HighSpeed Healing™ Practitioner Training Transcript

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Introduction to Deborah Wayne

So welcome back everybody. I really appreciate you being here for our next special guest. That's Deborah Wayne. Deborah's a friend of mine and she is the founder and ceo of the International chronic pain Institute. Now that's something health coaches need to know a little something about. I think now she's a speaker and world renowned energy healer, she's been at my conferences and I've seen her all over the place.

She's personally helped tens of thousands of men and women in 150 different countries to rapidly release chronic pain, depression, anxiety, trauma battles with weight bins, eating burnout and many other chronic conditions.

Deborah's amazon number one best selling author of Why do I Still hurt? And has earned degrees and certifications in psychology, hypnotherapy and chemical dependency counseling has 35 plus years experience teaching meditation is a nationally recognized glass artist and a former professional modern dancer certified yoga instructor and creator of the high speed healing practitioner training program.

Welcome Deborah, I'm so glad you're here with us today. Oh God, I'm so happy to be here. Thanks for inviting me. Hi everyone. Thank you. So this is a event based on training for health coaches.

So I've invited a number of my good friends in the business who are you know, I teach health coaches, you teach health coaches and yet we have different backgrounds and different talents and skills and tools to bring to the table.

And I'm gonna ask you a few questions here and you're gonna tell us about your certification course and then we're gonna talk a little bit about providing leadership in the health coaching uh industry because I think that's another important thing with can accomplish.

So why don't you start off with telling us, how is it that you ended up here in this very unique field of energy healing Specialize in healing chronic pain and teaching and training practitioners worldwide.

So I ended up here because I trashed my health. I really, I ruined my health and over 30 years ago I woke up one morning and I was lying on the floor of my closet and I couldn't get up and I couldn't get dressed and I couldn't stop crying and I couldn't fake it till you make one more day. And uh out of ideas.

Personal Health Crisis and Healing Journey

And that day was the first day I actually asked some professional for help and admitted that I was out of answers that my best thinking got me on the floor of my closet and you know, I really thought it was the worst day of my life, but it turned out to be a real pivot point. And as you fast forward, I went on a healing journey and it was both personal and professional and I just like everything changed in my life, read everything and I became very aware of needing to make a lot of changes in my mind and my emotions in my body, like my lifestyle, everything, everything changed and it just fast forward over the years I have studied and um went back to meditation and started to find the exact tools really, create a healing, an actual physical mental emotional healing.

And I've distilled those down into what has become my work over the past many years now. And it's been a really exciting journey and it was not what I planned or expected, but partly along the way I became very, very aware of this whole thing we call energy healing and that it was to be used to heal for healing myself and then others and that, that was my highest purpose and my mission for being here.

And whoa, changed everything in my life? Well, that's really amazing. And um I recall from previous discussions that you had this epiphany at some point and then you started working on yourself, you know, that's so common Deborah with health coaches today is that they had their own problem and that's why they kind of specialize in a

certain area, whether it be, you know, fertility or chronic fatigue or what have you.

So um was there one thing in particular uh that was bothering me? Like, was it your mental emotional state, was it your physical health or was it just sort of a big ball of stress?

Oh my God, it was, it was huge. It was all encompassing, my hair was falling out, I had ulcers, my stomach hurt no matter what I ate or didn't eat, I had terrible insomnia. I had migraine headaches, I my joints and muscles hurt, but I didn't, it would come and go and I would go to the doctors and they would say, well, nothing's showing up on tests, we don't know what to do for you. They would have implied it was in my head.

Some, once one of my doctors said it was my thyroid, I started taking all these medications. Nothing changed. Nothing changed at all. Um, I ended up really harming myself because I tried to self medicate by drinking. I became really good buddies with Ben and jerry's and and Jack Daniel and those like, it really hurt, it really hurt my health, but nobody was helping me and I was in pain all the time.

And yes, also anxiety, depression, it was emotional pain. And every day, I mean, my head was filled with worry, doubt, indecision, and a sense of like, is this ever gonna end?

And I just didn't know what to do anymore. So I just kept trying to numb out. And that almost killed me. Yeah, Well, you know, I've, I've known for a long time, you're a person of high quality and um, it shows in your your habits too.

