# Juice for Healing Your Energy Body Transcript

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## Introduction to the Summit and Guest

Welcome back to the reverse Autoimmune Disease Summit series. This is 5.0. And in this one we are dealing with the energy body healing the energy body.

And of course the energy body means everything, right? That everything is energy and our thoughts are energy. Your physical structure is energy. And our guest today is going to talk about the link between those two.

Tom McCarthy is a father of two, husband of 30 years and CEO or board member of eight companies, early stage investor and over 40 companies and worldwide philanthropist.

After a successful career with a Wall Street firm, he found his true passion in the field of helping people in business, athletics and life break through their limitations and step into their full potential.

He's been the peak performance coach for athletes who have won World Championships and Olympic gold medals. In 2015, Tom faced a serious health challenge of his own that caused him to focus on how human beings can heal through the power of their mind.

After healing himself, he started a new company, Life Force Blessings, and also found that the Global Energy Feeling Summit. Welcome to the summit, Tom.

Thanks, Keisha, and congratulations on 5.0. That's amazing. Great job. I know, I know, it's the years keep passing on through. It's awesome. So I really like the you know, the the idea that there's a purpose to our illness that somehow if we break through, then we come to a place of wisdom and learning that's at a higher state and stage of development.

And so what what is the purpose of an illness? How does that work? I think it varies from person to person. Back in 2015, I got a virus.

## Tom McCarthy's Health Crisis and Recovery

I didn't they didn't know the virus. They thought I had a sinus infection. And so my my doctor, who's really good and very rarely would ever prescribe an antibiotic, had me on one because I was getting ready to fly to Hawaii and speak at a conference, and I didn't get better.

And then I got back, and he and I was traveling, and I was going international and doing all sorts of crazy things. And so he gave me another dose, which it doesn't help with the virus.

And, and pretty much, took out my immune system, and it scared the heck out of me because I wasn't getting better. And so, like, a couple months in, I was really inflamed.

I was, I had no energy. I was seeing double. I mean, I thought I was dying, and it was probably one of the scariest times of my life. And then finally discovered, actually through an energy healer, he was the one that told me you got a virus, not, And he wasn't even there locally with me.

He tapped in from, you know, LA. I was down in San Diego and he said, you know, you got a little virus. And so they said, the antibiotics are going to help.

And I didn't get better right away. I mean, he he helped me out. He got rid of some of the pain. But it took me about 6 or 7 months. And then I know you deal with a lot of people that go through this, but, you know, some, doctors or people were saying, yeah, you know, some people struggle with it the rest of their life.

I go, I'm not going to. And so what I did was I found I went, if I ever have something come up, I don't go to the internet and look, okay, what's the you know, what are the symptoms?

What's the average person? Do I find somebody that had it and got better? And so I did. But it took probably I had to reprogram my mind. It took about 7 or 8 months and it was almost like life was holding me down.

You know, I couldn't I could barely get up and walk to the bathroom. And I think for me, the lesson of it was I was going too fast. And as much as I believed and, you know, I do believe in meditation, I talk about it.

I was doing, you know, some qigong. I was going away too fast. I was traveling way too much, but not so different time zones, not sleeping. And I think life gave me a wake up call and said, hey, if you don't, if you don't get this squared away now, you're going to have more serious things.

So for me, it was an amazing learning experience. And once I got over a little bit of the fear of thinking, oh my God, what's wrong with me? I'm going to die.

I learned a ton, and it was one of the most valuable experiences of my life. Even though it was super painful, I had no energy. I could hardly function.

It it it. It's one of the really, most beautiful experiences of my life. And it's made me so much better. Seven years later, I'm so happy for that outcome.

I'm so happy to see you standing there and being able to tell this story. Yeah. So. So what is this part of the mind that we have to access to? To me, you know, quantum physics, Robert Lenz's work in like bio centric design, he talks about the studies that show that we literally have thousands, maybe even millions of probabilities.

And the second the observer puts their focus on one of those possibilities or probabilities, the rest of them disappear. Right? So what is this part of the mind that we need to use to observe the outcome that you know, we want to have happen?

Yeah, I call it the Superconscious. But you're absolutely right. I love your description. You just gave one of the examples I use in current times is what's happening over in the Ukraine.

