Introduction and Tom McCarthyu2019s Background

Through. This is Doctor Pollack together today with Tom McCarthy. Our topic today is accessing your Superconscious mind for healing. And Tom McCarthy is an expert at that.

Tom is going to tell you about himself and his journey to, to getting us to this point. So. Well, first of all, I just want to let everybody know I'm a huge fan of yours.

And obviously, we had you on my summit, and I learned so much and and got one of your machines, and, and I'm just a huge fan of what you're doing, so it's really great to be on this summit.

So a little bit about me, I grew up in, in an Army family. My dad was an Army officer, and he, unfortunately, was killed in Vietnam at a young age. And so when, when I was three years old, he was only 30 years old.

And so my life got shook up, shaken up very early, and I didn't have the ordinary life that, you know, up until probably age three, I guess I thought I was going to have.

And so I started looking at life differently, like, you know, when things happened. Trauma happens at any stage, but particularly at an early stage. Your life is not black and white anymore.

It really is something that you start to question a lot of the different beliefs. And so I started doing that, probably not at three, but as I was older, because I was struggling, you know, my mom was struggling.

She had not just me at three years old when my dad died. We had a two year old brother. We had a six month old little baby brother that was born when my dad was in Vietnam.

And we struggled financially, but also really emotionally, and I was trying to figure out life, right? I was trying to figure out, like, how do I fit in?

I felt so different and weird and and the thoughts I were having that I was having were different than other people's. Right? Because I'm trying to figure things out at an early age now.

There's lots of benefits in that. It made me more, I guess, open it made me more entrepreneurial. I was starting businesses when I was like, you know, ten, 11 and 12, but I was really struggling. And so, later on, I learned that we don't have to struggle.

We can choose to create breakthroughs. We can change our stories the way that we view our life, even though maybe in the past we thought of in a certain way, like, oh, it's terrible.

Why did this happen to me? I'm a victim. We don't have to do that in the future. And so from those learnings, I was able to make huge leaps and start lots of different companies, be on boards of different companies, invest in some really great companies and make lots of money and and also, not only that, but to have, you know, great health to have, a beautiful wife for 30 years, been married to two children, with challenges along the way.

But I wrote a book recently called The Breakthrough Code, and it's about how to live a life without limits. And so that's what I've been talking about lately, is how can we break through where we're stuck now in this situation?

If we're stuck in a health issue, how can we break through? And there's lots of great technology. Jeez. Math is to me one of the greatest. And in addition to that, though, I think there's some things we can do internally within ourselves to accentuate the benefits of PMF or diet or whatever else we're using to heal.

Well, that we all have that right. We all have that equipment. You don't have to buy anything. And I, we all know that we have that equipment. We have it internally and how to use it.

So that's what you're going to do is you're going to help us to figure out how do we access that. Now you call that the superconscious mind? Right. Well, there's yeah.

And I use Superconscious instead of subconscious. So, you know, most people know we've got two parts of our mind. We have the conscious mind, which is what Bill and I are talking with right now.

We're consciously thinking and and communicating and understanding things. So that's that's what most people think. Actually, most people think that is the only mind they have.

And so they they think that's their mind. Their mind is my their thoughts. Right? The things that they're thinking about.

Understanding the Superconscious Mind

But there's but that actually is the smallest part of your mind and processes about 40 bits of information per second, which is pretty good, but it's responsible for about 5% of what you actually do in a day.

Now, underneath that and not necessarily underneath, but we're going to call it underneath. There's something that people have called the subconscious mind.

It's below your consciousness. You're not aware of what's going on down there consciously. And that is responsible for 95% of what you do in a day. And it can process 40 million bits of information per second.

So it's processing like even right now, as I'm talking with Bill, my subconscious wake up, my superconscious mind is picking up all sorts of other things, not bringing them to my conscious mind, but the weight of my shirt on my shoulder.

Right? My super conscious knows that, but consciously, I'm not aware of that right now. But there's also many other things down below that we're not aware of consciously.

And they're they're habits. They're patterns, they're beliefs or what I call your story. When I was, three years old. Right. I told you my father passed away.

Well, when you're three years old, you're like an open seed, right? You're taking in everything. And so my mother's grief, her pain. I took all that in her belief systems about the world and how tough it was and maybe unfair.

Those all came in to me. That was down in my super conscious and my super conscious was taking that information, which was not really helpful to me, but it wasn't judging.

