Introduction to the Summit and Guest

Everyone. And welcome back to this episode of The Healing from Lyme Disease Summit. I'm your host, Dr. Tom Moorcroft, and I'm really stoked today to be talking to a really great friend of mine, Tom McCarthy.

We're going to be talking about the breakthrough code for health and healing. And, you know, as you know, with everyone that I bring on the summit, I really want to there are people that have I know personally who have really motivated me to become a better person and also are out in the world sharing this light of healing and sharing a different perspective than maybe we've heard all the time.

And Tom is a really interesting guy, and I'm going to have him tell you all about himself and where he came from. And so, Tom, welcome to the summit and thanks for being here.

Yeah, good to be with you, Tom. And you're one of my favorite people, so this is fun spending some time with you. Yeah. You know, it's it's really interesting.

I tell people about my my journey. Tom and I talked so much about like it was, you know, I didn't know what was going on. And I had to go back and deal with a lot of old stuff in my life.

And then I had to, like, start working with yoga and then die and learn to listen to that, like, innate healing wisdom. But you know, and I know that you have your own unique story and I think it's it's I when we first met we met at a at a conference in Puerto Rico.

And I and I heard you speak. I was blown away by that. This breakthrough code you talk about. But before we kind of dove into that, where is it like where does Tom come from and what really drives you to be this like force of nature, sharing health and healing, you know, through the planet at this point? Yeah, no, great question.

Like you, I had hardships that really opened me up to looking at things not as the world's black and white, but there's shades of gray and nuances and lots of cool things that most people don't see.

And I think it started to happen for me at a pretty young age.

Tom McCarthy's Early Loss and Search for Meaning

I was three years old when when I remember seeing a taxicab pull up to our home. I had a two year old brother, a six month old brother, and my mom was 40, 28 years old.

My dad was an Army officer who had gotten gotten sent to Vietnam. And the taxicab was pulling up to our house to let my mom know my dad had been killed in Vietnam the day before.

And so when something like that happens in your family, it's just it's not black and white anymore. It's not the traditional way. Everything's gray, you know, hunky dory like you start to question things.

And so at an early age, I had lots of different things going on. You know, I had a lot of fear. I think I had I mean, I didn't recognize it then, but I probably had anxiety.

I had sadness, grief, all these things that I was experience seeing. And some of it was mine and some of that I'm sure I was taking from my mother who never remarried.

And and, you know, life was pretty challenging. We didn't have a lot of money. She had three little boys. She did an amazing job. But it was tough times. And through that, though, I remember always searching, you know, wanting to

figure out life and not that any of us ever have totally figured out life.

But I want because I didn't think it was fair. I'm like, Hey, why did this happen to me and my family? Why? Why don't I have a dad? Why are we struggling so much financially and and and I began searching.

And so I think not in not in my, you know, younger years, but later on, probably in my teenage years, I was reading books that most teenagers weren't reading.

I was reading you know, some people may not recognize these books, but books by Wayne Dyer I remember reading, you know, your erroneous arms. Dennis Whiteley's Seeds of Greatness.

There was a couple of the first people books I read. I was like, Okay, there's a you can decide your destiny. It's not just, you know, written in stone and you've got this crappy life.

And I read a book called Illusions by Richard Bock, who had written Jonathan Livingston Seagull. And, you know, it started talking about, you know, life really is just an illusion.

It's based upon what we're making it up, making up the story in our head, in our mind. And there's all sorts of ability to change that story. And then from there, I took a job with a Wall Street firm out of college, and, you know, it was going to go traditional.

And I'm like, I don't really like this, even though was doing well. And I moved out here to California to help run Tony Robbins company. And there again reinforce like you get to choose how you think and feel and the quality of your choices of how you think and feel, which will dictate the quality of your actions.

Can can all of a sudden create a whole new set of results that you can achieve. So that's that's kind of my story in a nutshell. And I've been doing this for a long time.

And the breakthrough quote really just came from me trying to quantify like, how do you shift reality if you don't like what's going on right now? How do you shift it?

And we all have that ability and we're all responsible for whatever is going on right now. Like we've programed it. One of the things I say is that everything's created twice, first inside and then on the outside.

You don't like what's going on, on the outside. Go to the inside. You talked about that. Listen to that innate healing wisdom. Yeah. Go in and shift your story.

But I've got a lot of passion around that because I've had to do that big time and I'm still working on it like we all are. But I love helping people with that.

So like one of the things that I mean, all of this obviously resonates with me. I mean, that's why I really wanted to have this conversation and why I think we gel so well is I mean, I know this to be true, but what do you say to people who are suffering with a chronic illness or maybe they lost a loved one or finances aren't the way they want.