Right? You had the Russian military invade Ukraine, far superior in terms of numbers and firepower and planes. But you had a guy that, that that literally was an alchemist, President Zelensky, because as you said, every day we wake up and there's there's probabilities, right.

And some are more likely and some are less likely. And probably one of the the least likely probabilities is that Ukraine could rebuff this, this, this very, very powerful military for as long as they have and actually defeat them, you know, to a certain extent, not completely.

But he made that real. And not only that, he got it changed because of his energy and the way he communicated, but the way he lived, his energy, he shifted the world.

There's so many conflicts going on in the world right now that you and I don't even know about, right, or hear about, because we don't know. But that one we do, because one human being stepped up and said, hey, we're going to win this thing, but we need some help.

And he shifted reality. He made a possibility of, I mean, think about all these sanctions that are going on. That's never happened before, never. He shifted that along with his countrymen and, you know, their braveness.

But we can do that. And the Superconscious, I think is and people call it the subconscious, I call it the superconscious because I think this is badass, right?

When when we really tap into it, 95% of what we do in our day is dictated by what resides down below our

conscious level of thinking.

## The Superconscious Mind and Shaping Reality

And most people think the conscious level is just all we are. But it's, it's a portion of who you are. You know, the conscious mind can process 40 bits of information per second, but the superconscious can process 40 million bits of information per second.

I don't I also, I don't believe that the mind is just in the brain. I think we live within our minds. Our minds extend out beyond our body. And you talk about energy.

So, you know, my my son, I taught him, that always program your mind. Your mind to always be in the right place at the right time. And I want to put a little pin right here, because this is really important.

What you just said. Yeah. For thousands of years different eastern philosophies have said this. The mind is not the brain. And, you know, we have we have heart, mind, and we have belly mind and we have skin mind and we have in mind, and we have the mind that goes around our, you know, our, our energy body and all of the, all of this is mind.

And so this idea that we are going to program that mind and live in the mind, if we start thinking about like, gosh, you know, I think 94% of thoughts are ones we've already recycled over and over again.

Right? Even more than that, I think for sure. Right. So this is so important, what you're saying in Tibetan Buddhism, they say we perceive, you know, really quickly, but it takes 17 steps to get there, like you're just.

And how you're doing it is how you've always done it. Unless you take a beat and you open up the space, they call it the doorway to karma. And that that 17 steps to perception.

And you actually do it differently. And then then you're creating a new pattern. So I love that you're teaching your son this. So how does your son respond.

Well so yeah, a couple a couple things I'm a couple stories about him because he's a big believer in this. Now. But so he program myself to always be in the right place at the right time.

And he's working. He was working on a deal at the time to buy, Forbes, the company. Forbes. He had some partners. And so he went for a walk and he'd just done this programing, like, you know, for about a week and just always believing.

But the most people, though, when they program, they're like, okay, I'm always in the right place at the right time. They don't really believe it. They don't see it, feel it, believe it.

But he's he's huge into believing the mind can do amazing things. So he believes I'm always in the right place at the right time. And he calls me up about a week later, he goes, dad, you're never going to be what happened?

I said, what you said, well, I'm walking down the street. It looks up in West Hollywood and this guy's jogging in the opposite direction, and all of a sudden he stops right in front of me.

And I said, what? He said, yeah. And I said, how old was he said that? He's like, your age is an old guy. And as it happened, he said, well, he stopped and he looked at me.

He said, I don't know why I'm stopping. I don't even run this way. I live in Beverly Hills. I never even run this way. But something tells me I need to talk to you.

And my son's like a little weirded out, but he goes, okay. And the guy says, what are you doing? My son says, I'm an investor. My son's 26 years old. And the guy said, well, I'm an investor too.

And they talk for a couple minutes. He doesn't really tell my son much about, you know, what he does. But he said, look, if there's ever a reason to talk, here's my email.

Or he gave him something. He said, you know, let me know because I don't know why I stopped. But, you know, maybe there's a reason for it. And so my son goes back and looks him up.

This guy's a billionaire, and he runs a $4 billion, private equity fund. So my son calls him up and he said, hey, I think I might have a reason to talk.

We're we're we're trying to buy Forbes. And would you be interested in taking a look at it? And so the guy says, yeah, you know, I'll take a look at it.

And so two days later they have lunch. He goes, I like it, but I want to have another guy look at it. So we had dinner two days later. Those two guys that that my son met literally from a what most people say, a coincidental meeting on his side.

