Energy Healing 101: How to Harness and Transform the Energy of Cancer For Self-Healing Transcript

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Introduction and Guest Background

Hey, it's Nathan Crane, director of the Health and Healing Club and host of the Conquering Cancers Summit. And today, I am honored and excited to welcome you to a very special interview.

So Carol Tuttle is a teacher, speaker, energy healer, bestselling author of six books, and pioneer in the field of personal development. For over 25 years, she's supported millions of people worldwide with her life changing books and online courses.

She sees humanity shifting to a higher consciousness and feels called to help people create more intentional lives and fulfilling relationships. You can access her free Energy Healing Guide and Heal with carol.com.

I encourage you to do that right after this interview. Carol, thank you so much for joining us. Thanks for having me. Okay. So let's just let's start at the beginning, right.

For people who don't know and at least delay a little bit of a framework for everybody. What is energy healing and can it actually help people heal from chronic diseases like cancer?

Yes it can. I've seen, many, many people really use this tool too. In fact, if you don't incorporate what really the basis of that is, it will, it puts you at a disadvantage in a lot of ways.

And so energy healing in the most basic way to speak to it is your where your energy of thought. You have thought that is energetic, you have emotion, that is energy.

And then you hold different vibrational patterns, both in the body and in the energy space that we contain ourselves in. And so you can actually say that cancer is energy.

It is an energy imprint in the physical system that's contrary to your like, you know, it's it's in conflict with your health and wellness. But that energy can be morphed.

It can be transmute it. And so what we're doing in the Carol Tuttle Healing Center is I'm taking you through different protocols. Mostly we're using a, a body of work that's most popularly referred to as tapping or emotional freedom techniques.

And we're clearing out fear. We're clearing out negative beliefs, cancers and experience. That really brings up a lot of, issues as it's charged. It's a very charged, word in and of itself.

When you're diagnosed and told you have cancer, that in in itself is just, you know, it's almost like a, a death, a death sentence, the way the energy of that this has been dealt with, that we battled cancer, we fight cancer.

What Energy Healing Means for Cancer

It's all this real. Like cancers of the enemy and what we're doing in the healing centers, opening up that energy so that it doesn't have that charge.

And you have more power than it actually, and your thoughts and your feelings and you really want to bring to life your positivity and work with this energy we call cancer to have it now respond to you, rather than it being more powerful than you.

So we're transmuting it in a way to change your relationship with it and really get the positive energy going, both in your thoughts and in your feelings.

So that feed your body is as we know there is, you know, plenty of research out there that says that, anger and fear and different really kind of what we call low vibration states of energy weaken the body, make us more vulnerable to disease, illness and pain, having being more progressive.

And so as we shift our energy to a higher vibration and are able to maintain that cancer response differently to us, and we're able to I've seen many members heal their cancer, have diagnoses even in less than a year that, doctors have been dumbfounded as to where to go.

I think really important is, and I, in the book that I've recently written called Mastering Affluence, it's a companion piece to The Healing Center. I speak about disease, illness, and pain and how in our medical culture we have created it to be the bad guy.

But anything we put into our position with us, we actually feed it by being in an opposing position, because we're now in conflict with it. And we have to become, you know, you have to kind of become a it's it's it's there, it's part it's your friend know you got to make it your friend, your ally work with that.

It it gives you more power than it to completely change your language around it and to embrace it. It's your experience, you know, embrace it as experience rather than, something that's taking you out.

You're having an experience and it's called cancer. And you want to clear all that fear. It brings a lot of fear up for everybody. Oh, it's so true. And I love how you just reframe that that.

Look, cancer's not the enemy. And you have to learn to not only accept, but make cancer your ally. It is, as you said, a form of energy, right? Everything is energy in our body, in our minds, in the universe.

I literally, just before this interview finished, filming module four of my upcoming masterclass on cancer called Becoming Cancer Free. And I went into that.

We delve deeply into the science of exactly what you're talking about is, you know, these stuck emotions, these these, negative emotions of fear, the traumas that we have as children, you know, or even as adults, the traumas that we have, the negative beliefs that we have, the anger, the anxiety, the stress, the causes of all these things.

But what do they really do? They activate the sympathetic response in our nervous system, which is fight or flight, which we know releases neurochemicals like epinephrine, adrenaline, cortisol.

And when we're bathing in these chemicals on a day to day basis, we are down regulating the immune system, and we are allowing cancer to thrive. And what you're doing to your center and you're working through the energy healing work, which is so powerful, is you are helping people reverse.