I mean, Ben and jerry's the best and of course Jack Daniels, top of the lines, I thought I'd throw that in there. You know, I've heard one of the most stress, one of the most stress relieving things we could do is laugh. So, even though we're talking about very serious things here, Yeah, it's serious business, but uh, you gotta have a sense of humor these days.

So, look, you're, you're known for getting amazing results in tough cases, right? So tell us about your unique approach to healing this energy and why it's so effective, especially with those people who have tried everything like you did. And nothing seems to work just like your own case. And when nothing showing up on lab tests or at least standard lab test, but there's clearly something wrong.

So, tell us about your approach. Well, what I discovered is that you can't just focus on the symptoms. I'm sure you recognize this, You can't just focus on the symptoms.

The symptoms are never the root cause of the problem. And what most people do myself included when they don't like how they feel and they don't, when they're uncomfortable, when they're hurting, when they're in pain is they try to stop it and when you try to stop it, you're actually causing it to stay stuck.

And what also I recognized for many years now, what people do and what I certainly did was most people are focused on what they don't want they don't want.

And when you do that, you're actually feeding energy into what you don't want and you're going to get more of the very thing that you're trying to get rid of because where your attention goes is where energy flows and most people have not gone deep enough to discover that their thoughts and their emotions are a force as real as electricity.

Energy Healing Approach and Biofield Science

And if you don't know how to use your thinking properly or your emotions properly, you'll actually put a log on the fire that you're trying to put out.

So my method covers three areas. I show people how to find and release the damaging thought patterns that are adding logs to the fire. I also people how to find and release the emotions that get stuck in the body and that cause symptoms to get worse.

And then the third area is really easy because I do it for people and that's working in the energy field that surrounds

the body. And this is like the coolest uh future science that's here now to stay. It is um the fastest way to really release these disturbances lie in your energy field and your field contains vibrational invisible information that can be found really quickly and can be released and when, when you work in the field, it communicates with the body, the mind and the emotions.

And it takes much less time And it's very relaxing for the people receiving it. You've had it. You know what it feels like and it's very, very effective and it's it really is high speed healing.

We don't have to sit and analyze everything. We don't have to talk about it for 10 years. It doesn't re trigger old trauma but it's highly effective for rapidly releasing the mental patterns, the emotional patterns and even past trauma that may be affecting people that they are not aware of.

You know, um you're so right. I do know what it's, it's like because I've had your healing um method and I've been in groups where you did a whole group of people more than once and it's just really remarkable, you have a special talent for sure, and I want you to talk about that like, are you special or can someone else do this too? But before we do that, when people hear the words energy healing, if they're not already turned on to it, you know, it's it's very esoteric, it's kind of, some people would say woo woo and these kinds of things. So talk more about that biofilm.

Help practitioners might be new to this to understand what's going on with with healing energy. Great questions asked this. So, so okay physicists discovered and classified a new field there there up until the 1980s, there were only four fields classified in physics and at that time they discovered a new field that surrounds every living thing including our bodies.

And it was known as an information field, it's sometimes called an information field, a bio field. Uh some people refer to as a bio energetic field, a quantum field, but it was labeled an information field because they discovered that the field was informing the body and the National Institute of Health was actually the institution that coined the term bio field. So this is not woo, this is not something ever made up. This is really a very real area of frontier science and it's based on principles of physics and even the NIH um you know, determined that there is a field around every living body that is holding energy light and information And again it's an invisible to the naked eye.

But it's with certain equipment that's not that familiar to the Western world that I've used this equipment in in research labs and this equipment will photograph the field and show you unbelievable things that may not show up in the body for even 10 years.

You can actually see problems way out in your field before they show up in the body. So one last thing to just share about it is that you know, most people think of their body is ending at the skin but the body is really, if you looked at it under high powered equipment you would see that your body is just a mass of vibrating light and energy and that as it extends out from the skin it gets more subtle and it still can be visible with this equipment but it just shows a more subtle level of your body. Like I don't think of it as the body and the field as separate. It's just an extension.

You're you're our one big field but the body is a slower vibration. So it shows up in physical form. Whereas the subtle body around you is like think of an ice cube is the physical form, but the water vapor is the subtle level of the ice cube. It's just, it's a different vibration.

It's not as solid. Does that make sense? It makes sense. You know, and because I understand fields and I've seen, um, you know, like even the earth has a, has a field, you know, that's, there's, there's magnetism and things.