That right? Yeah. Both. Both committed $100 million each to that deal. Wow. Now. But my son, in 2020. No, 2000, 2019, he was a he was a basketball player at Harvard, and he had a concussion, a bad concussion.

So he sat out a year. He had a year left to play. He went to a school called Rice University for his fifth year and was working on his MBA. He goes in the beginning of the year, and he's got this crippling pain in his hip and his knee, and then he, it was getting therapy on that.

Nothing was really working. And then his back went out. You know, 23 year old kid, he can't even walk. And he's a fat, fit athlete. They take him into one of the best hospitals in Houston.

Orthopedic guy does it. You know, they do the MRI. They look at him and say, hey, you got one of the biggest herniated discs, largest herniated discs we've ever seen in someone your age.

And, you know, we need, we need to put steroids and shut you up. And so my son didn't really know what to do, and his trainer was saying how to do it, so he went in, they put him under.

He did. That didn't work right. He's still had this pain. I told him, look, a lot of pain. Chronic pain is mind body pain. Yeah. You've got a herniated disc, but you don't have to be in pain.

And so my son, listen to. I listen to John Sarno above the mind body prescription. Just listen to it. So all he did listen to it three times and his pain went away.

It's never come back. He's probably still has a herniated disc, but he doesn't care because he's not in pain and is not is a verb. What Sarno it we use it as a verb. It.

Yeah, exactly. But and so that's he's he's a huge believer in the mind. But what happened literally and and you talk about this like people saying, you know, my body's the problem.

Yeah. And the body is just a reflection of what the mind is producing and your health and your wealth and your relationships, everything. So it's that superconscious mind that we need to work with.

We need to remove the junk. I mean, I had lots of things. I had to go down in there and find and get out before I could heal and then put in some better stuff.

Right? That, that that allowed me to operate in a more healthy way.

## Programming the Mind Through Stories and Beliefs

It's so interesting because in Vedic medicine, you know, it's just a 10,000 year old sister science of yoga. They they

talk about where the microcosm of the macro cosmic of the universe.

I just interviewed Doctor Gerald Pollack on, you know, on water, and he's talking about the same thing when you have the proper kind of structured or easy water that that is more of a gel than a liquid.

It takes the cell and it pushes out anything that shouldn't be in there, you know, and and so here we are talking about the mind doing the same thing.

Right. Pushing out of that, that thought cell, that thought bubble. What should not be there so that you can have the healthy, life giving force that will give you the all the vitality in all the areas of your life that you're looking for.

Yeah, yeah. And the the challenge with the superconscious is it doesn't judge. Yeah. If you are putting thoughts in there that, you know, life is tough.

I'm, I'm not a healthy person. My parents have had these diseases so I'll probably I'll have them too if that's what's in your superconscious down below the conscious part of your mind, then you're creating that the mind's not going to go, hey, Kiesha, that's not really good for you.

You should you should change that. Your conscious mind may, but your superconscious is going to just go. Hey, she wants us to produce the same illness that her parents had.

So get at it. Let's go. Let's create that. And that's what people do understand. They go, you know, they think, well, you know, my life's tough. It's not fair.

We've created it. We have created it, whatever it is, and not always consciously because and you know, there's you know, there's, you know, better than I do, but from zero to age 6 or 7, we absorb pretty much everything.

So we absorb all the disempowering beliefs and and experiences and thought patterns of our parents, our community, of all things where, you know, now, you see parents entertain their kids by putting them on, iPads.

And so all that kind of stuff literally is going in because we're in an alpha state at an early age, and there's a lot of stuff I had early on that that was pretty stressful and traumatic.

My dad, it's killing me now. When I was three, my mom really struggled emotionally, financially and I've had to work through a lot of that stuff in order to heal and become better.

But it's work. It is work, and I think we're all going to have to work on ourselves in our minds til the day we take our last breath if we want to optimize ourselves.

So what are you you have a book called the, Breakthrough Code. And so I think you have some keys to creating a health breakthrough that you've listed out in there.

What are those? Yeah. So it's not about just health. It's about anything. But a lot of people are using it for health. So there's three big ideas. Number one is focus on if you want to create a breakthrough.

So a breakthrough is like a a huge positive experience where you're elevating yourself. You're elevating part of your life. Because I believe we can live a life without limits.