It was saying, all right, you believe this because you picked it up from your mom or wherever, we're going to make it true. And so I struggle now. I'm sorry.

That was the subconscious. That was the subconscious, not the super conscious. Well, this up, the super conscious site, and I really called the subconscious, right?

I just I just want to make people aware it is a superpower. That's why I call it the super conscious. Okay. All right. It's like a superpower that we have that we don't because most people don't know how to program it correctly.

Sometimes it works in a way. It's always just trying to please you. Whatever you tell, if you tell it life stuff, it's like, all right, make sure that we find ways to make this guy's life even tougher.

You're like, why is my life so tough? Well, did you notice all the times you were saying, life's tough? I can never get

ahead or or or even you probably didn't notice, like patterns you inherited from your parents belief systems.

So there's all this stuff down there, some of it positive for us, some of it negative. But the super conscious doesn't judge. It's just like, hey, you put this down in here, we're going to act on it.

I like to think of the subconscious super conscious as basically a hologram. E right. It's not a thought. Yeah, not one step at a time. It's like looking at an orange.

How do you describe an orange to somebody? Yeah, right. And how do you describe the taste of an orange to somebody. Never mind the appearance or the feel of it.

So our, our sense of an orange when we think of an orange, our sense of the orange is three dimensional. It's holographic. Yeah. And the subconscious tends to I think subconscious tends to work holographic.

Yeah. Rather than I thought at the time. Or A plus B or C. Yeah. Now it's all working together. I mean, one of the things I still remember back, when I was young, I was the oldest and I don't know what was going on in my head, but maybe I was thinking I wasn't getting enough attention.

And and so, I mean, this is crazy, right, to even do this. But I remember, I was like, how do I get attention? Well, if, you know, how did I get it? How have I gotten attention the past?

When I was a little sick, right then mom paid more attention to me, right? Or when I got hurt, then I. And my mom was a nurse, so she didn't pay a lot of attention.

She's like, I remember one one time I broke my ankle and it took her like three days that get me to the hospital. She's like, oh, you just have a sprained ankle, right?

And it was broken. It goes hopping around for like three days around the house where she finally took me. But I remember I was I can't remember what age I was, maybe I was seven or maybe eight.

And we were up at my grandfather's, and maybe I just felt like, you know, I wasn't she wasn't paying enough attention, me or whatever. And I remember, like, closing the car door and probably not too hard, but closing it where my finger was, you know, still in there.

I was like, oh, right. And getting attention. But see, that's that's the kind of thing that I had a pattern inside of my super conscious, a belief system that if I'm hurt or sick, I get attention.

Well guess what? I had lots of colds when I was growing up. I had lots of ear infections. Why was I why was I struggling through all that? Because I had a belief in my super conscious that was probably making those things happen so that I would get more love from, so these, these patterns that are happening down below the conscious level, we have to dig down in there and get out what I call the old baggage in order to heal.

A lot of times, because there's some people that honestly like, you know, I was saying I had it as a kid, but there's some people that and they don't notice it consciously, but they have a belief down below that I get attention for being sick or or they're just, you know, they have a belief system that I am.

I'm a I'm a person that's not that healthy. You can't heal if you've got a belief down there that you haven't addressed and removed, that belief will keep you in that place of being sick or not being able to fully heal.

And we even have those kinds of, instead of manifesting it as a cold. Yeah. Or manifesting as an injury, whether you do it to yourself on purpose or some intentionally.

Yeah, right. There's intention and they're sub intentions. So it's become sub intention. You didn't really think to do it. It just happened. But those we we can also can do this as well.

They will say they're sick. Yeah. They're not. Yeah. Yeah. They'll say it right. That still gets attention whether they are or they aren't. Yeah. Yeah.

And even even the kind of, you know labels that people give themselves. But the illnesses like, you know, I have this disease, I have that disease, you have to be very careful.

Right. Because when you say you have it right, the superconscious okay. He wants he wants us to have it versus, you know, I, I don't even know the right way to say it.

You probably know better, but there's a way to disassociate it and just see it as something that happened in your life. It's not something you have. It's not something that you have to hold on to mentally forever.

Well, people do that often by having a projection, on a projection would be seeing the event that caused that problem. As a movie. You play the movie, you're are you are you watching it on an observer?

Right. You're not participating in it, but you're watching it. So it's it's detached. You become detached from it. Yeah. I mean, I think if I ever had, you know, some, dreadful disease, I would not say I have this right, I would not label my I would not label that, on myself.