There's fields that you can't see energy and plus I've experienced your work. So it puts me maybe at a, have a leg up on what some other people might um, know about, you know, or think so. So you're saying in science now, what about the spiritual aspects of your work or how do you combine the two or, or do you it anymore with? Um, definitely I think it's both saying the same thing in a different language and that actually it's been considered spiritual by many cultures for thousands and thousands of years. This is both ancient and frontier science, both at the same time. I think the new science catching up with what we've known for centuries, but it was considered like you said spiritual who were religious and I'm not suggesting this is religious in any way.

It's open to anyone of all faiths any race, color creed. It doesn't matter it's, it's based on principles of physics but it is also spiritual. But see when I think of spiritual, I think the word spiritual and energetic are simultaneous.

They're the same and many people hear the word spiritual, but they think religion and that is not what I mean here, I think of spirit. Sorry, I've never thought that some religious people were all that spiritual, you know, and um, definitely not a lot of spiritual people, a lot of spiritual people aren't religious at all.

And um, so it's, it's um, it's not lost on me. And I think most of our audience to get that, that there is a uh, you can, it can be both scientific and spiritual because there's nothing unscientific about the source of everything.

And this energy is a big part of that. So now you mentioned high speed healing. I know that's one of your trademark methods. Tell us what's possible with that.

Like give us some examples, all kinds of things you help people with and results. You've seen like what? Because you know, that's what we care about most is results. Right? Absolutely.

Oh my God, I love getting results. And I've been so excited since the very first session I ever facilitated years ago. I've never seen such dramatic results with many, many people. Now. Not everyone has a big Hollywood moment, but here's a few examples. Fibromyalgia diagnosis.

20 years of Fibromyalgia pain from head to toe, anti inflammatory patches, injections, medication ruined her life. Okay, in less than an hour, less than one hour in the very first session completely pain free, walked out of my office like and it's hard to believe right, but because this one tried everything and this is not a unique case.

I have worked. I love working with people who have arthritis and fibromyalgia diagnosis because they tend to get rapid results and responded quickly to this and it's just so beautiful when you see the pain come off and they realize my God, my life is not over. I might be able to hike again or go to yoga or dance or go bend over and garden. You know, just so many things and this is an everyday occurrence in my world.

Um other examples, digestion. Oh my God, some people, I'm sure your health coaches and you know people suffering, they can't eat anything. They're getting weird reactions, They're sick all the time. Either nothing showing up on a test or they do an elimination diet and they still don't get that and they don't know what to do.

Here is a great case. Um Sharon came to me and said I have been throwing up for nine months. Okay went to every specialist. They tested her. Nothing, nothing showing up on a test.

She had a home in two cities, couldn't travel. She used to go to the gym every day, couldn't go to the gym, It was ruining her relationship with her husband.

She had no social life anymore.

Results, Case Examples, and Who It Can Help

She was at home all day, had to be two ft from that bathroom and I worked with her and in the very first session discovered working in her field and having just a conversation where I asked some really deep questions and I discovered she had emotions that were completely buried that she had no idea about. And she was sick as a dog from repressing the emotional energy and it was affecting everything about her digestion and elimination and her energy level. And she that day again in less than one hour, no more vomiting, no more diarrhea went back literally the same day, eating anything she wanted, started traveling back to work back to exercise.

I mean overnight like that beautiful stuff. Well, tell me about who else you could serve with this. I mean kids, pets, what? Yeah, I work, I teach everyone how to work on adults, teenagers, Children, even infants even, Oh, it's so exciting to work on unborn Children, women that are pregnant, you can work on the mother and, oh my God, if anyone's having a pregnancy or has a new, a lot of symptoms like this is remarkable for it.

And um, so beautiful to watch a mother, enjoy going through the, you know, the process of being pregnant without being sick every day. Um, so adults, Children, animals, pets are really ideal for this pets and Children are easier than adults because they're not think, um, it's woo woo.

And they're, they're just receiving, they feel it. I think they sense the vibrations much quicker and they don't have the limiting ideas about it. We also believe it or not. I have some practitioners that I've trained who work on things like land and crops and bodies of water and it can be used for things like this. And you can even use it to charge a space like an environment, an office, building, a home, a bedroom.

It can affect the space as well. So amazing that the possibility remarkable. Um, I was just thinking of getting a demo because my next been hurting me today.