And you're like, look, bottom like my reality sucks ass. Like, you know, today really isn't where I want to be. And you're just telling me to kind of like I had this conversation in my with my daughter the other day is like you're thinking about the way things you want things to be and it's not always happening right away.

And my experience of today kind of sucks. So how do you how do you get people to kind of start to shift that sort of mindset and start to be open to this possibility of this other way of thinking?

And really, when they are drained of everything, like if you lose a parent at a young it, how do you get the energy to actually start working with this stuff?

Because I know it works, but that's the thing. Getting people to do it and believe. Well, I think I this is my belief. Not

everybody may believe this, but I believe the universe is always working in your favor. Like me losing my dad at age three.

Reframing Illness, Grief, and Personal Responsibility

Now, I believe I believe my dad's still with me. Right. You know, because we're not our bodies. We we are living in this body, this vehicle. And that's the challenge that a lot of people that are having a chronic illness have.

Their body is not functioning the way that they wanted to. But you're not your body like I was with my mother. And you've been around people. I'm sure that as they've passed away, being a physician or, you know, been around that I was with my mother when she actually did pass away.

And I remember looking at her body and going, that's not my mom. Right. I could really sense that was like the first time I really got it that we because, you know, I believed it.

But seeing, you know, a physical body that the soul is not in anymore, you really get the awareness that we're not our bodies and but the universe is always working in our favor.

And so for me, at age three, what I love to have my dad absolutely every everything I hear about my dad, he was just amazing being. But that situation that, you know, happened in my life made me who I am today.

Now, I didn't I didn't see that right away. It took me years. You know, at the beginning I was just like those people you're talking about. I'm like, This isn't fair. This sucks.

You know? It was really hard growing up. Really hard, like I was. I had to be, you know, I didn't have to be. But I stepped up and I was like the man around the house taking on all this responsibility.

But that made me a better leader. I had a lot of pain when I was growing up. That made me more empathetic to other human beings. Yeah, I don't think I'd be writing the book I wrote or speaking around the world and the things I speak about today.

Had that situation not happened, I think life sometimes gives us a hard nudge when we need to create a different awareness or see things differently and we don't like it.

But when we look back, like I look back and I go, You know what? My childhood was really tough, but it made me who I am today. It made me so much better, I think, than I would have been had everything been, you know, hunky dory.

So when you're in the middle of it, it's hard to realize that. But I've gotten to the point now where when I'm experiencing challenges and difficulties, I'm going, All right, let's dig in, baby.

There's something good happening here. And I'm trying to figure out, like, what is it I need to learn? Or How can I grow from it? And and that takes me out of being a victim into being something, into being someone who's taking responsibility for learning and growing through it, knowing that the universe would not give me something, that that would not ultimately be helpful for me.

Even an illness like I had chronic fatigue in 2015, that shifted me so much. And that's part of the reason why I'm doing the, you know, my summit, the Global Energy Healing Summit and even on here with you because it really all everything I learned through that just made me so much more aware of the ability we have to take control over our health and our wellness and our happiness and our healing.

Yeah, I mean, it's so much of it sounds like it's it's the awareness and then just being open to the possibility that this stuff actually that we are that powerful.

Yeah. Well I mean my belief I'm very spiritual and I believe, you know, we were created by a creator and and so we

are part of his, part of not his her whatever part of that creation.

And so we came from that. We are creators. We're here to create. And and not just, you know, but I think the average person, what they do is they wake up every morning and basically whatever they think is supposed to happen, they just conform to.

One of my quotes that I have in the book is average conforms to reality, greatness creates a whole new reality. It's about shifting reality. And when you look at most people, when they get Lyme or they or they whatever disease right, what do they do?

They go to the Internet, they look up, okay, what are all the symptoms of Lyme? What what happens with most people that have Lyme? And so they're just buying into the average and when they accept that is truth because oh my gosh, it's on the Internet, right?

You know, this is what happens then they just buy into that and they live these lives that that make it much tougher for them to heal or experience goodness in their life.

I remember somebody tell me when I had chronic fatigue that, you know, most people never get rid of this habit the rest of life. I go, I'm not going. Don't talk to me about that.

Right. I'm not buying into that. Right. Yeah. Well, it's interesting because like it's such a reflection like for me when, when I was sick, I remember very clearly the exact moment.

Well, it's funny because I tell this story so many different times that when I first was sick acutely with Lyme, my boss found me staring at a computer screen, drooling on myself.

Right. And then like six years later, the same exact kind of thing. I'm in the apartment and I'm staring at a blank wall, but I go, I'm going down this path and that's where everybody else has gone.

And that ain't the one I want to go down. And I was like, I have this possibility that's future. I know I don't want this one and I hate average because average to me is like boring.

