## Introduction to Tom McCarthy and the Breakthrough Code

For. Welcome back, everybody, to the bioenergetics summit. I'm your host, doctor Greg Eckel, and I have Tom McCarthy on the line today. We're talking about how to heal using the breakthrough code, his method that he has discovered with his life on the planet.

He's a husband, father, author, speaker, entrepreneur and inventor was own businesses in the training software and financial services and restaurant industries.

Tom's clients in his training business include some of the world's largest companies Cisco Systems, Microsoft, Salesforce, Wells Fargo, and MetLife. His latest book, The Breakthrough Code, details his three step system for creating a breakthrough in any area of your life after his father's death.

When Tom was three years old, he struggled for years with fears and anxieties and constant physical maladies. After exhausting traditional medicine and not finding answers, you eventually turned to energy medicine.

It was then that he discovered the true mind body connection that was causing his chronic illnesses that he was experiencing. Over the years, Tom has met many wise and caring healing healers that have helped him lead a healthy and energetic life.

Recognizing that much of the world is still not aware of energy medicine and its ability to help ease the pain of many chronic illnesses, led him to partner with, Suni Lin to create life force.

Blessings. Welcome aboard. Yeah. Hey, thanks for I. Good to see you. Good to be with you. Indeed. I am very excited about this conversation and your book and your methodology.

You know, always, you know, we hear continual stories of people that really needed to create a process for their own healing. And your curriculum of incarnation brought forth this gift that you're going to share with us.

How did you discover the breakthrough code? Well, the breakthrough code, which we're going to talk about for healing today, can be applied to anything.

And so I originally discovered it just by watching people who were really successful people, that it didn't matter what they were doing. They seemed to always be able to get the ball across the goal line.

And I'm like, what are they doing? Like, how are they pulling off these almost miraculous feats? And then I, I saw that what they were doing, anyone else could do to.

And so I started codifying what I was seeing. And and then I like to make things not that complicated. So rather than being okay, there's 96 things that you've gotta do.

People go, oh, I got 96. There's three things, and then there's happiness associated. But it's really fascinating. And then, you know, we apply it in business, we apply it in relationships, prosperity.

But it's really cool to apply it also and help because, you know, the concept of the breakthrough code is shifting reality. What I one of my quotes is that the average person is going to conform to reality.

Let's say somebody has an illness, the average person is going to go on the internet search for, okay, what can I expect from this? They're going to go to, conventional doctor that's been trained.

Okay. Tell them that this is what's going to happen and they're just going to conform, right? They're going to

basically go along that path.

## Discovering the Three-Step Healing Method

But greatness, which is what the breakthrough code is, is all about shifts reality. It literally creates a whole new reality. And it's not necessarily overnight.

But you can do this in every area of your life. And that's really I think my purpose in life now is to help people when they wake up in the morning, not just accept the most likely possibilities of what could happen in their day, but to really have a choice and go, you know what, I want to shift reality here and do something extraordinary, whether it's for health or relationships or business.

And so that's what fascinates me is, is how do we do that? That's awesome. So what do you do? Like one. You you were witnessing and observing this. Like what would what do you think gave you the clues to really codify this into the three steps? Yeah.

So my I did a summit called the Global Energy Healing Summit and one of the things that I've become very firmly entrenched in, and I believe in wholeheartedly is everything is energy.

Everything is energy. You know, Einstein said everything is energy. And then energy follows thought. When I had a chronic fatigue, when I had chronic fatigue back in 2015.

So seven years ago, you know, I had a little virus. I didn't get over the virus as quickly as I normally did. And and then it turned into chronic fatigue.

But it wasn't really that virus that did that. To me. It was years of letting my mind kind of be stressed and tension in the body. And then the virus came along at the perfect time when my immune system was weak.

I was traveling all over the world. I wasn't sleeping well. And but it was all though, all those years of of me. Because what happens is energy follows thought.

So if I'm going, oh my God, you know I don't have time to sleep. You know I don't have this. I'm, you know, my body has to consume that thought and tense up and and so my illness, I thought at first was just something that, you know, I needed a doctor to.

And I went to alternative doctors, but a doctor to cure from the outside. And there was a lot of alternative treatments that were very helpful, but it didn't get me across the finish line until I realized I've got to change the way I think.