You do the opposite of that, right? They activate the parasympathetic response, which is what we want, because then your immune system's kicked on in your immune system, your lymphatic system.

That's what's responsible for removing these cancer cells from the body. So I love that, you know, you just talked about your thoughts and emotions and beliefs and how they're all energy.

And so, you know, how do you, through your work, help people. You said emotional freedom technique, you know, tapping. But how does something like that, correlate to energy healing?

And how is all of this relative to somebody who wants to go deeper into, you know, energy healing and removing these, emotions from their lives and activating their healing response more often?

Well, so what I do is teach self applied techniques that will actually morph the energy. So it's clearing, cleaning up.

It's like an energy detox to, use something like tapping where you are focused on, like for example, if you were to be I have a four week healer, I have several healing plans and it it's equivalent to actually if you were working with me in person, like when you become a member of the Healing Center, you can choose between 10 and 12 different plans.

And then there's probably all 140 different resources that then I've taken all those and put them into progressive protocols so that you're not trying to figure out what to do.

I basically take you through what you need to do that's going to make a big shift in allow your body to be, open to healing and and empowered to heal.

And so in the healing plan for disease, illness and pain, which is a four week experience, you're actually journal with your cancer, you'll have conversations with it. Why?

You know, you'll learn from it. You'll you'll connect with it, that it's there for a reason as well as a teacher in many cases, not just as a deathwish.

Tapping, Emotional Clearing, and Healing Protocols

It's trying to take you out. The people that come through experiences like this successfully are changed, and they're grateful. In most case, they're very grateful for the life lessons that they drew from it.

When we're doing tapping, we're actually focusing on the discomfort that we're feeling. We bring up all the I take people through sequences of focusing on speaking all the the fear based beliefs and all the anger and the emotions.

And as you're tapping on acupressure points, there's face and torso points while you're speaking directly to what's up, what's triggering you, what is causing the discomfort while you're talking?

It's moving it. It's shifting it. It's actually changing your neural pathways. And you learn to forgive the cancer. You learn to say, you know, you you're you're a neutral presence in my life.

You'll you'll be whatever I create you to be. You don't have an agenda, but, you know, maybe you had a very authoritarian, dogmatic parent that was abusive to you, and now it feels like the cancers become that parent and it's taking you out.

So it's going to bring up some deeper issues from your life that you're going to go, well, this is good. Now I have tools to clean that up. So I don't carry all this baggage around.

And so you'll you're able to use it as a vehicle to even clean up all the old, imprints of and repressed emotion that you've lived with that's weakened you.

And you come out on the other side of it just healthier, more vital, and more awake and go, wow, you know, that really served me to have that this experience.

I turned it into a blessing. And I'm not suggesting going if you're going through chemo and whatever medical treatments, those aren't easy. And your body needs a friend and you need to be your body's friend because it's going through a lot for you because of what it's want, and it wants to get well.

I and I believe in every fiber of my being that the body's own programing is wellness and vitality. It wants that along with you. And so what you're doing with these techniques is really allowing that to become alive in you.

And so tapping on points, your energy runs on meridians. And these are key acupressure points that will activate more energy flow to both cleanse, detox and shift the energy.

Because we always end each session with focusing on the positives. What do I want to create or do I want to think, what do I want to feel? We put it into, very clear, declarations that that is your experience.

You're basically training your mind to approach the whole thing differently. It's beautiful. I think it's, you know, we were talking just for a moment, before the interview like that.

I really believe, you know, energy healing and or mental emotional healing, which, as you said to me, are really tied in as the same thing. Right? Our number one in anyone's healing journey, anyone's healing toolkit.

I mean, even beyond as much as I teach about nutrition and detoxing the body and cleansing and exercise and removing emfs and all these other great things that help the body, you can do all of that.

And I, you know, someone like Elaine Gibson at 75 years old, young who reversed stage for cancer using, you know, a holistic approach, you know, even though she was doing everything right physically, cancer came back a second time and it came back with a vengeance.

A stage four. And what was the biggest thing she did differently? That she told me when I just recently interviewed her that, you know, eight years ago, made her cancer go away.

It was adding in mental emotional healing techniques, meditation, a couple hours every day, things like that. I mean, we're doing it now is we're addressing, there's four energetic planes that we're dealing with a constant basis the spiritual, the mental, the emotional and the physical and the physical, the the most advanced energy.

We exist in that it creates form and it's tangible. Your emotional energy actually will take out the mental. It's so potent. But the mental energy is a higher vibration.