Reframing Beliefs, Pain, and Illness

And, I did have I had, chronic fatigue back in 2015. And I remember, one doctor or someone that I had gone to see, said that, hey, you know, a lot of times, people don't ever get over this, right?

Or it takes a lot of years. I'm like, mom, I'm not taking that belief on. And I think when a lot of people do, when they do get diagnosed with something or even just they have symptoms, right?

They rushed to the internet. They type in symptoms or, you know, this disease, and then they basically see what's going to happen to the average person that has it.

Don't do that. You're not the average person. Come on. When I had chronic fatigue, I went in and I said, all right, who had it? And got over it really quick.

Found the guy in London that had had it when he was at Cambridge, I think, and he figured out how to get over it really, really quick. And I'm like, all right, what that guy do?

Those are the people that you want to see. Like the people like you, you know, you are you're, a medical doctor, but you've figured out how to use PMF to help people heal much quicker and heal from some situations that they would not heal from without PMF.

And so you have to go and you have to find the people that have the belief systems that will allow you to heal. Don't go to the general public or to the, you know, the norm or the average.

That's just going to keep you in a place that is either going to be much slower healing, or in a place where you're going to claim that disease the rest of your life.

To your point, just the other day I had this discussion with somebody about pain. Or sneezing or coughing. Yeah. So why do you sneeze? Your body's trying to get rid of something that's irritating your nose.

Yeah. But the sneezing even though we are sort of say well why am I here. This is a pain right? I don't, I don't want to do this. Yeah. You better do it because you good is trying to get rid of something.

Yeah, yeah. Same thing with a cough. You're getting rid of an irritant in your lungs. That's. Yeah, that's your body's function to get rid of it. Yeah. And pain is the same way.

So are we have pain for a reason. We have pain to tell us that there's a problem. And and the people who have congenital absence of pain die young. Yeah. Because they don't have they don't have thermostats.

They don't have a feedback system that tells them there's a problem here. Go fix this problem. Right. We tend to think of pain than being a nuisance or a problem.

So again we could reframe the concept and say okay here's my concept. I'm thinking of pain now as a nuisance or a problem. Reframe. Yeah. Pain is help me to stay healthier and live longer.

Yeah, I love that. I love that, you know, the the important thing I do want to say with the mind is that, you have to work on it every day, like every day.

I at least twice a day I get myself into an alpha brainwave state, and. And I just start visualizing what I want my health to be like, what I want my work to be like, what I want my financial situation to be like.

And the way you communicate. Well, there's two things you have to do. You do have to clean out, like you've got to get rid of the junk that's been in there, that's keeping you from healing or or being financially successful, whatever it is.

And a couple things you can do. The mind likes pictures and feelings, right? And sounds. It doesn't just understand language like we think the conscious mind does, but the superconscious mind doesn't.

So, one of the things we we show people how to do and in the Breakthrough Code, the book, there's lots of great strategies and it's a parable I wrote.

So it's, it's a cool little story that I hope everybody will enjoy. But one of the things that we share with people is imagine a mental shredder like a paper shredder.

And when a thought comes up or a belief comes up that you're like, oh, here it goes again. You know, I'm, I'll be sick forever or or I'm afraid of this situation I'm in.

You got to stop. You got to call timeout. That's your super conscious kind of showing you. Hey, look, this is down here. You got to go down there. And then a simple exercise.

You can do just a mental exercises. It's going to seem silly, seem like a mind game, but it is. It's a mind game. Everything's a mind game. Live some mind it is.

Visualize a little shredder and imagine that you know that belief, that thought, that feeling, that past experience is where you are afraid. Whatever it is, imagine that. Just like going down a shredder, being shredded into a million pieces and just see it and feel it.

Like feel what it would feel like to see that go through a shredder. And then the mind goes, oh, you don't want this anymore. It'll understand that if you just go, stop thinking that.

Stop thinking that it'll go, what? It'll keep thinking it over and over again. But. But imagining something like a shredder. Another way to do it as a thought comes up, an experience.

Imagine. And again, this is all in your imagination. But imagine, And you can even do it with your hand. Imagine you got a paintbrush in your hand and and just put a big red X and then see it start fading away.

So those are a couple little strategies that people can do. And the challenge is if you just try and put in more positive stuff, but it's on a shaky foundation of these disempowering beliefs.

