA particles, other people can catch

it. Why is that useful from an evolutionary point of view? Well the person who catches it basically gets this signal to strengthen their lungs, strengthen their lung tissue and it gets a message you know that they may get exposed. exposed. To that toxin. So, in normal circumstances, often you know virus can be a message to clean up one's lungs in response to a nearby environmental threat, such as toxins, energetic or emotional toxins. And in a way, you could look at the flu virus as a software upgrade, which is activated, you know, with more often with people who might need it more.

Harry Massey 3:25

Now, you might also be thinking, you know, aren't all viruses bad well, or are all viruses good? Well, no, you know, there's actually and this is pretty incredible. So actually, I'll start with a different fact. So there's, there's 38 trillion bacteria in the body. I think there's generally 3-4 trillion cells in the body, 38 trillion bacteria, or even more bacteria than than our own cells. But this is where it gets exponential. There's 380 trillion viruses, or in other words, you know, sort of strands of RNA in our body at any one time. And that that's called instead of the human Biome for bacteria that's called the human Virome. Now, actually, at this moment in time, you know, we really don't know what all those 380 trillion viruses are doing. However, what we do know is many, many, many of them, probably most of them are essential to our own life cycle. And they're absolutely essential to sell. And in fact, if you went on a war with with all the viruses on your, on your body with with antivirals or something like that, and you wanted to eradicate the Virome, you'd be eradicating this RNA communication system, you'd be eradicating the machinery inside your cell that replicates and creates proteins. And generally, you know, you get pretty pretty ill from doing that, and likely die.

Harry Massey 4:54

So, you know, this idea that all RNA or viruses are are bad in the body, is just not true. I mean, if there's 380 trillion viruses in the average human being at any one time, obviously, they can't all be all be working against us. Now, in actual fact, there's been studies which actually can't tell the difference between a virus and an exosome. Now, you might be wondering, well, what an exosome is. Now they're getting pretty, pretty popular in stem cell circles. And, you know, stem cell world, I'm sure sure most people would have heard the amazing promise and some of the amazing results that people get in stem cell therapy. Now, because generally, it's generally regulatory, but because stems because stem cell therapy has been under a lot of pressure, some more innovative companies have been just looking at the exosomes instead of injecting the stem cells, they're just injecting injecting with exosomes. Now exosomes are basically RNA messengers. And they've found they're getting very, very similar results, if not the same results as if they actually just use stem cells. So instead, you can just use the messenger instead of the stem cells. And what's pretty, pretty interesting is these studies basically can't tell a difference between a virus and an exosome. In fact, I think this One study found that it couldn't tell a difference between between a flu virus and an exosome.

Harry Massey 4:54

So then you have to start asking the question, you know, is, in some cases a flu virus an upgrade? Is it communicating information to people's cellular terrain to clean out the terrain and make the body healthy? Quite possibly.

Harry Massey 6:40

So and you get this idea in you know, this idea has been long established in naturopathy, where if you fast, at some point in time, the body ends up creating these flu like symptoms to basically reverse disease. In other words, when you give the body a chance to detoxify and heal, it excretes toxins, and along with these toxins it also includes these messages called exosomes, viruses, RNA, all the same, that create these flu like symptoms, you know, so they're they're very, it's very symbiotic and all all happening at the same time. And you know, all of that sweat and all those high temperatures, they basically- that you might get when you have the flu- generally, whenever you when you've got the flu, once the flu has passed through, you know, it depends a bit, if you suppress your flu you'll suppress your temperatures, and all of the sweat and you don't rest, then you know, then basically you can feel worse for a while because you didn't allow your body to expel the toxins.

Harry Massey 7:44

Often if you if you actually go with the flu and you support the body's high temperatures, the excretion processing, you eat a little bit less, take plenty and plenty of fluids to help the body to detoxify and get through its healing crisis, you can often feel consider considerably better, you know, week or two past the time, the time you have the flu. And you can actually have an increase of energy. It's pretty- it's pretty, pretty interesting. But of course, if you sort of go the other way and take a load of things to suppress the symptoms and carry on, you don't feel like that actually, you can just hang out for the ages and not be too good.