So I was like, I'm just going to go for that. Even if I fail, who cares? Because it's way better than the story that everybody else is telling me. And this and this is a cool part and, and, and I love to think about it a little bit about coincidence in the work you do.

But because to me it was like the second I chose that possibility, someone handed me a DVD that changed my life and put me in this seat. Being able to talk to people like yourself and being able to motivate others.

So I mean, I mean, you know, when you're in this situation and we want to apply sort of this who I really like, I love the breakthrough crowd. I want to like dove into the pieces because I think this is really it's so simple for people.

But this coincidence thing, I mean, how is it is that a thing in your world? I mean. Yeah, I don't think they're coincidences, though. I think there are things that that we're creating like, listen, if you wouldn't have had Lyme, you would, you know, the world would have been cheated of, you know, preeminent Lyme expert, right?

I mean, you know, I mean, that's the truth, right? You use that. You you took it. You used it. I can I can still remember, you know, literally, probably I don't know how many months it was several months where I had a hard time getting out of bed, you know, like in 2015.

And I could barely walk. I felt like I was 90 years old. I'd go out and try and do something with my son, like play golf. I could barely get out of the golf cart, hit the ball, get back in.

I would be dizzy, you know, like all seeing, you know, duplicate all sorts of stuff. But I and I had one time I can remember one time where at one day where I was really depressed.

And, you know, depression for me was just I couldn't feel anything. It was I scared the shit out of me right. Because I didn't feel like eating. I'm like, why don't why do I don't want to eat today?

And then I'm driving and I couldn't feel anything. I was like, Holy crap. Like, this is really scary like this, you know?

The Breakthrough Code: Focus, Story, and Action

But I had one day of that and pretty much every other day, even though I was feeling really crappy, I was totally in flame. Like every gland. And, you know, I was coughing all the time.

I had my lungs felt inflamed. And then the thing that pissed me off was I would go into, you know, like I remember I, I went to my doctor is a holistic guy, but, you know, I said, hey, I mean, my lungs are so inflamed in my throat and sinuses.

And I said, I really need I want to go see an EMT. And he goes, I think it's just emotional inflammation. And so I go to L. A. and they stick a scope down there and pissed me off.

He said, Yeah, you about the class I was seeing all day, right? No one could figure out what it was and and I was just so sick and so tired and, you know, because I my amygdala was, like, stimulated and I was in fighter flight the whole time.

So even though I'd be in bed 12, 13 hours, I would wake up totally exhausted. But I'd be I'd be in bed and I'd be watching, you know, videos on, you know, motivational or what I'm learning.

I'm reading new books. You know, I just use that time to become a better me. And I remember my, you know, my daughter. Someone would come in the room and they, you know, because they were worried about me.

They go, you know, how are you doing? I'm like, go, great. Yeah. You know, this was yeah. And they like you go, you're doing great. They go, Yeah, you know, so I you because here's the thing, Tom, that I've seen, people will dip their toe into using their mind.

So he'll they'll go, okay, you know, I'll do it and they'll dip they're tone. But they're and they they feel like they're maybe 100% and but they're probably like 60% in because any time something pops up, they go back into that fear.

And what I've learned probably even more recently is you got to be all in and whatever like pops up in front of you or looks like a set back. You've got to just use that to get even more ingrained in your belief system, in your level of certainty that you're healthy, you're happy, you're healed, everything happens twice, first inside and then on the outside.

So whatever you're creating on the inside, you better believe it's going to show up. If you've got a lot of fear on the inside, if you don't see yourself, if you can't envision yourself being this healthy, being again on the inside, it's not going to happen on the outside.

It's so interesting because it's like I talk to people about this all the time because in the line community we have a lot of conversation about how you can't get better, why you can't get better, why, why in a situation like you can only get into remission, but it's going to come back.

And I'm like, Well, maybe you should go talk to somebody else. Like, like for me at the time we're recording this, I have not had a symptom of Lyme disease or the measles is in over 12 years.

Yeah. And there's not a lot of people who can tell you that, but there's also not a lot of people who go all in the way you're talking about it. And that's really one of the things I want to inspire people to do.

Who's more important than you? Yeah. Right. Dove all in for yourself. So what if we were to break down? Kind of

what you learned and you kind of brought together in the breakthrough code? Like, what is that?

And then what are the keys that we can, you know, can we walk through? Because I know there's three main things that we want to make sure people are know about so they can implement this. Now.

One, the reason, Tom and you and I have talked about this, the reason that you're healthy and happy and thriving now is because you didn't look at Lyme as as the main thing you needed to work on.