I got to change the energy that I'm producing, and that's when I was able to be healed. And I have lots of great stories around healing energetically.

But I think that, there are people that I've had the opportunity to, to meet that have done extraordinary things either in healing or in business. And there's three things that really stand out.

Number one, they focus. I call it focus on less, and then they obsess, but they don't obsess consciously. They're not like obsessive. They put it down into their subconscious.

So the subconscious is working on it all the time, and the subconscious is always working on something. But a lot of times it's working on things that are tensing you up, that are actually stealing energy from you, and you got to get down in there and really change it.

So that's the first big idea. And then, you know, maybe we stop there, but I've got a couple other big ideas we've talked about too I love it. Yeah. So I definitely want to I want to we want to get to those other gems as well.

Yeah. Well on that component focusing on less and the subconscious working on it. So is this the concept that you talk about how do how we tap into our super conscious mind, or how do we put those programs in ourselves?

I love it, you know, that that component of healing is an inside job. It is, it is. I mean, if it weren't, then everybody that, you know, got the same treatment would all get the same results.

But, you know, as a physician, that doesn't happen, right? I can still remember lecturing in the Middle East and, there was, it and it wasn't two physicians, but there was a very famous, pediatrician in the audience.

And I was talking about leadership and how people feed off your energy. And she stood up, said, can I say something? And she said, you know, when she was, right out of medical school, she spent like a year on a pediatric oncology ward.

So some of the toughest work she'd ever done. But she said the team of doctors started to be able to predict how the patient's outcomes would be. And literally, they could predict it right up front.

And guess what? They were watching the parents. If the parents were all freaked out and tensed up, they knew no matter what they did, that child was not going to have, potentially the best outcome that they could have.

But if a parent was were coming in and going, hey, you know, Johnny, Johnny can he can handle this. Like, if anyone can do this, he can. We're 100% behind them. We love him.

You know, he's a fighter like that energy created better results, even with, you know, the same treatment that someone else wasn't getting a great result from. So.

Yeah, it's it's it really is all around energy, you know, how do you get down in the subconscious mind? It's not by a lot of people think it's affirmations, you know, saying I'm healthy, I'm healthy, I'm healthy if you're saying that.

But there's no picture of you being healthy. That's being driven down into the the I call it the super conscious, not the subconscious.

## Energy, Mind-Body Connection, and Chronic Fatigue

And there's no feeling attached to it. The subconscious mind just kind of brushes it away. So one of the habits that I, teach people to have is I call it see it, feel it, believe it, and then let it go.

So just a few minutes a day. But you gotta really see it. You've got to feel it. And that's hard for people when they're sick to see what it feels like to be healthy and vibrant and alive and to feel it.

But when you start to practice it and carve away, you get better and better and better at it. And when the superconscious can truly see it, feel it, believe it.

It's almost like you're on the the fast lane. Now to getting your health back. What do you think the resistance to that is? Right. So you know, we we see a lot of chronic illness in the world.

And that component of not just thinking yourself well, but you're saying you've got to feel it and believe it and then have the ability to let that go.

So where do you see, most people, or is there some patterns that you've picked up through time with helping people? Well, the vast majority of people, like I said, they get sick like I had chronic fatigue.

I could have gone to the internet and go, okay, because doctors are telling me, like, you know, sometimes it takes years and years and you might never get over it.

I'm like, you know, screw that. Like, I'm getting over this, right? And so what I do is I go, who did it? Who, who had

it, who got over it very quickly, found a guy over in London, talked with him.

He he talked to me through how he thought it was like the patterning of the brain, less of an issue with the virus, you know, working with the amygdala to get out of fight or flight, you know, creating different thoughts, soothing.

And once I did that, I heal. But I think most people are just accepting of the norm. You know, average conforms to reality. Greatness creates a whole new reality.

There's not a lot of people. There's not a lot of people that are willing to create a whole new reality. You've got to go in with trust. You've got to.

You've got to believe in things that I mean, you've done it like you've taken an alternative route in medicine and and gone all in. But most people are just playing the game.

They're going along. They're thinking, the doctor's got to heal me. I don't really have any power in this equation. And then they just kind of play along and end up in the average.

Yeah, you know that component. You're giving me chills with that. That statement of it really is that empowering of the individual to realize their greatness.

