Introduction and Mind-Body Healing

– Tom McCarthy thank you so much for joining me on this this segment of Regenerative Medicine Summit, I'm so excited we're going to chat about today. – Yeah. And I'm excited to Michael.

Thanks for having me on. – Yeah, I know you are a leader in the field when it comes to you, train C and C E. O. Executive and and mindset and how to position yourself in order to create the reality that you want.

And I couldn't really think in regards to regenerative medicine. I mean your mind and what you think and what you create around you is so directly tied into your health. – Yeah.

You know, that's the thing. We can go to a great doctor like you and get the greatest care. But if we're creating stress and and and turmoil inside with the way we think then it's hard to heal.

And I think a lot of people are stuck in that conundrum and I've been stuck in in that conundrum before where I was like, hey, why? Like in 2015 I got a virus and it didn't get better. And then I got chronic fatigue and I was trying every great treatment, every great doctor alternative medicine, functional medicine.

And it was helpful, but it couldn't get me all the way over the finish line because inside I was stressing right, I had been traveling, I wasn't sleeping well and I really had to shift my mind in order to kick my healing over the finish line and I think that's probably true with a lot of people. – Yeah. And that's the thing, I mean you you are are such a um you maximize your time so efficiently. But then at the same time when you do that, you don't recognize the components within your brain that you need to kind of clear out and get rid of that stress and and reprogram your limbic system, that survival mechanism that really impact your immune system, your energy and obviously that bleeds over into so many different things when it comes into your health. – Yeah. And I was really running on, you know, I don't I want to just call it adrenaline, that's kind of a common term.

But when you talk about the limbic system and fight or flight, you know, I was traveling all over the world, I was, I had so many different things going on and I just did not let my mind settle or relax. And I was feeling I wasn't feeling great emotions like I wasn't feeling lots of joy in my work, right? And I had to learn the lesson when you are going at something but it where it's you know out of fear and and you know, get out of danger, make sure you get this done right, not any physical danger, but but just danger of not, you know, uh not letting somebody down right. And once I figured that out, that's when I really was able to heal and the breakthrough code is not written specifically about that.

My new book that just came out, but we have used it for a lot of people and helping them heal and but it's also for finances, relationships, anything, any area you want to break through, I believe you can, you can create a breakthrough and it's not just all mind, but the mind is a big part of it. You do have to take actions to – Exactly and then that the same principles bleeds over into so many different areas.

But let's, I want people to get to know you a little bit. So I'm gonna read your intro so people can see, you know, the amazing nous that you bring Tom McCarthy is a husband, father, author, speaker entrepreneur investor whose own businesses in the training, software, financial services and restaurant industries.

Some of his clients include some of the world's leading companies such as 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 the death of his father. When Tom was three years old, he struggled for years with fears and anxieties and constant physical maladies.

After exhausting traditional medicine, not finding answers, he's eventually turned to energy medicine. It was then he was able to see the true mind, body connection that was causing these chronic illnesses over the years Thomas met many wise and caring healers that have helped him lead a healthy and energetic life.

Unfortunately much of the world is still not aware of energy medicine and its ability to help ease the pain of many chronic illnesses, Thomas on a mission to change that.

Which is why he's hosting the new 2022 global energy healing summit along with his good friend and partner master Chunyi Lin So yeah, did I say that right? – You did yeah, Chunyi Lin – Okay. Yeah.

The Breakthrough Code and Shifting Reality

See so that's the thing, is that the we can do all the fiscal things, right? You know, and like like you mentioned and but if we don't recognize the power of the mind and kind of the stories that go in the back of your head that keeps that is isn't that kind of subconscious that keeps creating our reality and that relates to both disease that relates to our financial success and then also you know how our cells are regenerating.

– But I remember years ago when I was working Tony Robbins, a good friend of mine, he used to work with him in his company running all sales and marketing and one of the things he introduced me two years ago was alkalinity, right? And they would test your blood or or you know, they would test to see if you were more acidic or alkaline and they would, you know have all sorts of great recipes that would make you supposedly more alkaline and things you would drink and mixes. But if your thoughts were stressful thoughts, it didn't matter what you ate, right, you're gonna be more acidic. And so I was like, wow, that's pretty interesting. I still believe in diet.

I, you know, very, very healthy diet, but at the same time I'm a huge believer in the power of mind and healing. And I know you are too. And and when we talk about great healers, I'm honored to be on with you because you are an amazing healer. – Well, thank you.