You're not you're not building a house that can really stand. You've got to start eliminating some of your old patterns, figure out what those are, and then you can start putting in the new beliefs, the new experiences.

You can even travel to the past in your mind. And something that was traumatic, like if someone got a diagnosis that really scared the crap out of them, right?

And they keep thinking about when that doctor told them that and and how scary it was. Go back to before you even met with that doctor and, and start to shred everything that happened in that meeting where you look, I'm not saying be in denial, but don't have that traumatic event.

Keep scaring the crap out of you while you're trying to heal. And so you can actually time travel go to before whenever you hey, I'm going pretty good, right?

And then shred or put that big ax or you can there's lots of other techniques that we can talk about, but you can let it. One thing I do sometimes I just clip out, like mentally right before something happened that I didn't like.

I go back to before and I'm feeling good. I do low, almost like a bill. You would remember this, but a lot of people don't remember back when you know the movies or tapes we would like cut and we would splice and, and I just splice out that part like I like, and it's all fuzzy now.

I don't need to keep energy tapped into that traumatic event. That's that's critical. But how do you figure out how do you how did you have to you said at one point you have to analyze your thoughts.

You have to be aware of your thoughts. Right? You have to think about your thoughts. Yeah. Yeah. Well, and it's even more than your thoughts. Like it's your belief system will pop up.

And so generally the way I do it is like if I'm not feeling good, like if I'm not feeling confident or if I feel like, hey man, I got a little fear going on here or whatever else it might be, if I'm unhappy, then I will.

I'll sit in one of these chairs right behind me, and I'll go. All right, what's going on underneath here? Why am I in fear? What? What is it? And then you have to kind of like you got to relax a little bit.

You have to go and go in. Basically inside yourself and just and ask the question, like, what's going on? Why am I afraid? Or what is it? And then try and figure out the belief system.

Or maybe you say, you know what, my mom was always like that. Or my dad used to have that too. And then and then you can figure out what what it really is.

It's like it's not just maybe one little thought. Typically, it's like a belief system or a story that you bought into. And when I say story, at the end of the day, all we really are are the stories we tell ourselves of who we are.

Visualization, Shredding Old Patterns, and Story Change

And so somebody comes in and, and they're, well, even with PMF, I think to the extent that you believe that PMF will help you, you're aiding the PMF and actually helping you.

If you believe, you know, this isn't going to work. Number one, you won't do it long term. And and number two, you know, you're going to create some resistance to the goodness that it could be done, that it could be doing for you anyways.

So it's those stories that we need to shift. One of the themes in the book is to upgrade your story, upgrade your life. How you upgrade it. You get rid of the old stories that you're holding on to the old baggage, and then you put in new stories like, you know, it's hard for people when they're in pain and sick and not feeling well to go, you know, to tell themselves literally with belief that I'm a healthy person.

I'm vibrant, my body is coming back, my body is strong. But that's what you have to do. You've got to fight. Even, I was telling you recently that you know, I picked up Covid, and I've only had it like a couple of days, but I'm actually Covid free, right?

You know, just in a couple of days. And what what happened was I was talking to somebody at, I think it was yesterday, and I said, today was when I tested Covid free and I tested Monday.

So it's been like, you know, four days or whatever. But, I was telling them like, yeah, I'm feeling really good. And then person said, well, that's interesting.

Most people don't get better that quick. I said, hey, I'm not most people, right? Come on now, what are you saying that to me for? And, and so you have to have that kind of like, badass belief in yourself and in your health and your immune system and all these other great things that we have.

And we can really fire up the immune system, the the ability of the body to heal when we have the right story, we're telling ourselves so our super conscious can really act on it.

And you have to keep repeating that it's a movie that you have to keep repeating over and over and over again. I heard of a hypnotist who would wake up every morning and basically give him a mantra, give himself a mantra.

Yeah, I'd like to be better today in every way. Yeah, you could do that to every time you can. And you feel it. You don't just say you have to cut out what is important, see it and feel it.

Exactly. Yeah. And just that's why, affirmations got like a really bad rap because people would say things and then nothing would really happen in their life.

But they didn't see it. They didn't steal it. And when I say see it and feel it, you got to see it as if you already are healthy. Like, well, you know, what would it feel like to be healthy?

And you go, I'm trying, but I can't get it. Well, keep carving away. And it's not like, here's what I say. I say you've got to focus in and and then obsess.