You can change. And your spiritual is very key to all of this, no matter your background. If you have a belief in a lot of people have to deal with anger at a time when they're dealing with something of this chronic nature.

It's like you fell, victimized. Why me? You know? And what's the point of all this? You're going to go through those cycles so you're not trying to dismiss them or avoid them.

You're giving yourself the support you need as you move through the cycles that this brings up to really, get the benefit of healing on a spiritual level, healing the mental body, healing the emotional body, and then the physical body is just more powerful because it is in the hierarchy of energy.

It's at the bottom of the ranking, and the others will override the body's ability to heal. Yeah, as powerfully as it can. Right. Absolutely. So you talked about emotional freedom technique.

You talked about tapping. You talked about, you know, looking at cancer as as a friend, as an ally for giving it even for giving God. Right. Going into forgiveness, emotional healing, all of these really powerful aspects of what you teach.

What are some other forms, methods, techniques of energy healing that that you teach that could help people dealing with cancer? Well, we teach that, that that, training your mind in everything I do.

I have audio, files of affirmations and also daily scripts that teach you to think differently. You've got it. Your mind. You're thinking mind is a program, and it's been programed by both your genetic background and your life experience.

And until you take ownership of your thinking mind, it will just think whatever it wants, whatever that's been, what it's been programed to think. And so for this is something that hit me about 25 years ago was 1995, and I was in a, phase of suicidal depression.

My background is having severe depression, an abusive background, having to deal with a lot, being very wounded

in my childhood that was really, thrown at real.

It really was ruining my adult life. I didn't understand the connection till I got into this work, that it was actually what had happened in my childhood was interfering to such a degree that I wasn't functioning as a mother, as a person.

I was suicidal, and one thing I realized was my thoughts were, they were just they they were toxic. They were horrible. And I couldn't really even feel any sense of love for myself.

But how could I, if all I thought were negative thoughts and feeling victimized and victim thoughts? And so I took it upon myself. I actually wrote out affirmations.

This is in 1994, and I wrote them on about 35 different pieces of, construction paper, all different colors. And I taped them all over the house. And I was committed to retraining my mind.

And I've now been into this for, you know, 30, 30 years plus. And so that's a big, big practice, not just doing this deep healing and moving this energy is this is a tool.

Your thoughts are your tool. And you've got to just like if you didn't workout and eat healthy food, if you just state whatever your body would reflect that well, your thoughts will reflect what your negligence is.

So you got to decide what you want to do with your thinking mind. So we have a lot of support for for re in the healing plans. A daily activity everyone's asked to do is listen to whatever particular audios that have been, created, produced for those healing plans.

They have to listen to them every day, and it's basically to train your mind to think differently.

Carol's Personal Healing Journey

And it works. You you do, your thoughts change, and it's life changing for the rest of your life. I don't ever think negative thoughts now. My my brain, my thinking mind is like Rolodex of affirmation cards.

How I think, how powerful. Yeah, yeah. I mean, so what was your it's incredible story. Thank you for sharing that. And, what was your catalyst at the time?

Was it just you were so depressed. You were so, you know, just sick of feeling the way you did that. You got turned on to, like, okay, I need to change my mind.

Or was there, like, a catalyst or a teacher or some inspiring? You came to the fact that I had four children. By night. Let's see if I can. By. It what it was prior to that.

It was in the late 80s, early 90s. I became a Reiki master in 1990. And that is a technique of just influencing energy. There's a lot of hands on stuff you can do with Reiki, but it's really the power of using the power of your mind to create is really the whole basis of.

And I started to learn that after I'd been in, I was in, therapy for close to three years, and kind of that served me in passing the story together because I was by 1987, my fourth child was born.

I had, four kids, six and under. I was, in the depth of so, you know, suicidal depression right after him. He had a lot of postpartum depression that was really chronic.

And by after three years of, therapy by 1990 and going through a 12 step group, I wasn't going to settle for just being patched together. And, yes, feeling crippled my whole life.

Yeah, it was kind of like the pat on the head just saying. Well, you know, too bad for you. Your childhood was really horrible. And here's you got to be your best.

I was committed to healing, and I was going to do whatever it took. And it was a prayerful approach to just saying, I'll do my part, but what what can I do?

Because I this is unacceptable to me. The fact that I've been willing it, you know, I knew I was meant to have a family married for my children and they deserved better.

They were my catalyst. I was wounding them. I was very aware of the fact that my dysfunction was now hurting them, and I was passing on the whole gantlet of generational patterns, and I was not.