And likewise, I mean, we're we're healers and in all different areas. So what is it? I mean, you wrote the book the Breakthrough Code and I love that book. I've actually given it to my oldest, he's 20 He's turning 22 and and he's yeah, it's kind of in that time of life. I mean, I think we're always in that time of life when we need a break code, breakthrough code.

So tell me a little bit about, you know, because this is a lot of this is your part of that is real life, you know, as part of that is kind of your your real stories that are intertwined into it.

– Yeah, there's a lot of observations and parts of my life that are in there. I did put my heart and Soul into this book, took me three years to actually write it and finish it and haven't published. So, but it's not, it's not an autobiography and it's not um a nonfiction, it's actually fiction.

It's a parable of this person going through life and trying to figure things out and things aren't working the way that, you know, they thought it should work.

And so these mentors, this diverse group of mentors comes to this young person and teaches them the Breakthrough Code. And the Breakthrough Code really is something that I've noticed in pretty much every human being that's done something substantial in their life, whether they knew they were using the Breakthrough Code or not, because I didn't invent it. I just saw another human beings, they were they were using it. And and so what I try to do is book is is make it enjoyable to learn how to create a shift in your life.

And what I really, what I really am focused on teaching people is how do you shift reality, because every day we wake up and the most likely things that are gonna happen and that they are right in front of you and most people just enter into that and they go about their day with the things that they think are supposed to happen, but they're only supposed to happen because their patterns are have led you to this day where these things are in line for you to happen.

But what if those things aren't good for you. Do you still just have to go through those things? This kind of set patterns of things are gonna happen in the day?

I don't think you do. I think we can shift reality to maybe some some things that are less likely to happen based on

the path that we're on. But that if we shift reality, we can make happen.

And that's what I really want to share with people. I love it when people shift reality. And one of the things that one of the quotes I've been having the book is that the average person will just conform to reality.

Great person will create a whole new reality. And one of the things that I also have in the book is that you're under no obligation to be the exact same person you were five minutes ago.

We can shift, we can change. You look at the President of the Ukraine, he shifted reality. You know, they got attacked by a much bigger country, much bigger army.

The odds were not in their favor. He he probably could have and maybe should have would have been easier for him saying all right, I'm out of here. We surrender. But he didn't do that.

He said no, we're gonna win this thing. It made no sense to most people. But he said we're gonna win this thing. And he got not the whole world, but many of the countries in the world came to his aid.

Why? Because he stood up and he he had a thought in his mind that we can win it, that he went out to the whole world with and he said we need your help and the world responded, but he had the courage to do that.

And and shifting reality is something we all can do. Maybe not on a grand scale like that, we don't need to, but we can all shift reality in our own lives and have a much more enjoyable, happier, fulfilling, prosperous, healthier life. – And and I love kind of doing these examples that exist and kind of the fiscal life where we can then see them.

We shift the reality, we shift our mindset and then we see in a result that exists around us that we can see intentionally touch just to prove that that this is is possible and doable.

So if you then translate that exact type of principles to your then your fiscal beings, you know, like if you're dealing with cancer or if you just want more energy or if you just want to, you know, feel more vital and anti aging and keep your yourselves running at a smoother and and more vital level.

I mean if the same principles would apply. – Yeah, absolutely. And I think it's not like you're ever gonna be done with it right, you know, because the new things are happening all the time.

This is a habit first you make your habits, then your habits make you 95% of our life is run by our habits. So it's not just every now and then, you know, every five years we work on our mindset.

I think it's every day we want to be running the right programs that create health, that create vitality, create happiness, joy, prosperity. I remember one of the first times that actually, and I didn't even really know what I was doing, I was in my twenties, but I was out in Palm Desert and I decided I was going to climb one of the mountains right there, beautiful mountain.

So I climbed this mountain and coming down, I'm feeling full of life. And so I'm coming down by jumping from rock to rock to rock, I was having so much fun and I jumped on this one rock and I hit it wrong and my right ankle, which I've always had problems with, I almost had my foot come off one time playing basketball, but I landed right on my right ankle and my right ankle twisted that same way. And the first thought in my head was like, well, first of all, I was still up on the mountain, like, alright, how the heck I'm gonna get down from here and get back.

And then I said, no stop, don't let that thought come in and I got that thought out of my head and literally I looked down at my ankle and it was starting to hurt, but immediately I just put my hands down there and I just saw the ankle as healthy and whole and happy and almost like what happened, which did happen, never even happened. I did not allow it in my mind and for about 10 minutes and there and gradually the pain just shifted, it went away, never swell, never swelled up, which I've had tons of as an athlete, like, you know, I've had prior to that lots of ankle terms less than what I did there swollen up bigger where I couldn't even walk, didn't swell up and I just walked back and that was the end of it. And then I've got, you know, so many more experiences of that where you can truly use

your mind now with something chronic that's been there for a while, that was very acute and it wasn't like my leg was cut in half, right? I just had a sprained ankle.