But it's not a conscious obsession. I'm not always seeing and feeling everything every minute of the day. I do it in the morning because when I wake up, I'm in a nice alpha state.

I do it in the evening before I go to bed and maybe one other time. The obsession is not. It doesn't have to be conscious obsession. The super conscious will work on whatever you give it, right?

As long as there's not a bunch of stuff in the way, the baggage in the way the super conscious can go crazy with, hey, we got to get better, right? We got to make sure that you know, the immune system's up and charged and ready to go.

So, yeah, it's, it's kind of fun, right? Because you can use it for anything in life. You can use it for business. You can use it to improve your relationship.

One thing I always tell people is, is everything is created twice. First inside, then outside, even PMF like, how the heck did PMF machines get built?

Someone had to be thinking where, oh man, we could create something that could actually provide energy healing or or, you know, energy boost to people long term.

But it got created in somebody's mind and then it now it's obviously created in the external world and manifest externally. Now there's a, there's a concept I don't know if you know what the concept of alchemy.

Oh yeah, I love alchemy. I'm all about changing reality. So alchemy, it's the way I'll define it at least. For this discussion, is that if you want to do something, you have a thought.

Right. You have the idea, you may conceptualize it and all of its ramifications and aspects, but that's all it is at that point. It's just a thought. Then the next thing you do is you said that you take that thought and you bring it into

reality, you do something so you think it and then you do it. Yeah.

And then you do and then but doing it doesn't necessarily, make it work really well. What makes it work really well when you're doing it. Passion. Fire kind of fire.

Right. Yeah. Fire that idea that you think it, you do it and you put everything you've got into doing it. Yeah. Reserve yourself. You don't hold back.

I'm going to do it. That's really important to what you just said. You don't hold back because I think a lot of people, particularly with health, they're tentative.

They'll go, okay, I'll, buy into this. I'll take these actions. But what if it doesn't work like you don't let that go in. So it doesn't work. It doesn't work. Right.

And by the way, not everything is going to work 100% of the time. But if your hundred percent of the way you want it to. Right. Yeah. Or. That's right. That's the other part to expectations.

They go, okay, I see it, I feel it, I believe it. And then they go, well, wait a minute. No, that's not supposed to happen. Well, maybe that is supposed to happen.

I was listening to somebody yesterday that, was pretty amazing story. This person had, you know, just, I think cancer all over their body or something like that.

And, and, and they were doing all the right things, and it was getting better. And then, then it came back and, and then they were thinking, oh, this isn't supposed to happen then, like, right, maybe this is supposed to happen.

Maybe I'm supposed to really like, you know, amp it up and use this to really become cancer free forever. And so they changed their story about it, and they didn't it didn't need to happen the exact way.

Right. You know, that they wanted to even though it was kind of painful what they went through. Now they're way stronger. Now they're way more resilient because they've figured out a way to change.

No matter what happened, they can change their body, can change their mind. Yeah. You can't have you're right. You have to fire it and you have to keep keep at it.

Now if you're if it's only your process and you have a hammer and a nail, right. And you can to a great extent control what happens with that hammer and that nail. Yeah.

But if you're relying on other people now, their energies and how their inputs, well, that's when it's more likely to become more fuzzy about whether what you wanted will actually happen, because now you're relying on a community or an environment to be part of your journey, part of your your tasks.

Yeah. I don't need to know how it's going to happen. Honestly. I just, you know what I want to have happen. So when I know that like one example is, I so as we started the you were on our first summit, right?

So and our second summit, I started last year, the global energy Healing Summit. And I didn't even know what a summit was, right? I was I had this other company, and and this is, you know, my I'm, I'm new to the health industry.

As of 2021, I was, you know, I was always interested in that, and, and energy and alternative ways of healing because I'd use them. But it wasn't a business I had.

So I came up with this vision to start a new business. We started this summit, it was very, very successful. I knew I was going to be successful, but I didn't know exactly how to do it right.

I just had to believe in the end. And then the right people showed up. I took the right actions, you know, got met people like you, and it went awesome.

You know, we had, you know, first time summit, we had 50,000 people. We reran it again, had 70,000. We're going to do it again in 2023. But I didn't know.

I mean, there are lots of things happened that weren't exactly what I was expecting. Some of them positive, some of them not so positive, but I held true to the end result.

You know, I deal with a lot of cancer patients. And one of the things I found over time, is that people the biggest fear that people have is dying. Right.