You know, you looked at you as the main thing you need to work on. And same thing like, let's say someone has cancer. Like, you know, we can go in, you can cut it out, you can do chemo, you can do radiation.

But if you don't change yourself, it may come back, right? Because now you've got the same you the same, you know, stressed out you the same fear for you that's showing up that maybe that can't that that that weakened your immune system in the first place that allowed that cancer to show up. And so, you know, I love your philosophy that I think you said you said like 80% of healing through Lyme is is basically working on you, right?

Working on yourself. It's right here, baby. I am right. Because, you know, if you're you can attack the Lyme all day and night with every outside thing and attack the symptoms.

But if you show up the same, you every day, same belief system, same fears, same anxieties, then Lyme is going to eat your cake. So yeah. So the breakthrough called there's really three things and what I've done, I just I study people I really am curious.

I study people like when I see people that have done amazing things, I'm trying to figure out like, are they just like more amazing memory, other human being?

Are they, you know, just totally more gifted? And I really haven't found that. I mean, you know, there are very, very smart people, but a lot of the smart people aren't accomplishing a whole lot.

And so what I find is that there's three things that really matter. And so I've got three big ideas and then some associated habits. And they're in the breakthrough code, which is a story.

It's a parable, I think, and hopefully it's enjoyable for people to read. We've gotten really great reviews on Amazon and, you know, in lots of different places.

But the first big idea is if you're going for a breakthrough, someone that's that has a line, you need a breakthrough. It's not just, you know, want to just get a little bit better.

You need a breakthrough. You want to really take your health to the next level, you know, to a whole new level. And so to do that, the first big idea is you've got to focus on less and then obsess.

Now hold on to the obsess part because it's not what most people would think. But you do have to focus like now, what are you focusing on? You're not focusing on the line, you're focusing on the result.

You want to create your, focusing on seeing yourself healthy and happy. But you've got to put some some effort into seeing that. And I remember when somebody told me that I had to see myself healthy, which I knew all this stuff.

But in 2015, when I was like so sick and so tired and I and I first tried to see myself healthy, it was really hard, like to see myself back and doing things and vibrant and energetic and playing and having fun.

It took me probably a couple weeks of just working, working, working on seeing it, feeling it, believing it. But when I when I got to that point where I could do that, that's when my super conscious mind I've got two minds.

A conscious mind processes about 40 bits of information per second. That's the one we all think we have. We know

we have because we're thinking with it.

But there's there's another one. It's called the subconscious mind. I call it the super conscious mind. Right, exactly. I believe our bodies live inside our mind, not our mind is the body part.

And that super conscious mind is million times are more powerful than the conscious mind. But the way it operates like it can, it can help you heal through life easily. If it were totally on board.

But the way it operates is it has to see it. It operates by the by vision and it often operates by feeling. So you've got to see it. You've got to feel it and you've got to believe it.

And then you can let it go. You don't have to do this all day long. The obsession part is creating a super conscious obsession. Not you thinking about, you know, all day long.

I'm healthy, I'm healthy, I'm healthy, I'm healthy, I'm healthy, I'm healthy, I'm healthy. Like, you don't need to do that, but you do need to get your super conscious to be aware of that.

I'm healthy. I'm healthy, I'm healthy and I'm healthy. Then it'll create the right coincidences. It'll it'll find the right person like, you know, doctor, work for you to work with, right?

It'll, it'll do all sorts of things. It'll create new sorts of enhancements to your immune system, right? To start knocking out things. It'll, it'll work at the cellular.

It can do anything. But we've got to create an obsession down there. And the way we do that is by really working on the vision of who we want to be, not the vision of who we are right now, suffering and sick.

So that's the first big idea. Well, I, I think it's it's amazing because this is the thing I think a lot of people make. They spend all that time in the support groups. Right.

Almost all of them are teaching you what your doctor is not doing. Right. Because their doctor is doing it better. How you're going to flare up if you do this, it'll it'll help you about 5%.

But you're going to suffer 100 million times more than you are right now for about three years. And then you're going to get this increment and like this is the story we're programing ourselves with.

So and I think that like the part that I want to highlight for everybody is I totally agree, this super conscious obsession piece. You've got to get that emotion behind it. Right?

And the problem that I find in this community is when we go to these places, we're in an emotional state. We add the emotion behind it of how it's not going to work, because that's what everybody's telling you.

And you're like, Oh, you know, when you buy into that, it's a self-fulfilling prophecy. Like literally you've created super. I kind of sometimes I say, art, what kind of meditation are you doing?

Right, because the meditation to me means, you know, it's like to become familiar with. So I just want to become familiar with what state most of us are in a negative meditation, focusing on what we don't want or we're art.