So I was able to work on that and get a quicker result was something chronic. There's been patterns that have been building up for a long time and it's very helpful obviously to get treatments from great doctors that know what they're doing.

They're doing supportive treatments, but you gotta do the inside work, you're not a science project. The doctors can support you, they can help you and they also help you with your thoughts, right? I know Michael, you know, you're helping your patients with that optimism and the belief that they can heal.

But at the end of the day the body will heal itself even if it's being treated with other medicines, it's still the medicines are using the body or not medicines, but herbal remedies and things. Things that you use at the end of the day, the body will heal if it's in the right mental environment, much more likely to heal. – Yeah.

Mindset, Energy, and Healing Examples

And then you have the this studies that's a psycho neuro immunology where you have your your mind and how that connects to the nervous function, the neurotransmitters that are produced.

And also they see on your immune cells you have these receptors of these nurtures matters like for dopamine serotonin. So how you feel, how you view the world is an impacting these immune cells that then physically are the ones that go to control inflammation and to control regeneration.

And then if you talk about anti aging, we're talking about like in flam aging yeah. Where the inflammation is triggering the aging and that relates to the immune system function.

So we know then that how we think and feel that impacts how quickly we age just through the just through the interaction through the immune system and the receptor sites that exist there. So, I mean it's physically studied and and you know, so we know that it works. I mean such an important part.

– Absolutely, yeah, absolutely. My son when he was graduated from Harvard, he's a basketball player and then he had an extra year because he had an injury during his junior year. So he played a year a year of basketball at Rice. So he's a basketball player And he came to, he came to rice and his hip was hurting and his knee was hurting him and they're doing all sorts of treatments, it's not getting better. And then when practices back went out and you know, he couldn't even walk. So 22 year old kid back goes out, you know, he can't walk, they take him in the the orthopedic surgeons had him do an M.

R. I. They said he had the largest, they told him he had the largest herniated disc and a young guy that that age that they had ever seen until he said, you know, we got to bring in and you know, we'll shoot you up with cortisone steroids, whatever it was, they put him under did that, he got out, felt a little bit better and then his back went out again.

So that treatment didn't work and they're like, all right, you got to come back and we'll do it again. But one of the things I told him about was, you know, and he was just doing what the trainer told him at first, but I said, you know, a lot of pain is mind body pain and there's a guy, I'm sure you know of Dr. John Sarno who was a pain doctor, an MD, passed away a couple of years ago in his mid nineties, but he wrote a book called the mind body prescription and wrote a book called healing back pain, literally all my son did was he listened to the mind body prescription in his apartment at first an unbearable pain, but he just listened to that book and literally by listening to it where he uncovered that he was repressing emotions like trying to be a perfectionist and trying to make everybody happy and having some anger.

He didn't feel angry, but he was repressing it. And once he understood that his mind was creating this pain, he did have a herniated disc, but that's not why he was in pain.

Sarno even said patients would come to him with x rays and they would have, you know, pretty good spine, like nothing really wrong and they can't even walk.

And then someone with a herniated disk would come in and they had no pain. My son's pain went away and has not returned since also, yet, at that time he was struggling kind of to clear up some acne on his face, was eating as clean as he could, doing everything wasn't working.

And literally, once he understood the connection between the mind and the body, not only did the pain go away in his back, never returned. That was three years ago, but his skin cleared up.

So there's so many cool things that you can do with your mind when you truly understand and when you're really committed to it, it's not dabbling at it. Like, you know my back feels great, do it one time and done what? Why, why did it not work right?

It's it's reprogramming your mind. Everything's created twice, first inside and then it appears on the outside. But you gotta do that internal work. – I mean, it's just like, you know, eating, exercising.

I mean, you don't do it once and think that you're forever going to be changed. It's getting it's a consistent effort and and every every moment decides, you know what the next moment is gonna look like, You know, so we continually creating reality by the daily habits would do again and again and again. – Yeah, absolutely.

– So what, what are for people that are wanting? I mean, here, you've you've taught that the best of the best. I mean, you know, pro athletes, uh you know, top executives and the top companies in the world, you know, you lead Tony Robbins, marketing and sales and so you you've been exposed to all these different principles that exist and that people talked about, you know, so if you would if you could distill to an individual, what are some of the basic principles that that they should incorporate and what that should look like in order to be able to have that Regenerative Mindset.