It doesn't mean that everything's working perfectly, but it means where we're stuck. We have the ability. The mind is unbelievable, like the mind allowed my son to connect with a billionaire.

That was the perfect person to help fund that deal. He didn't do that on his own. He didn't go, okay, this guy's walking. I'm going to meet him. He didn't know who the guy was.

His mind did that right because his mind extends out beyond him. So with with the, the first big idea for the

breakthrough, we know where you want to create a breakthrough is focus on less and then obsess, which just means if you if you take your, your mind and all the energy it can produce, but you water it down by having it kind of evenly focused on everything, like a thousand things.

Very hard to create a breakthrough. Breakthroughs require focus. They they require you be with your mind more laser like than a light bulb. Like a light bulb will light up a whole room.

A laser will cut through a diamond. So you need a laser in on what is it you really want? And with health, like you've got a laser in on what does not just want to be healthy.

Like what exactly does that look like? What does it feel like? What does it sound like? And then focus in on that. And then the obsess part, it is program it down into the Superconscious.

You don't need to consciously be thinking, okay, I need to be healthier. I need to be healthier. I want this level of health. You do need to focus on it a couple times a day when you're in an alpha state.

So when you wake up, when you go to bed, right before you go to bed, right when you wake up. Perfect time program in C it, feel it, believe it. And that's a struggle.

That was hard for me when I was not feeling well to even imagine again. Like, what does it feel like to feel well, what does it look like? But but once I was able to carve that into my mind now the superconscious took hold.

So that's the the first big idea. Now, if you want me to stop there and go to the next two also, absolutely keep going. Okay, so once you get over the focus and you really start programing and when I say see it, feel it and believe it, that's daily work.

But it's a few minutes of that. And once it once you can see it. The mind doesn't work with just saying I am healthy, you know, just an affirmation. I'm healthy. It needs to see a picture of it.

Like what does it look like when you're healthy? What are you doing? What what activities are you able to do? You know, what does it feel like really feel in your mind?

Carve into your mind that that feeling of what it feels like to feel really, really great and everything's created twice.

## Breakthrough Code Principles for Healing

What you know, first inside, then outside. We're working on the creation on the inside of us and then believe. Believe is our belief is just a feeling of certainty.

Create a level of certainty. This is the hardest part for people because they go, how can I believe in it when I'm sick and I've got this disease and I'm diagnosed with this, if you if you buy into that and you allow yourself to only believe once the doctor tells you you're healthy, it's going to be a lot longer and much more of a struggle to get healthy.

When you start creating it inside and carve it in, it gets easier. Now the second big idea is upgrade your story, upgrade your life. And I usually like to ask, like, I might have asked you this before, what's the most powerful story you'll ever hear?

I don't know the one we tell ourselves. Right? Okay. Yeah. So now we've got a focus that we believe in. We've got. We can see it, feel it, believe it.

Now we need a story to support it. And, and and there's two things like if you just try to put in, you know, a powerful, uplifting story of who you are, what you're capable of, what your immune system can do, whatever it is.

But it's it's on a foundation of limiting beliefs and old stories that don't serve you. It's on a weak foundation. So I

think there's two things we need to do with our story.

We need to identify what part of our story do we have to part with? Do we have to let go of and not have down in our superconscious in order for us to heal?

And so part of what I had to part with, like early on, just was, a little bit of belief, like, you know, chronic fatigue takes years to heal. And I got over that really quickly because I said, not only that, and I got it out, and I'm just like, all right, who's done it quickly?

And then I just found some role models, and I, I interviewed them and found out their story, and I started telling myself the same story. So your story is pretty much everything because it it causes you to view the world in a certain way, and it also feeds into your superconscious.

Then the third thing you've got to do. So number one, focus on less. Like really focus in on a few things. Doesn't mean you can't do other things, but put some energy and effort into what you really want and and then create an obsession down below in the Superconscious.

Upgrade your story, upgrade your life. And then the third big ideas. Pack your day with effective action. If you want to heal. What are you going to do during the day to heal?

Are you going to do it like I do? Like sitting in a chair and meditate at least twice a day? Are you going to do qigong? Effective action. I'm not saying you've got to like, you know, grind, brain grind, grain grind.

Effective action, I believe is the way to go. It's effort, times, effectiveness equals results. And that's where people like you and your summit, you give people the effective actions, the things that are really move the needle and then that creates faster results and way better results.