We've created a super conscious obsession on that negative. So I love how you're bringing us back to focus on what we want. It's not like we forget to do the stuff to get better.

Yeah, but. It's really interesting. And so that's, that's awesome. So we're going to focus on less and then we're going to obsess. We're going to figure out focus on.

Our creative, super conscious obsession. Then the second big ideas upgrade your story, upgrade your life. And at the end of the day, what we all we really are the story we tell ourselves of who we are.

You know, I'm a dad of two children. I've been married for 31 years. Right. So I've got this story in my head. And I remember one time I was in I was in Europe and I was teaching these seminars and I had like a thousand people in each summer and they were on leadership.

And I did. They were two day seminars, so I did two days in Luxembourg. Then I immediately went to two days in Frankfurt, Germany, and then I had two days in London.

So like six days in a row, you know, a lot of days. And I lost my voice and in Germany. And so I showed up and I'm in London and I had I could barely talk.

And I had a microphone that the house of people had to go two days with this much of a voice and even hurts to try and mimic that. Right. Right. People are coming up to me with all these talk about support groups.

They're coming up to me with all these things. Oh, you know, you know, try this, try that. You know, give me all sorts of lotions and potions and things like that.

And then someone said, you know, you know what it is? It's because you're traveling and you're on airplanes and there's germs. And, you know, the germs are making you sick.

And and I'm thinking, you know, maybe they're right. You know, I don't believe in the germ theory, by the way, but I'm thinking, oh, maybe they're right.

And then I'm like, by end of that story, like, that's a crap story. I'm traveling all the time. And so instead of saying, you know, because they were saying that the air conditioning on the on the airplanes, I just created a different story.

I said, yeah, air conditioning on an airplane strengthens my immune system. Right. You know, get give me some of this right. And now that's silly. That's so silly.

But most of the stories we have are so damn silly. But they're on the negative end. You know, at the end of the day, life is a mind game. It whatever story you make up, whatever story you're buying into, if you believe that you can be you can be healed from Lyme disease, but you really believe it like it's your story, not like a half assed story and you back off like you're going to be healed.

You will be healed. I don't. It might not be right away. Right. Sometimes there's lag time, but you will be healed. And also part of the reason we're not healed instantaneously, some people are, but we still have to learn how to become this new being that doesn't need Lyme disease anymore.

You know, when you when you get things too quickly and I'm I'm not saying you need to drag it on for years either, but like people that win the lottery, typically, most of them within a couple of years have lost all that money. Why?

Because they had the good thing come to them, the financial gain, but they weren't ready for it. Upgrading your story, get you ready to be Lyme free, right?

Yeah. And so these two two things you got to do to upgrade your story. One is get rid of the old baggage you know, and that's where, you know, even to this day.

And I think I'll do it, you know, till the day I die. Like when I'm not feeling right, I go in and start to go, like, what's going on in here? Like, what is the belief system, what's the stressor, what's the experience?

And I just dig deep into me and try and figure it out and then let it go. And there's all sorts of good techniques to let things go that you don't need anymore where they really do leave.

And now you're not burdened by that story. You've got to drag around and then you've got to create a new story for yourself and and everything's mind game.

So, you know, you create the story for yourself initially, in the physical world, it may not even be true. Like if you say, you know, I'm healthy and strong and feeling great and you're laying in bed, like that's going to feel like B. S.

But if you say that enough and you feel it and you see it, your mind will start to accept that. And it'll work on that path of creating that. And then the final big idea, so you focus on less and then obsess and again focus on the result.

Not even a goal like my goal is to I to go small. The result that I created, you have to see it. If it's all as if it's already done, you upgrade your story just like in on our phones.

We're always upgrading our phones. The new app comes out, you know, new version we want. Oh, we want the best one. Yeah, well, why do we care around these old stories that we don't need anymore?

I tell people you're under zero obligation to be the exact same person you were 5 minutes ago. Let that go. That person created the crap that you're dealing with today, right?

Yeah. Become this new version of yourself. And then the final thing is to pack your day with effective action. And so effective action, a lot of it, I think around line.

There are certainly some, like you said, you know, some really great treatments and things, but a lot of the effective action is going to be working on yourself during the meditation, going in and destroying all beliefs, making sure your, your, your, your, your super conscious minds got a really cool picture and feeling of what it feels like to be healthy even though you're not there yet.

You've got to see it before it happens. In the physical reality. Yeah, I mean, it's just so powerful because the story that we play over and over, I talk a lot.

I love what you said about the phone because like, look, we upgrade our operating system all the time on the phone. So what happens is the phone doesn't work.

We reboot it and we upgrade the operating system. So let's just do that to ourselves. It's the same thing, you know, and packing your day with effective action.