– Yeah, Well, I'll go through the three big ideas in the book. But before I do that, I want, I want, I want to say just one point when somebody has an illness, the worst thing to do I believe is to go to the internet and search for that illness and see, okay, here's what's supposed to happen to me along the journey.

I mean, you know, sometimes it might be fine, like, oh, you're gonna get over it in the day, Okay, that's cool. But when you got, when you got kind of a something scary or something that is gonna take some work, don't go to the internet and just do an average search because you're gonna find all the average beliefs, all the average thoughts, all the, you know, kind of run of the mill things are gonna happen and it's gonna be average.

Like, but you're not average, you don't have to be average. Even when I, when I got chronic fatigue, people are saying, I never looked up all the symptoms and things like that, but people were saying, oh man, you know, you, you could have this the rest of your life.

I'm like, no, that's not gonna happen for me. And so what I did was I, I did go to the internet, but I'm like, alright, who, who had it and who got over it really quickly And because that's what I want to study. I want to study the people that had something like me similar situation but they got over it and they got over it and lived this great life after afterwards. And that might be a small percentage of the people. Depending on you may have some disease where it's only 1%. But why why don't you be in that 1%?

Maybe a half percent. Why not? You being a half percent figure out what other human beings did. That got a great result. And then start to model them.

And I found a guy over in the U. K. That got over it very quickly and he basically taught me that a lot of it was based upon your mind and the way your mind was proceeding things. And if it was always in fight or flight it didn't matter. You know if you're doing you know an ozone treatment or whatever else it was. You're gonna wake up tired because you're you're constantly just battling inside or or trying to avoid a battle inside.

So so look for people that are successful and model them. Don't look out at the average person and go okay that's what I can expect. I've never done that in my life that I can remember you know in anything because I my dad died when I was really young so my life got shook shaken up dramatically at an early age where I always had to be a little bit unconventional so be unconventional.

And then the big ideas, big idea number one is focus on less and then obsessed. So in the breakthrough code, If you wanna heal you gotta really put some focus into it.

Now, obsessed is a little bit of a misnomer because I don't want you consciously obsessing. That's gonna make you worry. I want you programming your super conscious or subconscious which can process 40 million bits of information per second, Conscious minds, only 40 bits of information per second.

So you've got two minds. And when you, when you're able to go down and program the super conscious, I call it super conscious, most people call it subconscious.

That super conscious will start working. It'll start doing things without you having to consciously think about it all the time. Now you use your conscious mind in the morning to program the super conscious maybe in the evening before you go to bed maybe a time or day, you know, a time or two during the day with some meditation or some self hypnosis.

But the conscious mind should be used for programming the super conscious and then let the super conscious find a Doctor Michael for you. Right? And and it will, it'll find the right people the right books the right resources, the right person to listen to on a summit when the super conscious knows what you want. It's like a laser.

It'll figure out how to get to how to how to get you the resources that you need. So I'll stop there. But that's the first big idea. And then there's two other big ideas. – So yeah, because I whenever we focus like that and like you're mentioning, I mean we think that if we have in our mind and we think about it continually, that that is where the most power exists and I love how you do the the super conscious because it is, you know, it is above our consciousness. It's not sub conscious, not below it is something that that's yeah, it's acting, you know, beyond continually. And like you're mentioning, it's a million times stronger than the than than our regular consciousness.

So why wouldn't want to activate that? So when you say, you know, focus on less and obsessed. So you know, what should be focused on?

Three Core Principles for Breakthroughs

I mean what what are because there's so many things that goes on in life and maybe we're wanting to achieve so many different things and you know, so what should be the focus, I mean what should we pick?

– Well, what if you want to create a breakthrough? You have to limit what you focus on. So because if we spread ourselves too thin, which is what a lot of people do, then there's not enough energy to to get you unstuck in an area to get unstuck.

Like if you were uh if you had something heavy on your foot, you're not gonna take one hand and try and lift the rock on the other hand, you're you're reading a book, right? You're gonna take all your energy and you're gonna lift that rock off your foot.

And so with the mind, if we're if we're trying to focus on 50 different things we want to have happen that are all really important to us, then we get diluted down. It's almost like the difference between a light bulb and a laser light bulb is light. A laser is light.

But what's the difference? Lasers focus light, it can cut through a diamond, a light bulb. Can it can kind of light things up. So you need to be laser like with your mind, you need to really tell it.

And I say no more than three big results that you want at any point in time, like where you're really going for

something big? Like, if you have an illness and you're trying to heal, that should be one of your three. And maybe it's your only one, right? And it's not to say you're not doing anything else, but you're programming yourself for this result in the morning.