I was like, I'm not, and I refuse, but I need to get well. And that's when energy healing was introduced into into my life. And it was kind of like, what? Okay.

But it was so strong. I had three different people tell me about these different techniques and present this in my life within a, three month period. And, you know, you know, the whole three times and you're like, okay, okay, I'll look into this.

And I did. And it was that's there it was. I got on that path and I've been very successful in helping other people learn the, techniques that have been life changing for me.

And my life when I've looked completely different, if I had not chosen to trust what there wasn't a lot of evidence for, and there wasn't a lot of, people that had any knowledge of this, but I, I knew my greatest compass is my own instinct and intuition and following the spiritual promptings that I'm given that are so clearly and in doubt upon me.

And it was just it was right. And it has changed my life. And didn't even know at the time I'd be helping millions of other people change their lives.

But I'm grateful I've been able to teach what I've learned, and I've had some. I've gone through a lot. I mean, I've had to heal a lot of stuff. I've not dealt with a chronic disease, but I have dealt with chronic pain to an extreme where I just, four years ago, I was to the point where I just would have to retire from everything I was doing professionally because the pain was so overwhelming every day of my life.

And that's when I really learned what I now teach about the body. And it's power to heal. It's like I've just kind of like, okay, I'll go through it. You know, I had to go through some physical of that that was just so extreme that I could learn.

And I'm on the other side of that, and I'm really grateful for what I learned about the body when it comes to the energy healing, because I don't teach people, you know, supplementation, I don't teach what are your what physical practices you should apply?

In fact, I hope to help you get so clear that you're going to know very clearly by the body being the authority to prompt you. That's what I need, that your body is communicating to you.

One of the most powerful lessons I had during my period of healing chronic pain was the day I was sitting in our filming studio and I was in a lot of discomfort, tremendous pain.

And, just feeling very defeated as we can always dealt with something on a physical level. It's just all encompassing and it's, you know, you wake up and there it is again.

And, I was told as clear as day, you're looking to the wrong source. Stop looking outside of you for the answers. Your body is the doctor. Start listening.

And that started the practice of turning this way, turning into my tuning into my body instead of all the expert advice out here. And as I fine tuned that and and healed and cleared the interferences that come with now making that kind of shift, things started to show up that were the resources I needed to my body knew and the sensations I was able to start experiencing at a physical level, that it was right.

And that's energy. Your body starts to come alive and speaking to you, and you can just bring a question into your field or even, I can take any supplement or anything, just bring it right into my energy field and my body will tell me, or, hum.

It will be very clear. All the energy will go down or it'll go up. And you'll get to that point where your body knows what it needs. Not your thinking mind, not, you know, somebody out there.

You learn from everybody out there and that's teaching you but your body and. No no, no. Yes. See you get you guys are sound like this. And you spend a lot of time and money trying to get well and it starts to be able to move.

Thought you're like, no. Yeah, I'm going to I'm going to invest in the things I know will help me and not just keep this whole that's exhausting trial and error thing going.

You know, your body's just like, please, not one more whatever in your mind. Yeah. I gotta take another one right now. Now, what are you doing? Whipping up, yeah.

I mean, you're clearly, you know, a beautiful, living example of somebody who has really tuned in to your inner wisdom and obviously your life, passion and purpose and have helped so many people around the world with the great work you do.

And I love that you mentioned, you know, your body let your body become your own best doctor. Sure. It's great. You know, as as I teach, like, build your integrative success team, you know, have a team of, integrative professionals that can help guide you, give you advice, help you with your testing, all that kind of stuff.

But at the end of the day, your inner wisdom, as you said, your body can be its own best doctor. It's going to know what is best for your healing and what's not, but right.

If you're new to energy healing or new to like really listening to your intuition or that inner voice, then my experience is it's going to take a little bit more time, right?

But it's like the more you listen to that, as you said, the rule of three, it's like, oh, this person said, echinacea. I just got a letter in the mail that says echinacea.

Oh, there's a carnation growing in my yard. It's like, maybe I should take some machination. Right? So you start listening to the signs and you start paying attention, and you start acknowledging that every frickin energy helps pretty quickly, though, because energy is very open these days.

It moves very quickly. What I tell people is it's easy to clear old stuff. It will shift very quickly. Now, staying in the habit of a different vibration, in the habit of a new thought habit of, more, elated feeling a state of hope.

That's what takes practice. That's not what's familiar. So people will need to do like repeats on certain clearings just to get there again and go, okay, I need to really, you know, once you're anytime you're feeling good, you should honestly just tap all over your body.