But listen, what, what talk about your training now, everyone wants to know what, talk about your training, what's involved to learn your method. Can anyone do this? You have to have a gift cause I think you're gifted and I think, man, I could never do that. But so tell me where I'm from.

So yes, I am gifted. However, anyone can do this. I can guarantee that I could teach anyone to do this. It's not, it's a gift, definitely. It's a gift, but it's not unique to Deborah and that's the beauty of it.

I wasn't sure at first, but I became became aware pretty quickly that, um, really anyone can learn to do this and I teach people how to become more sensitive to energy I think, you know, for me, I spent most of my life with the arts and yoga and just the different ways of things that I did in the ways that I lived my life.

Like I haven't watched television in 35 years. Things like that made me. And I've been a meditator for many many years. It made me very sensitive to invisible energy.

And anyone can learn to do this. And so I teach you how to develop that sensitivity. I can teach it to you rapidly. I can help you really discover how to find the field, scan the field and look for certain signals and have a dialogue with the person. I teach how to do it in person or remotely.

And I have taught everyone from an eight year old boy to stay at home moms, to school teachers, to accountants, to medical doctors, nurses and every type of practitioner health and health coach and practitioner and fitness instructor.

Every type I want to share with you that I taught my first group of F. D. N. Coaches and I want to give you a compliment. That group was absolutely without a doubt. They had a greater and easier time talking about the work grasping what was happening very professional and I just want to commend you because I was really excited to work with them and I enjoyed it so very much. And and there's a beautiful thing when you get somebody who's very left brain and they can do the diagnostic testing and they understand all the linear logical way of looking at pain suffering symptoms and they also activate the right side of their brain. And they become more feeling natured, more intuitive, more sensory when you put those two together, there's no more power, powerful whole brain thinking under the sun.

It's a whole brain approach to healing. And I just loved working with F. D. N. So thank you. Well thank you for that. And um our training involves being open to what are the contributors in a person's life, what's contributing to the chaos going on inside. Uh And and so you know, we basically look at most problems as being chronic stress related.

Well there's different kinds of stress and lab work can only determine certain types of stress. Lab work is good for the biological physiological biochemical stressors.

You can measure what the environment is doing to a body. You can measure how it's how it's affected. You can measure dysfunction in the body, pal, digestion, malabsorption, uh weak immune system, you know, hormones that are out of balance. You can measure all of that.

Um But you know assessments like yours are also uh a missing piece of the puzzle if you were you know, and I don't train on what you do. So so they're they're just open minded.

So there there's always more ways of of kind of bio hacking if you will or or finding out what's what's really going on deep down with somebody. And energy has got to play a part in that. And I guess the only way we cover, we talked a little bit about acupuncture and energy meridians and things, but not much more than that. So that's fantastic that, you know, our courses are very compatible and there's other people on this event, the same thing. You know, we've all got our um we have the same way of looking at it, that it's the underlying causes that are the real problem.

What shows up on the paper on the laptop, That's not the problem. That's just what you produce that. You know, the problem is what got you those numbers. That's the problem.

So, yeah, so we have the same way of looking at things. That's why they're so open to your work. Yeah. And, you know, the thoughts and the emotions are very subtle, but they're the original contributor to the stress. And most people don't realize that all that conditioning they got back in childhood before the age of eight or 9 is a huge Contributor.

What's showing up even 60, 70 years later, and this is why so many people are stuck because they no one's gone deep enough to show them how the belief system and the emotional reaction to the thoughts they keep generating a loop.

A revolving door a loop that's dysfunctional and if if they aren't taught to examine that and throw out and sort out what's true from what's false, they keep perpetuating a pain pattern and the pattern gets um literally engraved in their mind, their emotions and eventually it shows up in the physical body or in some aspect of their life and as a pattern.

Training Program and Practitioner Certification

So we interrupt that pattern and you have to do it in always, oh, you know what else I have to mention, read when, when you work in the energy field first, you know, those clients that you've had where you know exactly what's wrong. And if they would change their diet or exercise, drink more water, they would get results. But they just, for some reason, they either can't do it, don't have the willpower, don't have the discipline. They're just not willing to do it and you're banging their head against the wall because they just aren't getting the help.

That's so simple. When you do the energy clearing first, it's amazing. People write to me every day and they say, Debra all of a sudden, I felt like I wanted to juice kale, I wanted to go to yoga.