You're programming it in the evening, You're using a habit, like one of the ones I have in the book is c feel believe and let go. How can you program the super conscious, not by just doing an affirmation.

Like, I'm healthy, I'm healthy, I'm healthy, you're super conscious mind is gonna be like, that means nothing. But if you see yourself out there running and vibrant and healthy and strong and happy and enjoying yourself the mind and you really feel it, you feel, even though you might be in pain and and maybe a doctor didn't give you a very good prognosis, you've got to carve in this and and it's, it's totally make believe, right? You're totally using your imagination, but when you see it and you feel it and you believe it, the mind will start creating it.

The challenges. Most people never get to that point because they can only see feel and believe things that are already created, you've got to be the creator, you are the creator.

And so inside have the courage, you might not be that good at it in the beginning, keep going, seeing it, feeling it, believing it and then let it go right, once you see it feel and believe it for a minute or two, let it go. The mind now has the marching orders, the super conscious mind does, – And when you're seeing it feeling it, I mean, it needs to be kind of bring in these strong emotions strong, I mean, so the stronger the emotion is and also also if you kind of bring in some some fiscal movement as you are, you know that that's kind of reinforcing and making it stronger because it's really tying it then together with like oxytocin and all these other hormones and and making it even even stronger? Right?

– Absolutely yeah using the hands is absolutely a way to supercharge your thoughts. So if you're if you're seeing yourself like happy and healthy like you know like bringing it in and just literally I mean it can be look silly, I'm not saying do in front of you know a bunch of people but just energize yourself and then the mind can't help but to follow the orders you're giving it. – Yeah. I know I listened to you 11 time we were talking about the first time when you went to Tony Robbins event, you know when when you drove across the country I think just to get to those events and you know seeing all the craziness that we're doing and you know first you think that's kind of odd but it plays an important role in in anchoring, you know that thought and the creation of that thought.

– Yeah and the other thing to think about too everything is energy. Everything is energy. You are energy. And so when we're shifting energy in the body like when we when we're using our body to create energy and bring in energy, bringing more energy healthier energy into the body, the gestures and things like that amplify the thoughts in a very powerful way.

– Yeah I love it. And so that is then you know focus on less and then obsessed and then let it go and so was the other kind of other big idea that you feel is really important for for people as they are creating this reality that's not average. – So big idea number two, there's three big three big ideas, so focused, getting focused, focusing in, not just dabbling at it, but getting focused and in starting to carve that with your imagination, that new picture, that new feeling in your mind.

That's the first thing, the second thing you gotta do I say is upgrade your story to upgrade your life. Now when we get a phone, you know, new software comes out or even a new phone like we're gonna get the new phone, we're gonna get the new software, a lot of people running old software in their mind, they're running their parents software, their parents belief systems that they picked up when they were, their conscious mind wasn't fully developed between ages 0 to 7.

They picked up a lot of their parents stuff, you know, stresses and belief systems about what's not possible and all these different things and so we can change our story, you have a story inside of you of who you are, what you're capable of, what life means. I have one inside of me, everyone has one inside of them and at the end of the day we only perform up to our story.

So if we're carrying the same story around but but wanting something more, we're gonna get stuck, you've got to let

go of your old baggage and that's something a lot of people understand. They go, I'm just gonna think positive.

Well if you think positive but you know your your your mind is already holding on to a bunch of crap. You don't I can't put anything else in my hand here. I've got to let go of that, free it up to clear up space. Otherwise I'm putting a positive intention or thought or belief on a crappy foundation. And so what are the belief systems that you need to get rid of and let go of? And there's ways to do that.

We talk about some ways in the book to do that and then after you've done that, like what is a new belief system that you could have but you don't have now, but that if you did have it would allow you to function at a higher level.

It would actually allow yourselves to respond even differently. What are new thoughts you can think and so upgrading your story is one of the most critical pieces for success in anything and it again, it doesn't matter who you were five minutes ago, you could have been someone that was unhealthy stressed out, didn't like to eat, you know, good nutritious food that was five minutes ago, you don't have to continue bringing that through the rest of your life.

You can let it go and you can start living your life the way you want. Now, I'm not saying it's easy because you've got those patterns pretty ingrained, it's gonna take some work, it's gonna take some effort, that's gonna be so worth it.

And then the third big idea is pack your day with effective action. So we focused in on the results we want, we've upgraded our story, we see things differently. We're seeing things we never even noticed before. We're noticing, you know, new information that I never would have noticed with my old story. People are showing up in my life that weren't there before with my old story, my son, another little story about him.