It's like communication. Your body, communicates and rhythms and flows and its organs.

Listening to the Body and Inner Wisdom

And when you're in a state of feeling hopeful, feeling good, you're going to hit, low points again. But in those moments, you should really anchor that in, get your, you know, just really with awareness in that moment.

I feel good. Right now, this is the new familiar. This is where we want to be, you know, and communicate that. And your body will get that message and be able because those moments that you'll hit the lows when you're maybe get a, feedback that you where that seems discouraging or you've got to rally again for yourself.

You know, there's kind of just so many cycles through an experience like cancer that you don't hear. It's not like this, you know, it looks more like this because you're continually progressing.

There is an upward swing to getting to a better place, but there's dips along the way. That's just. And don't be so thrown by them, be okay with it. Oh, I just, you know, it's okay.

Now, a lot of the feelings that you'll deal with are about the present experience, and they're appropriate grief, sadness just just worn out apathy. You know, you get tired by this stuff.

It's just like, you know, thinking, grieving the life that was that you're not living right now. You're going through this experience. But if you can imagine, it's like you're moving through an energetic plane.

And that energy experience is called, I'm experiencing cancer. Never make your diagnosis your identity. It's always an experience. And as you're moving through that, see that you'll actually move through that field of energy and come out on the other side and to, really hold that space, being able to come out on the other side better for it, healthier because of it.

You do get healthier because you start you learn a ton about what makes you sick. And you go, okay, I want to change how my day to day choices, like when it comes to my body.

That's that's a beautiful point. And, you know, I'm all about taking information and turning it into action. And embodying it. So, I mean, you just shared something that, like everyone can do at home easily, right?

Which is you're feeling in a, in a good place, you're feeling hopeful or happy or healthy, you know, tap your body is like you're embodying those emotions, right?

But what is something else? What's another like self-healing? Practice. Maybe you could guide us through for a few minutes, something that would really support people who are going through cancer right now that they could do at home, some form of energy healing that they could do every day.

Okay. So you could, when you're feeling that pulled out and you're feeling down, there's your fight and flight energy. It's called your triple warmer.

It runs from the side of your eye on your temple here, up and around your ear, down to the ear lobe and down over the shoulder to the ring finger on both side.

When you're fighting flight energies, running really potently. Which can you. Your fear? Anger? That's feeding the cancer. You know, cancer likes that those kinds of energies fear and anger especially.

So we're going to sedate that and shift the energy. So when you tap, whatever you're experiencing wants to do something general. And everyone can do this along with me.

But your, left brain, as you're kind of thinking rational, this is what is the experience we're talking about. Your left brain likes to say, well, you can't say that because this is what the experience is.

So you really let you just go into what you're experiencing. So we'll just start tapping with, up and over. This here is going to now quiet down this fight and flight and you're tapping right on the meridian while repeating, I don't like this cancer.

I wish it had never shown up. Why me? I feel so powerless. I'm so angry. Why do I have to go through this scared I'm going to die? Giving up? So everything I just said are common thoughts and feelings in this experience.

Now we're going to switch. We're going to go over to. So we've addressed it. We've given voice to it. Now we're going to speak to what do we want instead.

We're going gonna do it with I am statements. What do I want to experience? Do I want experience all that? No. Is that what I'm experiencing right now?

Yes. But, you know, if I have a choice, which we do, what do I want? So we're going to look at what we want. And popping up in over the right here, I am grateful I'm overcoming this.

I am thankful for my powerful and strong body. I am healing this cancer. My body is stronger than ever. I'm encouraged. I'm excited for the next piece of good news.

I'm going to receive. I am whole and healed. I am whole and healed. And one more time I am whole and heal. You can actually then just swipe down your meridian each side, swipe it off.

That plant takes off excess energy and you reset it by going up. The ring finger up the side of the arm, over the shoulder, ear lobe around the back of the ear to the temple.

Now you've reset the fight slightly and take a deep breath and you're going to feel better. You're just going to feel better. And as you do, that is it.

Those negative thoughts present. You're going, okay, I'm going to I'm going to go in. No, I'm I'm gonna it's kind of like I'm gonna go right into what's up, and I'm going to shift that energy.

So you're opening that energy that's that's incredibly powerful because, you know, a lot of people's, strategy as, negative or challenging or painful emotions come up is to deny, stuff them away.