And that they they have that creator ship or that responsibility within them. And so what are what are some of the obstacles for people in that in realizing their greatness and, or, you know, it can be really hard to imagine, like, I don't have any energy.

How is Tom is telling me I have to envision this greatness or this new life, but I can't even, you know, it's like you're just in the soup, so to speak, or your head's under the water.

What are some of the things that get in the way there? You know, and I've been there too, because when I remember I first had it, I felt like a 98 year old man.

I literally could walk like, you know, 2 or 3 steps. And that was about as far as I could go. I would be in bed like, you know, 14, 15 hours, and I would get up and I would just be no energy.

So it was scary at first. And I think fear is a big obstacle for most people. I look at I look at illness, though, differently now, when I look back at chronic fatigue and, and I literally, I thought I was dying, I, you know, I did not know what was going on.

It was super scary, but it was one of the best learning experiences of my life. And had I not had that, I would still be on that path of just driving myself into probably a, you know, an early grave potentially.

So I think illness, illness, if you look at it as an opportunity, which is hard when you're suffering and in pain. But if you look at it as an opportunity to learn and to grow into and to use it to catapult yourself to something bigger and better, you're way ahead of the game.

My son was a college basketball player, and he played, at Harvard. He had one year where he was hurt, so he redshirted the year. He didn't he wasn't able to play at a concussion.

So he had a fifth year of eligibility, which after he graduated from Harvard, he went to school, called rice. He showed up that he painted his hip, painted his knee.

They're treating it. It's not getting better. And he got a little bit better. He went out and played in a game. And you know he played well. But then the next practice he comes in and his bat goes out.

And so they they they took him in to one of the top hospitals in Houston. They, they did an MRI. The surgeon said you've got one of the worst, herniated discs we've ever seen in a young person your age.

They said, we need to shoot you up with, I don't know, cortisone or whatever they did. So they brought him back in. They put him under, shot him up. It wasn't that much better.

And then, you know, he was in his in his little kitchen and as a part in their cooking. And he twisted in his back, went out again. He couldn't walk. I told him about the mind body connection and a guy, Doctor John Sarno, who you're probably familiar with and literally he listen all he did, he changed his thinking by listening to John Serrano's book The Mind Body Connection just three times over, like two days his back, because they wanted to bring him back in and consider surgery, shooting him back up again.

His back pain went away. And to this day, this is like, you know, three years later, gone.

## See It, Feel It, Believe It: Reprogramming the Mind

Now, does he have a herniated disc? Yeah, but that wasn't why he was having the back pain. Also, he had skin. He had acne into his early 20s. He was trying everything, diet everything.

And it wasn't working. It was bumming him out. Once he got the mind body connection, all that went away. So I think people's level of thinking of what's possible, like greatness, shifts reality because it doesn't know limits.

But most people are living inside a limited way of thinking, a limited way of living their life. And that's what stops most people. It you know it does, right?

It's abdicating that responsibility to others or what is what the norm is. And, you know, illness is not normal. That component. I'm I'm curious on your your ideas of illness because you said they're different now than they used to be.

And this component of mind body connection is, is such an important one for folks and our listeners and viewers. It's a really important conversation, because it can provide, a way out and, or a new possibility, a new reality.

How do we not get into a blaming the individual in an illness? Because that's a there's a cutting, there's a fine line in here right between a I created this and, or I'm responsible for my illness versus I have an illness and potentially I can create a new reality out.

Yeah, I think illness, honestly, it's, it's, most people don't think it's right, but I think it's a gift. It's a gift. It's going to shift your life if you use it.

Well it shifts. So I'm a very different person. And I mean I was always you know I've written books, I've been a speaker on you know, motivation and leadership for, you know, 30 some years.

But I'm very, I'm much more, I'm much different than I was, even though I thought I was pretty evolved. And, you know, 2015, I'm much different now. I'm much more, I don't know, man.

I, you know, just more in the flow. And that happened because of this gift I was given where I got knocked on my ass for like eight months. And but I just used it to learn.

And whenever I felt fear, I just, like, would learn. I would put it into learning and seeing myself healthy. And and I came through it with so much more knowledge I didn't.