I told him to program his mind to always be in the right place at the right time and you've heard this story, but you know, he was raising money for a big investment, like a, you know, a billion dollar investment that he was working with his team on making and they needed a few $100 million more. I said, program your mind, You're always in the right place at the right time.

And literally he calls me about six days later, he goes, dad, you never believe what happened. You know what? He was walking down the street. He was in West Hollywood and this guy comes jogging, you know, jogging opposite direction. Guy stops right in front of him and I said, why do you stop? And my son said, I don't know, he said, and the guy didn't even know. The guy told him.

He told my son, he said, I don't know why I'm stopping, but something tells me I need to talk with you. And my son is like a little freaked out. And I go, how old was he was daddy's old. He's like your age.

And and, and the guy asked him, asked my son, what, what do you do? And my son said, well, I'm an investor And my sons, you know, 26 years old. And the guy said, I'm an investor too.

And they chatted for a minute. They didn't go super deep, but he said, look, I don't know why I stopped. I live in Beverly hills. I don't even usually run down this way, but if there's a reason we should talk.

Here's my information. My son goes back and looks him up. The guy's a billionaire. He's also the managing director and founder of a $4 billion dollar private equity fund.

My son called him up said, I think there may be something we can talk about. And so two meetings later, the guy ends up committing $100 million to that deal.

Not only that, he brought another guy in that committed $100 million to it off a chance meeting on a sidewalk. Now my son's mind because he's a huge believer in the mind. It was not a chance meeting.

He had programmed his mind to be in the right place at the right time he created that. And I think that's what happens when we create the right story in our mind.

Our actions are already more effective. Like that little walk he took was incredibly effective because he had programmed his mind and his mind said, hey, go take a walk. I mean I even, you know, know how he decided to take a walk at that time of day, but literally created that opportunity for him. And I think this happened because the mind is not stuck in our body. I don't believe it is, like you said, it's above the conscious mind. A lot of people think the mind is just the brain, but I believe your mind is, I think your body probably lives in your mind, right? Because the mind extends out, it's energetic, it's got you know, when we think of thought, energy follows thought, like every thought, you think you think, oh man, I'll never get over this illness.

Energy is now following that thought in keeping you stuck. So effective action though, is just this concept of effort. Not saying you've gotta work harder, you're gonna put some effort in, But if you make it more effective effort, times effectiveness, that equals results, how do you heal quicker? You're still going to put some effort in?

But if you create more effectiveness with your mind and using regenerative treatments, like what you help people with Michael, you get 10 X results versus someone else putting in the same amount of effort but not doing any of the things you're doing.

– Yeah. And they've actually seen, I mean when they've done measurements, you check in this kind of the field of an individual and they see changes in that field way before it happens within the brain.

Programming the Superconscious

So it shows that the brain is the secondary component, you know, it's not a primary and and like you mentioned, I mean it's you know, there's this super consciousness, I mean like 40 million, you know, activities at the same time, which means that it's it's able to calculate and guide you in ways that you would not be able to even conceive consciously, you know, so you know, for him to exist at that same time.

So his super consciousness connected with this other guy's super consciousness and they found a residence there, you know, where that they could work together in order to be able to you know, create the reality that they both were in line with.

– You said something earlier too. I thought was really cool. You said the super conscious is above the conscious cause a lot of people that's why I don't like the word subconscious or even unconscious unconscious almost like you're not doing any but you know those are terms that people use, I do call it the super conscious because it's actually so aware that the conscious if the conscious mind can't pick up on it because it's too powerful, like the conscious mind can only process 40 things every second. This thing's this super conscious mind is 40 million bits of information per second. And so the way it communicates is through feelings intuition.

You know literally like turning your head sometimes and you know look I need to read that book over there that has some answers that I could be looking for or somebody coming in your into your life, that all of a sudden, wow, this person is brilliant.

I can learn a lot from them but it's not going to be we, you know, we think that the conscious mind really is all we think we are most people right? Because it's what we're thinking our thoughts with, it's what we're processing information with. But you're way more than that, you're so much more than that and you're super conscious is always working for you and if you go well wait a minute, why do I have pain, why do I have illness because you program that into the super conscious and it's creating it.

But if you start cleaning it out and start putting the right program in it can it can do the exact opposite and actually bring the good things in your life too.

– So why not have this work for you instead of against you. I mean why not learn the principles like you're outlining and the breakthrough code, learn the principles that would activate this powerful force that will then regenerate not only you physically emotionally but also regenerate your whole environment around you.