And so what I did a workshop, went to a workshop one time that what we spent, we spent four days learning how to die. So part of the point that I'm making in terms of learning how to die is your face your fear.

You face it because it is just a fear after all. It's just an emotion after all it's not a physical thing maybe yet or may have been a physical thing.

But now you have to change your mind. All you have to do is change your mind. We write the script. We do this with our dreams all the time. We're waking up and we don't like to dream.

We change the script. We redo it, right? We rewire it. Yeah, but the same thing with death and dying. If you rewire the expectation of what death means.

Yeah. And that, you know, the way I tell people is that we're made perfect and you can have your own spiritual beliefs, but we're made perfect. Yeah. And then we mess it up.

Okay. Yeah. Right. So if we mess it up, then we can.

Mind-Body Healing, Fear, and Identity Shifts

We can all mess it up, too. Yeah, because we're still perfect. Yeah, I love that. Yeah. And and, you know, and I don't think we die. Our bodies at some point in time, we're not going to be in.

But I have a huge fear of dying, too. Probably because my dad died right when I was young. And and then when I got chronic fatigue, I thought I was dying.

I mean, I lit, I could barely walk, I thought I was, like, 90 years old, and, I had to go through a lot of those fears and get beyond that, where I am much.

And I still want to live a long time because I'm really enjoying being in this body with the people I'm around. And for some reason, I believe I'm going to live to 119 years old.

I don't know why, but that's just number keeps popping up in my head. But at the same time, I'm not afraid of death, right? Because I and I used to be.

But I've changed the story, like you talked about, we're spiritual being in a physical body where we're like a we're like a shoe. We wear it and wear and wear until finally we have to get rid of it.

Right? So we attach it, we attach a meaning to this body, and we attach a meaning around us to all the other things that make us human, that make us be who we identify as being.

But at some point, like a shoe, we're going to cast off this story. Yeah. And then we're going to move to another story. Yeah. And the important thing to to remember, and I love that you brought that up there.

Bill is, the best way to go through life I think is with one foot. And it's difficult. Right. And one foot kind of in the, physical world where we are a body and then one foot more in the mystical world where there's pure potential.

If you're two firmly implanted in the physical world, then it's a lot harder to change health situations, because then you're just going by, okay, this is there.

And so you know, you, you know, it can't change it. A lot of people say that. But in the in the nonphysical world, anything can change, right? In your imagination anything can change.

And so I really love the physical world because it's fun, right? We get to go great places on earth. You get to enjoy friends. And I also really enjoy the nonphysical, which is what I really learned over the years to, you know, through meditation and, and visualization and, and things like that.

And I'm not perfectly, you know, balanced, but, you know, sometimes I rotate one way, sometimes the other way. But but knowing that if you get to and by the way, if you get too caught up in the nonphysical while you're in the physical world, then you know you might as well not even be in your body because you're not experiencing any of the fun or joy that it is to have this body that we've been given for this time, that we're here on the planet.

Actors. I think about actors, yeah. You see really good actors take on roles. Yeah. And you can see there's a there's a physical change in that person in that role.

They become the role. They become the role. Their body, their psyche, their spirit, their energy. Everything changes for that role. Yeah. And then they don the role and what happens.

Yeah. You get rid of it and they move on to the next role. Yeah I, we do the same thing. We just don't realize that we do that and we don't realize that we have that level of control.

Yeah. We think that we're everything's we're reacting to everything else. But we don't have the control. That's not true. And that's what we're trying to do here.

So what you're trying to say we have control. Yeah. And using that analogy like, you know, maybe a role that people have been playing is being the sick person, right?

The person that suffering and, and is, you know, doing a good job suffering and getting through it. Well, hey, change that role. Right. You know, go into the nonphysical and and meditate and and just, you know, visualize and see yourself now hey man, my role as the healthy guy.

Right. Or the healthy lady and and really play that role and then your body will have to change. Right? It'll have to change. I'm not saying, you know, everything will be perfect, but in some way your body will change when you change that role.

Just like you said, actors, they start looking like that. They start feeling like that whatever role they're playing. And that's all they do. They just change their minds.

Yeah, all they have to do is change their minds, right? Exactly. I didn't take a pill. They didn't necessarily take. No. Sometimes you do to build up your muscles, but most of the time they just change their mind, which is fantastic.

This is phenomenal. Yeah. All right, what else we want to say about this? Everybody can access their subconscious mind. Everybody can access their mind.