Right. And that actually is detrimental to the body, which is the worst that you could do. Right? The energy has to be accounted for. So when you're not allowing it to be felt acknowledged and, worked with it gets stored in the body and the body's accounting for it and imbalances and disease.

So when you're tapping and the left side on the foot, it so it's you're having. Yes. We can say that's the negative. What it what is that not I mean, obviously we want to acknowledge it.

Want to accept it, but is that not reinforcing those thoughts though. No it's not because that's your current experience. That's the energy running. So you want to go into the energy and open it and change up.

Yeah. Beautiful. Yeah. And you're not. And I don't think you used any I am statements either. No I was saying what is what's this variance that I don't want.

But that's what it is. So I've got to in order to change the energy I have to be willing to go in it, kind of claim it and say, okay, I'm and I'm worth this now, and the best time to do that would be when you're feeling though.

Yeah, yeah, yeah. My son, who's now 30, my youngest son, he's 33. I started using these tools again when my children were quite young, and he was in his, he was probably in sixth grade at the time, around 12 years old.

A Guided Tapping Exercise and Free Resources

And he came home all grumpy from school, you know, and he's here. Or I said, come here because I know you're going to start tapping on me or something, like, we can change how you're feeling because you're only getting create more of what you don't want.

And you keep running this, you know, energy, create energy. What we focus on, we create more of what our energy signals we attract to us. It's just a simple it's fairly a well known concept.

Nowadays people call it the law of attraction. I've always taught it is the law of creation. You're creating, either consciously or accidentally, every moment of your life.

And so as you allow that energy to take hold and just be there and it lives you, it feeds more of what is. That's why you want to become proactive and conscientious and make it, you know, choose to change it.

Beautiful. I know you have a, incredibly valuable resource you've made free for everybody. I was looking at it yesterday, actually, at, heal with Carol.

Yeah. You. Right. Well, you have a link that we've. I'll share the link that we've connected with you. It's just Carol tuttle.com/heal cancer. Oh, perfect. That's even better.

I'll write that down a lot. That's just my name. Carol tuttle.com/heal cancer. Forward slash heal cancer. Talk about what what you've included in that for people.

Well, you do have to give us your email to sign up because you're giving it free to your, you get a trial of two weeks for free and my healing center.

And then I put together what's called, the Energy Healing Basics guides we're getting in addition to this. So it gives you some familiarity. And I explain why we're doing what we're doing.

And while we're doing it, you get to practice it with me. There's three different very powerful sessions that I take you through. And then there's a really great energy healing glossary, because the more familiar you are with anything, the more you have command over it, and the more you trust it.

As if you feel like, I don't know what this is. So we want to educate you on the front just to see if it's something it really feels correct to use as a resource.

And then I run a private Facebook group for all the members. A lot of, join. We have over a thousand members, and they're all there to out the allies for each other and support each other and give each other, and my moderator, my support team is phenomenal.

They know my work better than me. So any time you go in the Facebook group and ask a question or request a resource, that might be helpful. Our search engine is as good as they come, and you can put in any issue and resources will load up that will help you so that that we just want everyone to feel good about what they're getting involved in.

That's why we don't charge you for two weeks. That's I mean, it's fantastic. I know you have a lot of, you know, training in there, information, videos, guides for people.

I want to give that link to everyone. Again, you know, go check this out. Try it out. Sign up for it if you're interested in energy healing, working with Carol, working with her 30 plus years of experience in this field.

She's somebody that you will learn a lot from. So I do want to give that link again for everyone. Carol tuttle.com Carol to you TTL Carol tuttle.com/heal cancer.

Go sign up for that free guide right now Carol it's been you know, a treat a pleasure getting to know you. Oh you're more your great work I've been studying your work.

You know this past week getting ready for this interview. I mean, I've heard of you in the past and the great work you've been doing over the years. This is the first time we've been able to actually connect.

And I've got to, you know, learn from you and help share your great wisdom and teachings with with our community. And so I just appreciate and honor you for, for, you know, pioneering in this field for so long and helping so many people.

So thank you. Well you're welcome. And I love introducing it, especially when someone is going through such a challenging experience because I want to I, I choose to be a person that gives you hope and encouragement that

things can turn out well for you.

And that's, that's what we all need. Anyone dealing with cancer is more hope, more positivity, more support. So, again, thank you so much. And I want to thank everyone for tuning in to the Conquering Cancer Summit.

Please share this with friends and family. Together, we truly can make a difference for the future of humanity in ending the cancer pandemic. Thank you and I wish you ultimate health and happiness.

Be well.