The thing that really just like resonates with me, Tom, is that so many people come back and they. Dr. Tom, I have been a good patient. I haven't been able to follow through or that was too hard.

I'm like, Well, but if you really wanted, if you could see this goes back to the lottery thing because those folks are used to being typically not very wealthy, whether they're middle class or lower class doesn't matter.

But when you go from $100,000 in annual income to being a gazillionaire, if you don't upgrade the operating system of thinking, that's how you get back there.

And so this is a thing in Lyme disease. It's like if you show up, Eric, I'm sick with Lyme and you can't get better and that's your thing and it's hard to do treatments.

You're going to flare up. Well, guess what? All those things are going to happen and that's what it's like. So I mean, I have people who tell me they can't take up one binder a day at 3 p.m.

20 minutes away from food. I'm like, well, that's that's it's a system error, right? Okay. Yeah, yeah, yeah, yeah. So, so with when you kind of for packing your day with that effective action, I mean, like what are ways to keep on track with that?

I mean, the one thing I notice when I talk to you is you're just lit. I mean, you're so lit and they have your story. I couldn't get out of a golf cart.

I was laying in bed like I don't think of, you know, but this is the truth of healing. When you get that lit inside, you can do this. I mean, you have tricks to help people pack their day with that effective action when they're kind of feeling stuck.

One of one of the things that I have is a little for for quadrants and, and I ask people to put in like typical things they do on the day and one of these four quadrants.

And so at the bottom axis, the x axis, we're measuring impact on results. So if you want to become, you know, healthy and strong and vibrant, right. There's there's certain things that will start to the left.

There's certain things that you're going to do on a day that have low or no impact on that. Right. And then there's certain things as we go farther to the right in a four box.

Right, that will have a big impact on you becoming like, you know, like just whether it's line free or healthy and happy and vibrant. Right. Right. So there's you can measure that.

Now, the other axis, we measure likability. There's certain things, let's say on the bottom here, you know, going from bottom to top, there's certain things you're going to do on a day that you don't like.

And then there's certain things that you're going to do on a day that you do like. So now when we look at this block on the lower left, we have low likability, low impact, a lot of things we do in our life that, you know, we don't like to do.

And they really aren't going to impact this great result we want. So what should you do with that?

Applying the Framework to Lyme Recovery

We'll either delegate them or stop doing them right or, you know, or do as little as you can in that block. You don't like it and it's not going to have a big impact.

Now, there's a block above that is high likability, but low impact, right? All the little things we do to stay busy. That and we go, we don't any time or any time, any time.

Like if you really looked at your day, you've got a bunch of time, you got the same as time as everyone else. But if you're spending it in areas that are just kind of time wasters but you like it, it's like stuff that you just keep doing, like checking your phone every 5 minutes, right?

Going on social media and spending, you know, hours on it, you know, and then go, I don't have any time. I don't have time to meditate or whatever. So there's things there that, you know, you have to be very careful.

You can use them as little treats every now and then, but if they're not really giving you impact, you know you want to. That's why I put like a, like the bottom block is red like red light.

Don't go there. This is probably a yellow. And then over to the right are the things you like to do that have high impact on your results. And and so whatever those might be right.

You know, maybe you really like to exercise, maybe you like to meditate, maybe you like to get good sleep, maybe you like to program your mind, right?

So hopefully you do. But not everyone has those things fall into that high likability, high impact. So then we go down to the breakthrough zone. Likability, high impact for me, by the way, about what that used to be, meditation.

I'm like, how can I meditate? I can't sit there for 20, 30 minutes. I mean, I got too much to do and it was really hard. And I would go there and I'd like, you know, my mind was so busy and but I made myself do it.

One of the things that I one of the habits of Packer did with effective action is do what you hate to get what you want, do what you hate. You get what you want. Maybe it's eating healthy, right?

You know, I don't like the way that a green smoothie tastes. Well, you don't have to like it. You just have to do it, right? That's right. I don't like this way.

This taste that you don't have to like it. Just eat it. Right. And, you know, I don't I don't like meditate. You don't have to like it, you know, just do it.

But then here's the thing. Like, I love green smoothies now. I didn't used to like them. I love meditating now. Before I got, I was meditating on one of those chairs there.

Right. You know, literally just, you know, half an hour ago. So a lot of the things we say we don't like, it's just because we've got this old story about it or we haven't conditioned ourselves to like it yet, but it's going to my thing is, if it's going to help me, I'm going to do it right.

If it's going to help me, I'm going to do it. And even if I don't like it at first, I know that if I dig in, I'll probably like it eventually, or at least I'll be able to tolerate it and it's going to get me the results I want.