It's not just working hard and grinding and and sweating all the details. I mean, you got to put some effort into it, but it's effectiveness that actually increases your results.

I think this is such an important point that you're making because I after oh, I don't know, movies like The Secret came out. I think sometimes people in eastern philosophy, they'll call some of these principles the near enemy to truth, right.

That you can visualize and you can manifest it, but it's not sitting on a meditation cushion and imagining it. You actually have to get up then and take some action.

Right? Yeah. And I think that part got left behind a little bit, you know, that you have to take some time and bring it into the receptivity channels, which you could think of is on the left side.

And then on the right side you take action, you know, so that there's always this flow going in in your energy field with the rest of, you know, the universe.

So I to here's what I believe that happens though is once you if you've got the right level of focus and the superconscious and you've got the right story, your actions will be guided.

You literally will intuitively know what to do. Even the part about bringing it in. Like you have to be quiet to receive, right? You have to take that time because some people are so activity oriented, they're on a hamster wheel doing a million things.

I just like what you said. They're not being quiet to get that inspiration in first. That's right there then or there. Yeah. They're, kind of like a bull in a China shop.

You know, people have to take massive action. And when when you're not feeling well and you're ill, massive action is probably destructive. Like you're taking way too many supplements.

You're seeing 58 different doctors. Now, by the way, things that I've done in the past. Right. That's a that's part of what I was doing when I first got chronic fatigue.

I'm like, okay, read. I take this supplement, this stuff on and this someone well, this doctor didn't help me out. So I'm going to go to that doctor and and I was just I was taking massive action.

It wasn't the right action. And then I would like for people to hear this because this is one of the patterns. Another one is just to sit still and hope it changes because you're visualizing it.

So these are two opposite ends that are imbalanced, right? And a lot of people that are more drivers in the world will do exactly what you said. When I got diagnosed with rheumatoid arthritis when I was 30, I did the same thing.

I was doing everything that I could lay my hands on. And of course, that doesn't work. Yeah, it doesn't work. Yeah, you can overload your system. And of course, there's also the idea that if I do all of these things, then I'm going to get this very specific outcome instead of really listening and asking the body what it's what what's the feedback you're trying to give me?

What is it? How can I support you? Right? How can I support you? Yeah. And then the other thing too, I think, is, expectations, you know, that that that concept has gotten beat up recently, like, you know, don't expect I think you should expect the final result.

That's what you want to see. Feel and believe. But don't it don't don't get too caught up in how it's going to happen. Yeah. Don't don't say.

## Balancing Visualization with Effective Action

Okay, well, I did this, so now I better see something in the outside world right now, because five minutes ago, I worked really hard on my mind. And it's probably not going to happen like that.

As a matter of fact, if you think it's going to happen like that, you certainly won't happen like that. It'll be more surprising. It'll be much more, I think, magical usually, you know, and sometimes it comes with setbacks.

I think as, as we, as we start to, to work on changing our mind, I want to say mind. I'm talking about the superconscious mind. Not just changing your mind on a topic or something.

We usually get a little bit of adversity, right? Because the mind is trying to say, hey, wait a minute, you know, do you really want to shift off what we're doing?

And then most people, when they face that adversity, they go, oh yeah, see it didn't work. Versus that should be that should be the sign. Like dig in like you're this is a beautiful opportunity for you to get even stronger.

And in my book, it's actually a, I don't call it a novel, but it's a parable. And so it's this person going through this tough experience challenges what this health is a relationship is this business.

And then eventually figuring out through these wonderful mentors that are pretty diverse. So there's like a female CEO of a tech company, there's, there's a, a person who had been in prison that, you know, came out and, and, re rebuilt his life and very, very successful.

So there's some pretty cool mentors in it that allow this person to understand that adversities are going to be potentially part of it. Now, one thing I've bought into lately, though, is I used to think growing up, like life's tough, you have adversity.

It's really good, right? You know, and I do think it is good. But also I think we can learn just as much without adversity if we keep our self in a growth mindset and we're constantly growing.

So I think that's super important too, is not to bring the adversity on, because the adversity is usually showing up because we've slacked off a little bit or we need a little kick in the butt, you know, to really get us over to where we need to go.

It's interesting because I'm I'm been crossing that threshold too, of, you know, I think I have a template. The only suffering brings learning. I think I can probably shift that.