You know whether that is a financial relationship or whatever it may be. – Yeah and I would just say one thing that

is always working for you. But you program it, if you program it with stress, you program with thoughts of you know fear of illness and all sorts of things, it'll start creating that because it doesn't say the super conscious doesn't say hey this is good for you, that's bad for you, it just says what do you want and whatever your thought process is, it'll go out and start to create that as your reality, so be careful what you think and a lot of people uh myself included, you know I've noticed when I do have an illness or sickness, it usually is a sign that I need a reprogramming that I or I need to do things that are more um pleasurable and fun or even just add joy to my work because one thing I wasn't doing when I got chronic fatigue, I wasn't joyful in my work, I was like alright get this done, get this done now, I gotta do this, gotta do this and then I would watch my wife, you know my wife Stacy and I'd see her doing like a little text and she had this big smile like what are you so happy about? Like you're working.

And she goes, yeah, that's fun. And I'm like, okay, I need to pro I'm not that's not in my super conscious now, but I need to program that in. – Yeah, exactly.

Yeah, I love it. So are there limitations as to, you know, you're saying upgrade your story, upgrade your life? And so are there limitations? I mean, you have these people, maybe it's you know, nothing bad about Wal mart clerks, but maybe some, you know, you have a kind of average life and you low paying job and you want to be a billionaire. I mean, is that a limitation, is that too much or you know, what, what are the limitations and you know, where how should you set your your goals? – Okay, great question.

So the subtitle of the book is how to live a life, a story about how to live a life without limits. So I don't believe in limitations, But I also know that if someone is in a, you know, a low paying job and all of a sudden they want to be a billionaire.

I'm not, it's possible. They could do that in a day. It's possible. There's a lot of shift that needs to be made though, and I'll give you a good example, Like, you know, some people will actually not the house I'm in now, but the house we owned before, we bought it from someone actually not directly from them, but someone who owned it. But prior to us had won the lottery 11 of the lotteries and they hadn't had a lot of money prior to that.

They won one of the lotteries. They bought this nice house and they, I think they bought a bunch of other stuff and eventually the house went into foreclosure and we didn't buy it out of foreclosure. Someone else did, but we bought it from, from that person. But why did that happen?

They had a bunch of money. What happened? They had not developed themselves to be able to have that much energy. Money is just energy. Just like people haven't developed themselves enough to have that much health sometimes, right? They just, they're not ready for it.

And that's the shift that needs to be made. How long does it take? I don't know right? Sometimes it may take years or decades to be able to make that shift where you accomplish something and sometimes it happens a lot quicker, but I don't believe in limitations. I know there's things that people say are impossible and I'll agree they have not been done yet, but I will never say something's impossible because I've just seen too many improbable things that people have figured out and too many incredible stories where people have done things where most people said don't even try that.

You know, you're not, there's no way you're going to do it, they just did it now, not easy because you're creating a shift and shifting the mind takes energy takes effort, takes consistency, takes sticking to it when things don't look good, that's a big one. A lot of people, you know, when they're trying to heal uh and they're getting, you know, all sorts of tests on and they're working with the mind and working with you and and then, you know, they get a test and the test doesn't show like everything right yet they go it's not working. No, no keep going.

Don't let that setback, don't let that that that that result cause you to not believe actually if anything, alright, I believe even more and what's the worst case that that you know, that will happen to you. But I mean worst case is maybe you don't get the result you want, but you'll still be a way better off then you would have been had you not taken this process and put it into action – Yeah. I like that, I can't remember which book it was.

But talking about each each failure is increases the probability of success thing that you know, you can only fail so

many times. So that means that the next time I'm closer to success.

So if you keep on pushing then at the end of the time. Yeah, at the end of it, you should you will have success and so and each time you're then refining your patterns, you're refining your processes, your you know, it's that that cycle of improvement that you're doing to be able to find, you know that the success to achieve what it is that you're looking for.

– Yeah. You know, it's interesting. You keep inspiring new ideas of me, you know, things that I just thought of. So one thing that a lot of people in recent years, they say, you know, don't have any expectations and I agree with that partly, but I disagree with it too. So I always want you to have the expectation.

The belief that the result that you want is done. You see it done in your head, right in your mind, you see it done, you know that that this is your destiny. But the expectations on how it's gonna happen. You don't need to have any of those, you know, because it's gonna be, it'll it'll look so different than what you think.

Effective Action, Networks, and Habits

Typically anyways, you know, like your healing and all of a sudden you might have like a little setback, well you probably need that setback to even get stronger in your in your faith and your body, your immune system, the ability to heal that you can use right, you can use that setback that evidence that might scare other people use it just to be even stronger but don't get addicted to the way that it has to happen.