And that's where most people I think they're avoiding those things that are uncomfortable. I don't like it. It's not me. Just do it, do it and do it for a couple of weeks and you'll figure out it's not that bad.

It's not that bad. That's awesome. I mean, it's just such a great summary of like how to get whatever you want, you know, in your life, how to get healthy.

Because I do I think that, like a lot of it is, is tough, right? I mean, I'm not I, I know the effort I put in like that, what I say, like, you know, I started yoga, which is the first thing that, like after I invested mentally in myself that I said yes to the opportunity, did something.

I remember I took it as a gym class in college 8:00 in the morning. It hurt so bad and I was a hockey player at the time. I was like, no. And you know, there's all these limber women that I thought was going to be a good pick up situation, didn't quite work out because I'm like, Oh, and I can, you know, and then now here I am, fibromyalgia for six years, I could barely touch my toes.

Oh, I'm sorry. My kneecaps. Yeah, but I just did it every day, and I followed the prescription. Even though it was completely and utterly miserable. But I knew what you could achieve.

And that's what I want everyone to understand, is that you you have the ability to do everything that Tom has been talking about. This is not unique. And I love what you said earlier.

It really isn't that these high achievers are ultimately unique individuals and they're one in a million. It's they become obsessed with what they want.

And they put that first. And like you said, I mean, I really feel like when you make the habit of doing what you hate to get what you want. Yeah, I mean, man spot on because realistically, like the green smoothie, you just hate it because you haven't done it and you have become familiar with it.

Once you love it and you start to do it, your body's like, Wow, I love that. Yeah, yeah. And the body does love it. The body loves it, right? Because it's nourishing and healthy and and clean and all this other good stuff.

You know? And I think for a lot of people, too. Tom And is that when a lot of it is learning to become objective with what's really what your body and your actual, like you said, your mom, your your body living in your mind?

I I've never actually heard it put that way, but energetically that completely makes sense to me. In my experience. I love it because it's like we tend to think of our mind as our, you know, prefrontal cortex and everything.

And it's like we and it gets stuck in these patterns, right? And so when you start to be able to be objective about What does my body really want? Not What does my brain think my body wants, but what does my, my higher super conscious mind want.

So I absolutely just love it as we kind of like land everything for folks. I mean, I mean, this is like a tour de force. I think if people just took your three habits or your, you know, your three keys and just made those a daily habit of looking at that and maybe did the exercise of the quadrants, you know, because I've heard quadrants done a bunch of ways. Yeah.

That way is brilliant. And I just, you know, I'm, I just want everyone to just focus in on that because it is a place where when you're stuck and you've been suffering for a long time, it's sometimes hard to think your way out of the paper bag, you know?

I mean, everywhere you turn is this line thing. So open the end of the bat and dove into everything that you're saying. So, you know, a, for anybody who's been suffering, whether it's financially, you know, relationship wise or even specifically, obviously Lyme disease and related infections, mold and all that kind of stuff, you know, if you had some sort of like final kind of piece to just really send them on their way with this, what kind of inspiration and guidance would you share?

The the biggest thing that I think I could share with people is that, you know, Einstein basically said everything's energy. Everything is energy. Everything like, you know, our bodies are energy, are our you know, the computers that were looking at each other on right now are just energy, right?

You know, it's condensed energy. It's solid energy or it feels solid, but it's energy. And and so everything's energy and energy and energy follows thought.

We create things with thought. Everything's created twice, first inside and then on the outside. But when we start to really comprehend that everything's energy because we see things is so, you know, physical we believe in.

But energy is like, oh, yeah, yeah. So thing no, the physical is energy too. And so if energy follows thought we can, we can change our bodies, right?

We can shift our bodies. We can go from a situation of being chronically ill into being chronically healthy, you know, chronically happy. Right. We can we can shift energy.

I'm not saying it's easy and it doesn't always happen instantaneously, but if you really apply yourself to it, you can shift your whole being, you can shift your financial situation, you can shift your relationship, you can shift your health.

I mean, everything can be shifted. You can create new realities. And the people in life that understand that they're they're living with one foot in the physical world.

So they're still the physical world and functioning. They're they're not, you know, totally like, you know, a saint that's in this spiritual realm all the time.

But one in the physical and then one foot in the nonphysical. And when you're playing the game that way, because most people are just entrenched in the physical and when you're in the physical, then things, it's really hard to even conceptualize changing things because you see them as solid and you know, can't be move can get you have one foot in the nonphysical you understand that anything can be shifted, anything can be changed, I mean can be transformed.

And I just want people to believe that it's we get so caught up in the physical, we forget that. But that is our essence. We are creators. We created the the the illness and and I I'm not trying to put blame on anybody.