We can like, Well, first of all, everybody's subconscious mind. Superconscious mind is always working for you. It's working 24 over seven. It's processing 40 million bits of information per second.

If you don't like what's going on in your life, take responsibility. Don't be a victim. There's some program down in there that's giving you the crap that you're dealing with.

But yes, you can access it now to access your superconscious mind, you have to go into a meditative like state or a a, alpha brainwave state, which most of us.

Well, yeah, most of us are living in, when we're consciously at when we're conscious and talking, we're in a beta brainwave state. So our minds are, you know, boom, boom, boom, boom, boom, boom.

You need to get it down to boom, boom, boom, boom, boom. And then that's where you can almost open the trap door to the superconscious and start playing around with it.

You know, feeding it good stuff, getting out the stuff that you don't want. And so a relaxed state is really important. The other thing with a relaxed state is your thoughts are more powerful.

So when you get into a relaxed state like, you know, ten cycles per second brainwave state, which is the middle of the alpha range, your thoughts are now more powerful.

They're acting on you with way more power. So you get more aware of them. Yeah, you're more aware of them. But I think energetically, they even have more power because you've when you're when you're up here jujitsu.

Right. There's, you know, energy all your energy is going everywhere. When you get down here. Ju ju ju ju ju. Like your thoughts have more energetic power.

They actually have more impact on your body. They have in more, more impact on your environment. People around you much more powerful. It's focused. It is. Yeah. It is.

Any further thoughts about this that we want to give people? Well, I, I, I have a further thought, if you don't mind to give you a story, actually. Yeah.

How powerful the mind is and how powerful the subconscious superconscious is. Yeah. I heard a guy talking about communication and self-talk. Yeah. So most people are not aware of their self-talk.

And we have a lot of self-talk that's going on all the time. Sure. A one story that he gave was this guy they was talking to, communicating with, and he he would do like four hours of talking with people, spend four hours talk, just talking.

And in that four hours he would hear their self-talk. I mean they're outwardly now talking but their belief systems are what their thoughts are. And this one guy was saying over and over again who was going through a divorce and his wife was divorcing him.

And he kept saying to himself, I can't stand this, I can't stand this, I can't stand this. So like he was really obsessing about it. Lopped off a curve and shattered his ankle.

Yeah. Yeah. Right. So literally the subconscious gave him manifested for him what he was saying that he couldn't stand it. I think that's true with many accidents that it literally is.

Your subconscious like, just trying to, to to to give you, like, you know, almost like a message, like, hey, like, you know, you keep thinking this way, right?

You know, we got to pull you out of that. So creates an accent that kind of shocks you, and then it's trying to get you to start thinking differently.

But a story that, I could tell you, my son, who's 26 now, he was a college basketball player, and he played at Harvard. And one year he had a concussion that was a pretty bad concussion.

So he ended up redshirting sitting out that entire year. So he had a fifth year and he played his fifth year at, a university called Rice University in Houston.

And what happened was, he showed up, he started he was having issues with his hip and his knee, and they were doing all the treatment. You know, they're doing everything ultrasound, whatever that, you know, they could do.

And it was not really doing anything. Right. And, and then, he was in practice one day because he could, you could finally practice a little bit. And his back went out and he couldn't even walk.

And and he's like, he's like 22 or 23 years old, right, young guy. And so they take him into one of the hospitals there in Houston. They, do an MRI and he comes out of it.

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And the doctor, the orthopedic surgeon, said, look, you've got one of the largest herniated discs we've ever seen in a young guy your age, or maybe the largest.

I can't even remember what he told them. And he said, you know, we're going to have to bring you in and shoot you up with some cortisone or whatever steroids or whatever it was, and let's see how that works.

Now, my son was there on his own, and I wasn't there. Right. So, he's like, okay. So they put him under, they inject him, he gets out. It felt a little bit better. Right.

But then it was like even worse. And I said, look, sometimes there's acute pain and and you really need to get it treated, but sometimes with, with chronic pain.

And I'm not saying all chronic pain, but with some chronic pain, sometimes it's mind body. Right. Sometimes it's just it's it's your mind is acting out.

And he listened to a book by John Sarno called The Mind Body Prescription. He just listened to it. That's all he did was listen to this book three times in a row, and his pain went away.

He's never had pain since. He probably still has a herniated disc and they wanted him to go back in. He's like, I don't know. I'm not going to go back in and say, probably still has a herniated disc, but he does not have any pain.