Yeah. And I'm not you know, it was hard for me to. And I'm a motivator, right? I, you know, write books and I speak all around the world on this topic.

But it was hard. I think you've got to get through that point of just saying, all right, somebody come fix me. You know, like, people can help, but the ultimate fixing you've got to do, you got.

And this brings us probably to our second big idea, which is you've got to upgrade your story to upgrade your life or

upgrade your story to upgrade your health, let's call it.

And so inside of us, we have, we've got belief systems that we picked up from our parents. Right. You know, you get sick, you you need to, take medicine to, you know, to fix it, right?

That's the way I grew up. You got sick, you went to a doctor. You're like, you know, please fix me. Please fix me. And you really were at the mercy of somebody, and.

And they weren't as well trained as you or other enlightened physicians. They would just, you know, prescribe or whatever it is. And now I think because of people like you and the things that you're doing, we have so much more potential to not only just heal, but to evolve and, and and not even get as sick as we used to.

So, yeah, I think, we got to clear out the junk and all of us have memories, thoughts, belief systems that if we don't clean out, they're causing this internal stress because they reside down in the in the subconscious. The super conscious.

So you got to clean that out. And there's ways to do that, you know, clear out traumas. And then you've got to bring in the ways of thinking, the ways of feeling the belief systems that you want.

But it is important to clear out, I just call it let go of your old baggage we're carrying around, because if you put good beliefs on top of crappy foundation, it doesn't work.

So you make that sound so easy. So how can we let go of old emotional and traumatic baggage? I just did some things on Instagram where I did, I think 7 or 8 different ways, but you know, their treatments, you know, like, EFT tapping is one, friend of mine, Alex, Lloyd wrote the healing code.

You know, the healing Code is another one. You know, it's a book that they can read. Even just things that are simple, like, I, I play this little mind game sometimes where something comes up that I don't want to have. I.

And everything's a mind game in life. Everything's a mind game like we are the story we tell ourselves that we're not. You know, that's how we show up every day.

If we say, I'm not good at this, then you show up and you're not good at it, right? Yeah. But if you shifted to it, you know, and I used to not be great at this, but now I enjoy it and I'm getting better.

Like, that becomes who you are. That's your story. And, so what I like to do is, is make sure. Oh, so this whole game that I play is I create, like, a little mental shredder, like a paper shredder.

And, and literally just close my eyes or without even close my eyes. Imagine, like a belief, being like a piece of paper and just eating shredded into a million pieces.

## Upgrading Your Story and Clearing Old Baggage

Now, why does that work? Because the mind thinks and pictures and feelings. And so if I give it a picture of, you know, there's time when I failed and and I was miserable and it keeps popping up.

But now I run it through the shredder a few times, the superconscious goes, oh, you don't want us to have that anymore? And it starts to let go of it. Got it.

So it takes some work. It does. Yeah. Like it's and some discernment. Right. And that's the other thing. Yes. You've got it. You know. That's it. The other the other big thing Greg, is, is discernment like really taking some quiet time and saying, what the heck is causing this stress?

Or what do I need to learn from this illness? What? Why am I in this situation? What's the belief system? What's the the stressor that is laying inside of me that I can get out?

Look, if we get the stresses out of our bodies, the body does what it's supposed to do. It heals. But the stressors keep it from executing at the level that it could.

And it's healing. So people may be walking around running these programs unconsciously. I would say they know, yeah they are. So how do how do you suggest, you know, in the process?

Is that a piece of the process that you write about in the book, on uncovering these unconscious programs? Yeah. So when we when we start to think about how we think of ourselves and how we think of life and how we think of health and, and all these things, like somebody that's always like, you know, like they're running behind.

Running behind. They're going to be rushing, they're going to be hurrying, they're going to be creating stress or more likely, you know, even more likely for all sorts of diseases and, and, and illnesses and mental issues because of that story they have in their head.

So once they recognize that that was one of mine, by the way, I was I was always like, you know, running and feeling like overwhelmed. And I don't feel that way anymore.

I did change that feeling. I still get a lot done, but I don't do it in a way where I'm feeling overwhelmed because I saw how that was draining my energy.

And then I would, you know, I'd be in bed for a day because because of my thinking, that's the thing. It's because of our thinking. Now, there's lots of other types of things that play a part in environmental toxins, like, you know, genetics.