But, you know, if if if you don't want to be a victim, then just say, look, I'm responsible for this, right? You know, I'm

co responsible for this. You going to say, you know, I'm co responsible for whatever situation I'm facing.

And when you say I'm responsible for it now, all of a sudden you've got the ability to shift it, to change it when you're a victim. I've got line this.

This sucks. It's not fair, you know, what did I do to deserve this? Like, that kind of talk should never be in your vocabulary. What can I learn from this? How can I get better from this?

How can I use this to become a better version of myself? That should be the kind of stuff you're asking yourself. Who can I find that that as has already gone through the sea, that's what I do too.

Whenever I have a situation that's really tough, like, you know, Lyme, if I have Lyme, like, I'm going to go find you. Why? Because you had it. You got you got rid of it and you're you're healthy and happy.

Final Advice and Where to Find Tom McCarthy

I go I go find people that have done maybe they're only the 1%, but they've figured out how to do it. And so you're the perfect person to host a summit.

Everybody coming in because you know, you've done it. You've been there. You're you've got through it. And now you know the recipe that everyone else can use to do that, too.

Yeah. You know, I really appreciate that time and and that's I think one of the gifts for me is like, I've had an experience that at the time I was like, oh my God.

Like, I remember when I first started talking, I was like, I lost a donor for 13 years of my life was start to finish this whole thing. But I always stop myself and I never was like, Oh, I lost 13 years because like I gained so much.

Now what I have like that previous story to be different. Yeah, but guess what? I have a whole brand new story I can write each and every day, and that's really what's empowering.

So I really appreciate you sharing it in such a I'm one of my goals in life is to become precise and concise. I get pretty precise, but as you know, I'm not always a concise person, but I think it's it's just boiled down.

So, guys, I mean, the breakthrough code really is, you know, key number one is focus on less than obsess. We've got to number two is to upgrade your story, to upgrade your life.

And number three, obviously, it's packed that day full of effective action. And and Tom, I mean, it's just like as we were talking, all these great of of of mental science and personal development that I've studied with.

No one says it that clearly. So I think that what I really I'm so glad and honored that you're here because this is so crystal clear and a very effective pathway for people, you know, who are suffering.

Cause a lot of times it's too complicated to apply all this mumbo jumbo we talk about. So simplicity is brilliant. So thank you. And for anybody who's interested in learn more about what you do, how can they connect with you and what projects are you working on that might be motivational for our our our posse here, our tribe.

Yeah. Thank you. So a couple of things, actually. One one thing I just wanted when I tackle David with the effects of action does not mean massive action.

It doesn't mean like go grind it out and that type thing. It's really important. Effort, times, effectiveness equals results. So if you're laying in bed and you've got no energy, what can you do?

You can meditate. You can listen to one of Dr. Thomas meditations. Right. That's effective action. You're not up there running around or doing anything but even when I was in bed, you know, I was finding ways to to learn and

grow.

And, you know, I didn't have much energy, but I was still working, you know, doing effective action. And it just made me feel better. It gave me hope.

So I just wanted to clarify that because a lot of people say massive action. That's not what I'm after. A lot of effective action is getting enough sleep right, meditating, eating the right foods, things that really don't take a lot of effort.

But they they're really effective actions. They're recuperative restorative actions. And then to follow me on Instagram, I'm at the Tom McCarthy and have the V because someone else had Tom McCarthy on top because I think I'm so great.

But at the time McCarthy and I've got little videos up on how to get rid of things in your mind. The book is an Amazon and it's been a bestseller. It's actually still doing really, really well.

It's been out a few months, but doing really well. So the breakthrough code I didn't see there's another breakthrough code that came out, but mine has.

But it's written by Tom McCarthy. Not, not, yeah, it's, it's kind of an orange reddish cover. And then you can also go to the break through COCOM and there's some videos on there.

Other talk about the breakthrough code and some of the endorsements. Cool. I mean, just it's such brilliant stuff. And so just again, thank you from the bottom my heart for being here and sharing all this amazing wisdom with our audience.

You know, because like I said, this is exactly the thing that got me better and clearly it got you better. And that's really why I wanted to share your story, share your brilliance and your compassion and love for paying it forward to everyone. So thank you.

Yeah, thank you, Tom. Always great being with you. Yeah. And so, everybody, again, thanks for joining us for this episode of The Healing Thing from Lyme Disease Summit.

Really take this stuff to heart. I mean, we're bringing the folks to this summit who resonate with me, who resonate with this this healing and how the and empowering you to get better.

And really, we're at this point where we can believe that old story or we could create a brand new story for ourselves. And I think Tom McCarthy did an amazing job sharing that with us today.

And I can't wait to see you guys in our next episode of the summit. Until then, lots of love and be well.