And also he had had, skin like acne even though and into his 20s. And he was trying every diet, you know, eating really clean. That cleared up once he understood the power of the mind and the body.

Now, I think we also need additional tools to help, to help the mind, like PMF, which is why I have one. But the mind is really powerful. And when we tapped into it, I remember one time I was out climbing, mountains, hiking mountains.

And I'm, I just this is in my 20s, and I was was going down this mountain in Palm Springs and jumping on these boulders. And I hit one and my ankle turned it almost, like, ripped my foot off in a minute. And I was out in the middle of nowhere.

I'm like, how? Coming to get back by myself. And I immediately said, nope, not going to go there. In my mind, I saw my ankle healthy, strong, and I had had bad turn ankles before as an athlete, but I just literally I held it and I was almost like my own PMF machine, right?

Because I was holding my hands over it and I was just seeing energy going there and that it was healthy and strong and, and, you know, no pain. And I did it for about 10 or 15 minutes in my mind a couple times I'm like, well, what if it doesn't?

No, don't do that. I just kept my belief and literally I, I, you know, no, no swelling, nothing. I was able to walk back and, and never had an issue with it.

So the mind's really incredible. And most people are not using it to the extent that they really could to heal. Well, we

we have the capacity from an electromagnetic field perspective.

We certainly have the capacity to take the body's energy and move it to a certain place. So we got a lot of energy in our brains. Yeah, large magnetic fields in our brains.

So we can take that energy. Qigong masters do this all the time. It'll take their energy, their body energy. They go to focus to go into alpha, as you say, and concentrate their energy and their concentrate their energy on the hands.

I used to do this exercise. In fact, you know where you have the ball in between your hands. Yeah, yeah. And, you know, it feels like something that. Yeah, getting stronger and then you feel it getting bigger and bigger and bigger.

What you do is you projecting your energy into into your heart. That energy then can be transferred to other parts of the body and be used by the body for, for healing purposes.

Yeah. And that's, part of what I really love because I'm a, I do qigong, too. What I really love about and I learn this from you is, as we wrap up here, but, is that PMF is energy that we can access whenever we need it.

And so, we can do qigong, which I still do in qigong, but also every morning and in the evening I'll do some PMF and, and it's, it's the same. I look at it as the same kind of kind of, universal energy, powerful healing that I can generate with myself.

But also I can lay there and then I can, what I do is I visualize it coming into my body and just having a great reaction and my body like, going, yes, this is really awesome.

And and then also what I love that you just talked about earlier today before we got on camera here was because I, I look at it as, a way to heal. But also I love what you talked about.

It's a way just to, you know, stay healthy. Right. And and generate more energy and, and and just, you know, do it for that reason. Two longevity wellness all this kind of great benefit that we get from it.

The there was another summit that I did a, an e-book on PMF therapy as energy medicine. Yeah. And I looked into this and I analyzed a lot of different energy medicine approaches.

I like the qigong master. Right. Your own qigong master, the balloon thing, is that we are relying on ourselves to do it. We have moods. Yeah. And we have periodicities in our cycles in terms of our energy levels.

Yeah. And so qigong masters that can generate 1000V out of their hands on a voltage wall, Elmer Green studied that he found that was unreliable, that people could not consistently do that.

Yeah. And so what happens with chemotherapy? It basically removes the inconsistency. You should still do what you should be doing because you have that available to you any time.

You don't have to plug it into a wall to do it. Yeah. But but then if you want consistency, that's one of the benefits of power therapy is the ability to be consistent.

Yeah. And I love that. That's awesome. Well I thank you very much for today. Do you have any other last things to say? No. I hope people read the book.

Put your heart and soul into that. And, it's on Amazon. It's called The Breakthrough Code and I think you'll really enjoy it. It's getting lots of great reviews and, and, I think it really help people on their journey.

And so I actually, it's a, it's, parable and novel. Right. So it's a story that gets you engaged and, and really shares a lot more of the habits that I think are critical for people to heal, for people to be successful financially, for people to have great relationships.

And so I hope people will will get that book. And, if you do, let me know what you think about it. Well, I really appreciate it. That's a great point to end on. Yeah.

Thank you. Also, just Dave and Bill, thank you for having me here. And really, really enjoy your wisdom and being able to, to to be part of what you're doing.

And, I'm a huge believer in what you do and a huge fan of you. Well, thank you very much, Tom. And likewise, in return. For.