But even if you study, which I know you have epigenetics, like we can have certain genes that make us more likely for disease. But through our thinking, we don't have to turn those genes on.

And so energy follows thought. Everything is energy. Your body is just energy. A blockage in your cardio vascular system is a blockage of energy. A tumor is just energy.

And when we shift energy, everything can change the same way that the shift had to to make that tumor right? That had to shift from healthy tissue into, cancerous tissue.

It can switch back. Now, I'm not saying just just do everything energetically. I mean, some people have done that. It's been very successful. Our third big idea is pack your day with effective action.

When you change your story and you've got the right focus, your mind knows what you're going for. It can see it, feel it, believe it. You get rid of the old story inside of you that is blocking you.

By the way, I think it's a lifelong process because we always have crap inside. We got to get rid of you, put on a whole new story that you really are starting to feel the repetition.

And then what happens? You're guided. You're almost the right people. Show up where you can take really effective action. You meet the right physician that can guide you through this process and maybe do some supportive treatments.

In addition to you working on your mindset. But effective action is the last piece. It's not like, you know, this is what a lot of people do in health, too, I think.

And I was somebody that I have to admit did this. I would go, all right, I need vitamins. And I had to have like, you know, 50 vitamins in a day. And and that wasn't good.

Like, my liver was having to consume all this, and then I'm like, hey, why am I not feeling better? I was like, overdoing. And it was a bull in a China shop.

We need effective action. We need to take good actions that that will get us to where we need to go. I love it. Yeah. So that component of making those actions more effective, you know, they call that in Chinese medicine, the zhong the formula or the the direction.

So rather than that shotgun approach, it's that focusing of the energy through thought really produces the qi or the energy movement. Yeah. That is powerful.

Thank you for that. So tell us more. Is there any other components of that equation that you want to share here? Those are the three big those are the three big ideas that I have habits for each I think here another one.

On an upgrade your story, upgrade your life. The other thing is a lot of people will start the process of getting a healthier story in their mind of who they are.

Like, actually, myself, growing up, I was always having like, aches, pains, colds. I was an athlete, played football. I thought I was just like, you know, okay, I've been hit a lot, but I didn't.

I didn't think of myself as healthy growing up, you know, because I was getting ear infections and having this or that or the other. I had to shift my whole story on the health of my body.

I thought, hey, maybe my body's just not that help. And so I had to shift that story. And then once we start to shift to story and whatever it is, you know that somebody is cancer free or whatever when and they just saw an X-ray where they have cancer and now they're saying, and I'm cancer free and they're taking whatever treatment, but in their mind, they're, they're cancer free.

## Effective Action, Faith, and Staying the Course

The challenge is, are they going to stick with that? Are they going to do it for a day? And you know, I'm cancer free and I'm like, well, what if what if I'm not?

What if I what if I'm just deluding myself? And so one of the things you have to do is you have to stick to your story no matter what. You really have to stick to the story.

You've got to give it time to develop it. Every thought you have has an impact on your body. But if you just think at one time that you know I'm cancer free or whatever it is that you're trying to heal, that's not going to get enough momentum.

And what will happen to actually, I just saw a testimonial from some lady that talked about, like, her one year journey to get rid of it, but she stuck with her story throughout all these even setbacks.

You know where most people go, all right. You know, I tried that. It didn't work. You've got to be willing to stick to it. Now, does that guarantee you're going to get the result?

No, but it increases your chances phenomenally and you've got to do it on faith and belief, because sometimes the evidence is not going to show you that you're even moving in that direction yet because it hasn't gotten enough momentum.

So that's a big show stopper for some people. Say, God, if I can see it and feel it, then I'll believe it. But no, you've got to do it with blind faith in the very beginning.

Any suggestions? For you know that that is so true. And sometimes, you know, you get these initial signs to say, are you sure that's what you want reality to be?

Because I'm going to show you this x, y, z where those doubts and fears start to creep in, which is, I think, a natural process. But what do you recommend?

You have any suggestions for folks that are here in the interview with us around? Well, what do you do? What do you recommend when those doubts fears show up? Yeah.

So one of the things, people have expectations and most people's expectation is if I do this, then, you know, I'll be healthy in a day or two. And, and that's, that's a little bit unhealthy.