Harry Massey 8:25

Now you might also be thinking, you know, well, why on earth do some people die from the flu? Well, the people at the most risk, they're generally over 70 or older, they have at least one other condition and they're generally on a whole bunch of medication. So how's their terrain, looking? Well, with these people, when the body tries to adapt by increasing metabolic excretion, if the terrain is too toxic, simply the body systems you know, they become overburdened and it's like the straw that breaks the camel's back. So you have to ask, you know, was it the virus? And their, you know, and their medications and their lifestyle and their pre existing conditions that might be the cause of their death and getting seriously ill from flu? You know. Or was it their toxic terrain? Most likely is their toxic terrain. But of course, that's never actually put in the statistics and statistics it's always the virus. The virus is the thing that kills people. And, you know, a way to a way to help and whether you agree with sort of virus or train theory or not, if you focus on the train, i.e. you focus on having health- you know, healthy cellular terrain and you know, having a cleaner body. That's a that's only going to be good and it's only going to improve nature's own communication system, i.e. this viral RNA system and immunity etc.

Harry Massey 9:50

Now there's like immunity and terrain, you know, they're very very linked. It's not like there's often in all sorts of circles, we think of others- the body's detox system, and that's the kidney and the liver and the digestive system, etc. And it's the body's immune system. And you know, people think to- you need to, like target the immune systems, support the immune system or you support the detox system. No, no, no, they're actually all completely interrelated. And if you actually support the body's- well, if you support the cellular terrain, you are, by definition, actually supporting the community and the detox system, you know, on all of these things at once. So, terrain is a really, really super, super critical or important idea. Now, you know- I'll say this, but it isn't to say that there aren't some viruses that are truly bad. And probably the most obvious example is, is Ebola. However, the fortunate thing about it, basically viruses that are really, really infectious, they actually fortunately tend to be pretty harmless like, like the cold and flu and have really, really low death rates. However, viruses that are the most deadly like Ebola, they're actually incredibly, incredibly hard to catch. So fortunately, the human Virome is mostly full of good messages, good RNA and you know, the ones that are really really deadly are super, super hard to catch. So it's not it's not it's a bit of a misconception, you know, especially 2020, depending on what year or time you're watching this video.

Harry Massey 11:33

So, you also might be thinking, What's the main component of the cellular terrain? Well, pretty simply, it's structured water. I mean, it's the same question. What's the main component of the body? It depends, depends how you look at it. 80% of the body, I think it's by weight is H_2O . But if you look at it by molecule, 99% of the molecules in your body are actually H_2O and that's just because hydrogen are, you know, smaller molecules than things like carbon, calcium, etc. But either way, how you decide to calculate it, pretty much you're mostly water. And most of that water is inside your cell, it's in a gel like type format, it has different names and Jerry Pollack called it EZ water, he called it also structured water. If you go back before that, like, Gilbert Ling, who was one of the original cell biologists who wrote medical textbooks on the cell, now, he said it, he said, the water in the cell was was gel-like, but basically, it has structure. And when you're looking within that gel like water that's in the cell, it's really that water that's surrounding your DNA. And when when you're looking from a molecular level, actually, water molecules or structured water molecules are actually mechanically touching all your, all your DNA, and they're actually providing the sort of mechanical instructions to your DNA to produce to produce proteins, including RNA.

Harry Massey 13:11

Simpler, and you can look at it from a simpler point of view, I mean basically, if the cell is mostly, is mostly water, and your DNA, which is the mechanism that creates viruses and RNA and other proteins, if that's surrounded by water, is that water important? Pretty likely it's important. Um, so how we look at it is basically the bio-information, because water by itself, you know, it can't it can't do anything. I mean, you basically need, you need energy and you need information and you know, so if you have information, you basically have a set of instructions, obviously you need energy to do

the work. There's plenty of energy just from just from radiant heat, which is basically just- basically just photons. So you have, you have radiant energy in the cell, you have bio-information, you've got structured water, and that enables it to basically instruct, you know, DNA and nudge DNA in a certain way to then create, you know, help repair proteins, healthy viruses, bad viruses, etc. So basically the information contained in the structured water in your cell, it's completely key to having a healthy cell. And in turn that contributes directly to the lifecycle of all the viruses in your body and beyond.