I wanted to start walking the resistance to what you're you and your health coaches tell them to do. It drops the resistance because that resistance came from childhood usually, or from something that they are afraid to feel or from something that they are masking by eating or by sitting, you know, the apathy, the lack of discipline, it comes from their conditioning and when that conditioning drops out of their field, their natural state is one of health and they want to feel good, they're not fighting you and they start to do what you tell them to do.

And I've even seen supplements that were not working for people like that, once you do the energy clearing part, the supplements start to work. So it's pretty remarkable and that's why I really, you know, I'm so passionate about the energy needs to happen first, the clearing in the energy field first, then it makes everything else easier and faster.

That makes a lot of sense, you know, um what are some of the signs that it's an energy field problem? I mean like you we can say, well just screen everybody for and clear their energy fields first.

But what what are some of the things you mentioned, like they've got some habits or they just say, I don't know why. I know it's bad for me, but I just go for that ice cream before bed, I cannot go to bed with that ice cream.

I've had clients quit because they couldn't do that, you know, they just, I just can't stop. Is that the kind of thing or is

there some other signs that there are quite a few signs, so there are those patterns that they know they should stop and they'll say, I know I should stop and they absolutely can't.

So even something like binge eating. Um even something like, um watching too much television, they just can't stop. They know they should, they know they need to turn their devices off and they don't, they won't um, any type of resistance always indicates there's conditioning there.

Um The other things are, they just fight you, they just push against you. There's actually usually a deep emotional fear and it's often a self protective mechanism that came because they were abused or had trauma of some kind and they, the best that they could do, put up a wall that says, it just says no to you.

There's there could also be, they may even know this, they may know that there's some kind of trauma from the past. It could even be from an accident or an injury or just some kind of trauma that was later in life.

It's not always from childhood. Um and people don't want to go back and feel it talk about it, think about it, but it's having a huge effect. And so they, they become unwilling to do what you tell them to do, then what are some other signs? Um Well, the biggest one really is when the two biggest ones or when you see very blatant obvious symptoms, but nothing shows up on a test and it's mind boggling because how can that be?

That's when you always always know it's there's there's thinking patterns and emotional patterns that play you all, I just, I know I can guarantee that.

And then the other big the big sign is that they're willing to do what you tell them to do. They do everything you tell them to do and nothing changes or it changes a little bit or maybe it changes a lot, but then it all comes back and they follow protocol, but it comes back or it doesn't leave.

That's a sign. We've got to go deeper to the subtle level of thought and emotion and energy field because you're not getting to the root. That's a really good, really good uh, answer to my question.

And it made me think of back 20 years ago, the most common thing that the women coming in our office head besides like just hormone problems, you know, was and which was, you know, stressed that fibromyalgia was like every one coming in was being told they had five. Now it's not as common a diagnosis anymore, but I got fired bro, You know, and, and it was the symptoms of the, in almost every case, there's some kind of trauma, like a car accident that someone got killed in and they were in the backseat or driving or, you know, or just maybe not quite that dramatic, but some kind of trauma started off and it started cascade that just now built up and built up and built up and they're over medicated and and all kinds of things, right? And then the problem gets so compounded, but you, you hit on something really important and that's grief.

And when a person noticed with a lot of everything, including cancers that if there's a lot of stress and loss, particularly losses That happened within 1-2 year period of time, Oh boy, you know, it comes to overload and then a lot of things start to, and it could have happened early in life. But then if new things start to happen that resemble the feelings of what happened earlier in life, it triggers the original wound and it just gets bigger and bigger.

And eventually, the only way a person knows how to deal with it is to shut down. And they either developed some kind of symptoms of disease or pain symptoms or they just literally shut down and they end up with a diagnosis of chronic fatigue syndrome and they can't get off the, because they can't process all that happened because they haven't learned to release the emotions and learn how to let everything go.

Um and they're really holding it in and they don't even know if they're not doing it on purpose. It's unconscious. Yeah. And of course they gain some weight and then they get depressed about that too.

Exactly. They're eating over it and they gain weight and they're sitting more and they're more, you know, more sedentary and the weight goes on and then they beat themselves up over it, oh my God, it's a vicious cycle.

I hear it every day. I hear I hear the passion that's so common in our business. You know, I haven't talked to a

health coach or um you know, someone with the course, which is what this event is all about.