I think they have to believe in the end result without dictating how quick or fast you're going to get there. And that is a talent that can be developed.

But most people don't have. Right? We live in a society where we want it right away. You know, advertisements promises that and but shifting tissue and and shifting energy, can take a little bit of time, especially if you spent, you know, 15, 20 years kind of molding it to where it is now, where you don't like it.

I'm not saying it takes 15 or 20 years because we're focused effort and the super conscious working on it, super conscious, can process 40 million bits of information a second.

It works really efficiently, but it does take some time to to heal an illness. And, you know, it took me 6 or 7 months. I mean, I was getting better all along, but it didn't take me years and years and years, but I had to hang in there is there are some days I feel I'm great and I'd go out there and I'd do something and then boom!

Like what happened? But I didn't lose faith. I knew I was learning something all along the way, and I think if they just if people think of illness and I know this is tough because sometimes it's like, you know, they have an illness where someone says, you know, this could this could have a severe impact on your life.

But if you look at it as a learning experience and and you have faith that you have and you can have an impact on your body through your mind and through your actions, and then you just trust and you surround yourself with good people like you that are supportive and have ways to help.

I think, you know, people are going to find miraculous things happening for them. I wholeheartedly agree, so thank you for that. That is said with conviction and actually knowing, and so, you know, your from your experience and all of the folks that you've helped this far, it's nice to get that momentum and the confidence when you speak the words out because you have seen it in real life.

So thank you, Tom, for that. That is. Yeah. You're welcome. Tell us more about your company, the life force. Blessings. So my friend Jenny Lin is, qigong master.

And I've learned a lot about energy from him. He's amazing. He does distance healing. And just can really move energy, like, where you feel it. It's really cool.

But years ago, what I had seen was, someone had told me they were a billionaire, and they said that one of the reasons they felt that their company was so successful was they had made contributions to, a monastery where they had there was some Tibetan monks and the and the monks who meditate every day and are really energy masters.

## Life Force Blessings and Closing Reflections

Right. They were sending energy, prosperity, people getting along well every day to his company. I'm like, all right, how do I do that for my companies?

And I couldn't find anybody to do that. And then my friend Shani did an event with some, Tibetan monks where it was seven days of blessings, and he would lead a little meditation, and the monks would chant.

And when they chant and meditate, their energy is coming off them like gobs of energy. And Tibetan monks have been studied where, you know, they'll put a Tibetan monk out on a glacier with just like a little loincloth on and, you know, it's below zero where you and I will be like, what the heck?

Like, we wouldn't last a second, but they just like, meditate out there. And then they take cold towels and they lay them on them, and the heat they can generate through their energy will actually dry the towel.

So anyways, I said, Jenny, let's start something where more people can have access to having the monks send energies, send blessings, and so lifeforce blessings, that's what it is.

We literally. And that's our website life force blessings.com. But we've got these amazing Tibetan monks. So I'm going to see this weekend. And they're just such beautiful people like they they really devote their lives to uplifting humanity.

But we make contributions to them. And they're they're sending this energy out to families and people and and not just for healing. It could be just for, you know, happiness and joy or whatever you want.

So, yeah, that's that's a company that we started last year. Very beautiful. Well, Tom, any last closing remarks that you would want to share? Maybe putting putting folks into action on this plan here?

Yeah, I would just say the breakthrough code to me is about living a life without limits. And I know because we are you know, we really are. We're two things right where this, this energetic, spiritual being that's in a human body.

And when we get too stuck being in the physical world, there's lots of limitations, right? You know, this can't happen that can't happen. And then if we get too much in, the nonphysical, then, you know, we're not enjoying all this great physical stuff that we came on this planet to experience.

But I think we need to keep one foot in both, and that's a little bit difficult. Sometimes I over rotate to the physical, sometimes over eight to over rotate to, you know, just wanting to meditate all day. Yeah.

And we have to find a balance of both. But when you have that balance of both, you can really shift reality in your favor because reality has shifted in the nonphysical world.

First, one of my quotes that I have in the book is everything is created twice, first inside, then outside. And so when you realize that you've got tremendous power over the reality that you're going to experience in your life, well, here's to greatness.

Thank you sir. Yeah, great being with you Greg. Thank you very much for.