Harry Massey 14:33

So it's super important to ensure your cellular water has a healthy energetic structure through bio-information, fields, diet, liquids, oxygenation, and movement. Or if you like, you know, purified mineralized information, structured water, it's really, it's really honestly it's the basis for all biological life and theres many analogies to look at it. But if we if we went out into the ocean, we've got all the plankton just sitting in the ocean, you know, the sea is this amazing, amazing source of life and obviously all the animals and fish grow in that ocean. And in a way we basically have this ocean inside us or within inside our cell. And our cellular water is quite similar in a lot of ways to the, to the ocean water out in the ocean. And, you know, you can you can help yourself with that. So, you know, if you take if you take really really pure, you know, well filtered structured water, you can basically add like quarter a teaspoon of sea or Himalayan Crystal Salt to get it close to that saline-type structure that you get in your cells. And then you can add appropriate bio-information to support the terrain of the tissues of your choice.

Harry Massey 15:53

Now, another thing that is quite as quite a concern currently is, you know, a lot of people are- A lot of people are blaming, you know, blaming the 2020 virus pandemic, on 5G. I wouldn't- I'm not, I'm not so sure that is entirely, entirely true. However, what we can say, you know what we can say there has been a whole bunch of studies that have looked at EMF and 5G and how it affects the immune system. But more interestingly, is how EMF affects cellular- well actually just structured water itself. So I'll try and describe it, to describe this experiment. But within structured water, basically, if you get it if you get a very, very thin tube, you shine, you shine light on that tube. And you basically end up with structured water going down down this tube, and is powered actually by the ambient heat or by the light being shined on it. If you bring up a cell phone, it's emitting EMF, it just stops. The reason it stops just because it destroys the structure and basically without the structure, the mechanism doesn't work. You can do a similar experiment just looking at the depth of the EZ layer. Or if you put EMF to it, the EZ layer reduces.

Harry Massey 17:14

If that's happening, it just sort of that basic experimental level. It's not, it's not so hard to see how emf is destroying your cellular water structure. If it's destroying the water structure in your cell, it's absolutely damaging your overall terrain. And what on earth does that do? Well, most likely know that that's going to interfere with protein replication might possibly create viruses, you know, create other RNA strands, but it's

basically going to interfere with the whole the whole mechanism of the cell. And so, you know, just imagine what that would be doing to your brain when you make a cell phone call. Of course, just you can just imagine how it's affecting your overall terrain, how it's interfering with your overall virome and all of the all of the life cycles that are happening between bacteria, cells and viruses. I mean, in other words, it's basically screwing with your with your intercellular, and well I could say even inter-host communication systems.

Harry Massey 18:15

So really as much as possible, you want to keep your EMF exposure to a minimum. And then you want to use bio information that has been designed to support the parts your body field that are most effective. And EMF affects certain parts your communication system more than others with a particular affinity, you know, for different parts of your cellular terrain. So if you've been affected by EMF, as well as protecting yourself with EMF corrective information, you also want to ensure you spend time on correcting the energetic terrain so you can ensure cohesive cellular water structure, which in turn helps proteins to be formed correctly as part of your normal life cycle.

Harry Massey 18:55

So anyway, there's just a little bit about how viruses, or The Secret Life of the Virus as a host to cellular terrain. And really the conclusion of this is, is actually your cellular terrain is probably the more important- I would say it is actually the more important part than the virus. It's not to say that virus theory isn't true, doesn't exist. It absolutely does. But it's a byproduct of the cellular terrain and just a, you know, it's a part of the overall communication system between different hosts, i.e. well. could be animals or different humans. You know, within the body actually, within the body actually viruses and bits of RNA, you know, they're not, they're not- I don't think they're so important in a way because you also have a field-based communication. So you know, there's other ways for communication to happen with the body, but they are super useful for communicating environmental signals between between different people because you know, you can cough and excrete viruses and RNA through coughing and basically communicate information about what's happening in the environment to others and their, you know, their own terrain gets strengthened, hopefully ahead of time or you know, during, or just ahead of time to any environment, environmental type threat.

Harry Massey 20:19

But anyway, the short and long answer of this is, regardless of your beliefs of virus and terrain theory, one thing's for sure, the healthier your cellular terrain is, the healthier you will be. So if there's just one message you take from that, it is: Do everything you can to have a super healthy cellular terrain. And from that, your immune system is going to be in a pretty, pretty good state, despite any environmental threats. All right over and out. Thank you.

Harry Massey 20:50

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