Uh that isn't really passionate about what they do, and a lot of it has come from this personal journey, um mine slightly different because I didn't think I had any health problems.

I was I I looked at this uh when I started as a as a consumer advocate, I when I heard that uh you know, I started working in a clinic, um doing the intakes and things. I was basically running a clinic of doctors, chiropractors, massage therapists, and nutrition and things, and I was studying nutrition at the time. And uh I just was amazed that everyone walking in the door, almost everyone was, had already seen four or six or eight or more practitioners already. Yeah, you know, you know, what is that? I've been here and I've been all these doctors and doctors can't find out what's wrong with me, they say nothing's wrong with me or in these kind of things, and I just thought that it was a rip off.

I again, I got into this, it wasn't a personal health journey, I thought it was in great shape, but man, I couldn't stand it, they'd spend all this money and all this time, and I thought, you know, someone's ripping you off man you know and then then I realized how difficult it is to find the underlying causes and conditions. I had to run thousands of labs on thousands of people to be able to identify some patterns.

And along the way I did come across energy work and energy healing and I'm so glad that now we are passive cross again and that were you know talking about this together.

Now before we finish off I just want to ask you a few more questions. Just a couple more like your your certification is called high speed healing practitioner training is that right correct? And I should I should clarify it's it's not you don't become certified but you become a practitioner of the high speed healing method and you will receive a certificate of completion and you make you can call your that you know you'll be able to use my brand name for your work.

I understand it's it's the same in most cases where um there's a certificate you know and you're certificated if not certified. Yeah so now how long does it take? What what's your program?

Is it is there a certain duration? Can you do it faster if you want to or is it you have to attend classes mostly online or? Yeah it's all done virtual just like this we use this video platform in a small group setting and so there's people you'll meet from all over the world um unless you know it's just F. D. N. And then sometimes they know each other which is beautiful and it's just So a 16 week course and um what's what it's both personal and professional. So I want to also let you know that you will really benefit personally because the first four weeks are dedicated to me helping the participant in training the practitioner and training to literally clear their own thinking, mind, emotions and energy field.

Bonus Offer and Closing Remarks

So you receive first which will make you a much better practitioner and then you you will have the tools and you know to use on yourself. And then I take you into a very experiential hands on process where you learn how to facilitate the high speed healing method.

And before we're I think into about week eight before we're halfway through you're going to actually be facilitating the method on adults and on each other at a distance. And before you even really fully grasp what you're doing you're actually gonna be doing it doing it successfully and getting results.

And by the end of the course you will have already worked on adults, Children, animals both in person and at a dis and it is I'm telling you it's life changing and it's just so beautiful people just transform just their whole understanding of what's possible. It's it's very it's just a transformation program that works on many levels. So it's very exciting to lead them through that well I'm really excited about it. We're gonna be putting your contact information in the show notes and uh there's some other things here.

I believe that you may have a speaker gift. Do you want to tell us about that? Actually have a few gifts? Um The

first one is for those of you who are new to this and you want to like, stick your toe in the water.

It's my day of high speed healing. It's a one day online virtual program. I love doing this event. It's a very deep immersion into the work where you just receive it personally and you Um I talked, I go into a deeper explanation of the hidden reasons for pain symptoms and suffering. And I reveal the top 13 reasons that I have found that lie at the root of almost everything, every type of pain and disease.

And I'll share that with you. Um it's very experiential. You'll receive high speed healing sessions, two of them all in one day in the morning and then again in the late afternoon, I take live callers and help people through their blind spots and get them unstuck.

And just a very amazing day. So that day of healing, I'm offering a 60% off to your, your tribe and there's a special link for that. We can post somewhere, right? Yeah. Well, Fantastic.

Deborah, it's been a real pleasure talking to you. I don't even want to cut you off. I want to keep talking. But you know, and just respect for people's times and things like that.

Um people are gonna know where to find you and I want to, you can sign me up for that one day thing for sure. Thanks again. And everybody make sure you go now and purchase your V. I. P. Tickets to the all the speakers, all the recordings, the transcripts and all the things.

So you have it in your back pocket. You know, you don't want to miss out on that opportunity because once we take this offline then you won't be able to buy it anymore. So please do that and thank you again Deborah, it's been just the best and always good to see you.

You too. Thanks so much for by everybody.