

You or The World? The Health of the Planet Depends on Your Choice

By Harry Massey, founder of The Choice Point Movement

Barbara Marx Hubbard said, “Crises often precede transformation and innovation,” and that’s exactly what happened to me. Twelve years ago I was bedridden with a debilitating case of Chronic Fatigue Syndrome that left me broke and unable to take care of myself. After years of going from one practitioner to another I came to my Choice Point—the point when I knew I had to change my future or be destined to be bedridden forever.

My journey began as a young man suffering from chronic fatigue syndrome, which was entirely self-inflicted, due to too many years of destructive hedonistic lifestyle, with all the negative beliefs and poor self-worth that lifestyle often entails. It was a horrible time - lying in bed, staring up at the ceiling, barely having enough energy to think, constant headaches, in a lot of pain all around your body and only being able to move just a few short steps each day. I had no clue what to do with myself or knowing what would happen to me. I had to live with my parents because I couldn’t earn a living or take care of myself. Imagine being like this day after day, week after week, month after month and year after year.

After the first four years of trying any and all kinds of treatments--however painful they were and with no results--I started to doubt that I would ever recover. So I started to ask myself questions – questions like: How is this happening? And why is it happening to me?

I just wanted to understand what was going on from as many angles as possible. And asking questions seemed to me the most logical thing to do. I simply decided that the way to get myself better was to try to understand what was really behind health, how the body really worked and wouldn’t it be great if I could make a “home wellness system” that would give people the ability to work out what was wrong with them and-- more importantly--to give them a way of getting themselves better again.

I didn’t realize it at the time, but that was the biggest Choice Point in my life. I decided to align with a purpose that was bigger than my own self-centric desire to get myself well. I chose to make a home wellness system that added value to other people’s lives – and in doing that, I started to recover myself.

I had no idea how I'd create this home wellness system, but I had nothing to lose by trying. And once I made that commitment, everything came together in the most miraculous way and I managed to build a successful health business that has helped thousands of people.

The miHealth is a result of that dream I had 12 years ago to make a home wellness system. I met this incredible scientist Peter Fraser who had spent the last 25 years mapping out the information of the human body – the energy field. With this map, which is a bit like a blue print of how the body works when it's working perfectly, we were able to create a device that could then both read the information and energy of the body, but also trigger a healing response back in it, too. The miHealth is a handheld device similar to a smartphone with a touchscreen. Just by putting it next to your skin, it can both give you information about your body, but also trigger the healing response. The Hungarian Olympic team, from a very small country, won eight medals at the Olympics. And they attribute their speedy recovery and added performance to the miHealth. You can read about that on our site www.neshealth.com

A few years into building NES Health, I thought to myself – no one really understands how information and energy can help people or how any of it works. So I decided to make a film called *The Living Matrix* with Greg Becker, which went on to do really well. After that film, I started to wonder if this had happened to other people; if once they shifted the focus of what they were doing to something that the universe would support, did incredible things start to happen to allow them to reach their goal? Once I began to investigate and interview the world's leading visionaries, change-makers, scientists, philosophers and spiritual leaders I noticed a pattern developing over and over that once we are able to align our purpose with patterns that are supported by others, then the universe works with you to make it happen.

I thought that if I could change the trajectory of my life by shifting my perspective from *me* to serving *the world*—just as those luminaries did-- then we could help other people **align their purpose** so they could help themselves and begin solving some of the world's problems along the way.

And that was only the foundation for Choice Point. Today we have launched the Choice Point Movement, committed to deliver that message in a big way, helping people Understand Their World, Align Their Purpose and Be The Change in the world. Our Choice Point film, book and website open people's eyes to their own power to change themselves and the planet. You'll hear from such luminaries as Sir Richard Branson, Archbishop Desmond Tutu, John Paul DeJoria, Jack Canfield, Gregg Braden, Barbara Marx Hubbard, Alison Pothier, Dr. Scilla Elworthy and James Caan about how they aligned with forces greater than themselves as each faced their own Choice Point. And when they did, others came to join and support them. That's what our Social Network aims to achieve--to connect people with others seeking to better our world—magnifying their vision and impact.



My life is so much better for having looked for a way to help others through my quest to return to health. There is an extraordinary slipstream that catches you up and carries you along when *your purpose* joins the *greater purpose*. So I urge you: seek your gift and dive in! The future of our planet depends on you!

Harry Massey, the founder of the global Choice Point Movement (www.choicepointmovement.com), is a highly successful writer, director, entrepreneur, and visionary. He is the filmmaker behind *The Choice Point Movie* and the well-received 2009 film, *The Living Matrix: A New Science of Healing*. He also co-authored the book ***CHOICE POINT: Align Your Purpose (Hay House)***. Previously, Massey co-founded NES Health Limited (www.neshealth.com), a company dedicated to furthering a 21st-century system of natural holistic health care based on integrating physics and biology. He has created several leading-edge health-related technologies, including the NES miHealth. His passion for changing the face of health care arose from his own health challenge as he sought to overcome a serious illness in his youth. For more on Choice Point and to join the movement, go to: www.choicepointmovement.com.

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