That's a really important one to shift. And I've had to do that too. Yeah, yeah. I'm 57 and I'm thinking, I think it's time to retire that template is there?

Yeah. It's funny though. Like I said, I'm 61. But you know even though and you're, you're you're still a baby compared to me. But here we are. You know in my later life, so to speak, or at least when I was young, I thought, wow, you know, someone's 60 years old, they're really old, and we're still working on ourselves.

We're right. We're still finding the chinks in the armor and going, all right, you know, get get that out of there. And I think it's such a beautiful thing.

And, and also a really great example, because I think a lot of people think, you know, you or people that are very successful, like everything's perfect and they're complete and they don't have to do any work.

And now we're working our tails off every day, just, you know, like bringing out that next best version of ourselves. Yeah. I always say this is, this is not a passive observer kind of, experience.

This is a never take your eye off the ball experience of what your mind is saying, doing, thinking, feeling because you're actions, you're following it.

So that's that's really, really, great. And you're right. You know, no matter how old you are, there's always something that you'll be able to uncover.

So I'm so much smarter at 61 than I was even at, you know, 60 or 59. Like, you know, we're just continuing to grow. I didn't even, you know, I wasn't even in this health realm.

I was always passionate. And I knew many people, in the health realm, you know, through, helping run Tony Robbins company when I was in my 20s. But literally just last year, we did two summits, right.

We did, the Global Energy Healing Summit, which you were on our second one. Yeah. We did one in September, had 50,000. Then we did one in, just a couple months ago.

And we had, I think, almost 70,000 people. It's all new to me. Like, I didn't know any of this, up until last year.

## Free Gift, Masterclass, and Closing Remarks

And then just, you know, started a company, put the summit on. I learned a ton. But you have to be open to doing that type thing. And, you know, to me, it's fun, though.

It's fun to learn. It's fun to learn from you. I feel the same way, which is why I like doing these, because I get to talk to such amazing people and learn from them.

So that's I. Yeah. So you have a free gift that you're providing our audience? Peak performance peril, liminal for brain and training that you want to talk a little bit about that.

Yeah. It's it's a, it's something I did a few years back where I did it with a gentleman, Paul Sealy from Learning Strategies. And Perry Liminal is a really interesting.

So it's, it's hypnosis. He's on it. I'm on it. Will will help you get into a, a deeper level of, consciousness. And then we

will talk you through, right brain, left brain.

So you're going to have two voices coming at you. It's something that Doctor Milton Erickson used to do. Double induction. So your conscious mind kind of gets confused, like, where do I focus on?

And so it can go down into the super conscious much easier. And so it's a lot of fun. There's two sessions on how to raise your level performance and everything.

And it's pretty easy. You just pop in some headphones, sit back, relax. You might even fall asleep. But, I hope everybody enjoys those. Summit hosts is going to take advantage of this.

So we definitely thank you for that. And then for those that are, buying the all access pass, our VIPs inner circle that want to keep this information forever, to be able to listen to some of the practices that have been shared by all of our experts, there's a bonus that you have for them to some videos from your Breakthrough Code Master class and a copy of your book, The Breakthrough Code.

That's so generous. Yeah. So if, there'll be there'll be a link and, they'll get a copy of the book The Breakthrough Code. So this is the book, the Breakthrough Code, and I hope they enjoy it.

We've gotten phenomenal feedback on it so far, and it has one of the best sellers list. And then they'll also get a masterclass that I put together that is $500.

But for 4.95. But I think there's going to be a obviously, special price that you'll be able to get it at. But it's 14 coaching sessions that I've done that takes the concepts in the book.

And I hope you still read the book, because I think it's going to be a fun read for you, but it just takes you deeper into it and actually has you do the exercises, like how do I get rid of a thought that keeps popping up?

Well, yeah, we will show you in the book, but in the masterclass, I'll lead you through at an even deeper level. How to start getting some of these things out.

And that's just one that's just one little experience that you'll get from there. Beautiful. Thank you so much, Tom. Is there anything that we haven't covered that you would like to leave with our audience?

No, I think it's been great. And and hopefully we'll have more conversations in the future. I know we're doing a summit in 2023 and we'd love to have you on again.

So I'm sure we'll talk a lot more in the future. Would love to be there. Thank you and everyone. Until next time, be well.