Get addicted to knowing that if you put your full mind, your super conscious mind into it, you take the right actions, you will get a great result. Now, does that mean you're always gonna get a great result? I wish it did, but probably not.

There may be some times where you're just going to do everything right and not get it, but you're still gonna be so much better off – And I like, you know, I usually tell people the symbology of you're looking at a painting from afar and you you describe the pain and you can't quite see it and he said that that's an elephant and that's your reality at that time, it's an elephant.

And then you get a little closer now you start to see a little bit more details and so I wasn't really an elephant, it was a mountain and it was this and that and as you get closer and closer, you know, reality shifts and and it becomes more and more real, you know, and that's the key, you know the same.

You you can't really, it's not like you were wrong before, but it is as you then get closer to what it is that you're aspiring to, you know, it becomes more and more clear and more real.

– Yeah, absolutely great stuff, Michael. – Yeah. And also I love with the expectation part, I mean you have, where you talk about systems, you talk about kind of tightly coupled and loosely coupled systems, you know, where your things are, are tightly connected, you know, you do this one thing and that's so connected to this and this has to happen because this first thing happen, but in loose systems, which is kind of reality is, you know, things are very fluid.

And so if you continually say that this is the way things has to happen, if it doesn't happen this way, then I'm not getting the results, you know, then you're putting limitations on the universe or putting limitations on how things can take place and you will then obviously reduce the likelihood of it, of you achieving the goal. – Yeah, my belief is the universe is always working in your favor.

There's gonna be some crappy things that show up that you don't like, but that's when you gotta get excited and figure out how the heck am I gonna use this?

I'm gonna milk the heck out of this thing, right? That I that in the past I would have liked and then all of a sudden when you, when you can start thinking that way, and some things are gonna be harder than others to think that way about when you start thinking that way, you're unstoppable, – That's incredible. And I want to kind of get back onto

your last point, you know, where you, you know, you have people that they're working hard and they feel because they're working hard, they should be able to receive the result, but it's it's also then kind of leveraging your effort and knowing how to do that effectively. So what are some some suggestions or guidance that you can give people in how to do that in their daily life?

You know what whether it's for health, whether for business or whatever it may be. – So packing your day with effective action, there's two types of actions you can take, there's achievement actions, you know, working out, you know, eating right things like that and then there's recovery actions, getting enough sleep, getting the right kind of sleep, meditating uh other have just having fun with your family. So everybody thinks it's gotta just be, you know, action action action, but the recovery actions are just as important for especially for healing, there's a couple of habits that I think are really important.

One is if you're going to pack your day with effective action, don't be the only source of that action. And so one of the things I tell people to do is create a network of empowerment. Like you're in my network of empowerment if I need help and medical issue, I'll call you up right and go, hey Michael, what do you think about this now? I could go do all the research on my own and but that would not be very effective because you know way more, especially about certain things with health and I that I'll know that I'll ever know, I don't need to know all those things uh your network and also direct you in the right direction for other resources and help and things like that.

So always be looking to increase, I call it your network of empowerment, create new connections. Find ways to add value. Don't create new connections by saying, hey I need your help, right? That's okay.

But create a connection by saying how can I help you or just complimenting someone or or noticing something that they're wearing that's really cool or something they did in their practice or in their job and their work. So there's there's a network of empowerment that I have that pretty much can get me anything that I need help resources, capital, things like that. Now it took years to build that anyone can do that. We're never alone.

We don't have to be alone. We don't have to fight anything on our own. We don't have to heal on our own. There's a network of empowerment that you can build by adding value to those people and they're gonna help you out and and make sure you're creating the right network people that that make things happen, right? The other thing that I would say and this one is going to sound a little funny, but a lot of times in life To be more effective.

You have to do what you hate to get what you want and maybe hate's too strong a word, but do what you don't naturally like to get what you want and great example is one of the things that I had to get better at was meditating.

I didn't like meditating. I'm like, I'm too busy, how am I gonna sit and do nothing for 20 minutes, you know, twice a day or whatever. Now I can't not meditate.

I mean I'll be in one of those chairs probably after this to my afternoon meditation. It's just such a function of what I do, but I hated it or disliked it pretty intensely when I first did, I wasn't good at it and now I can get into a great deep meditation so easy and I come back refreshed, but I had to dive into that into something I didn't like doing in order to get what I wanted, which was more health, happiness, joy productivity, All those things came from me doing something that I naturally didn't like. Now I do like it though.

That's the thing when you get into good healthy things that you don't like, like eating healthy, like I'll pretty much eat anything now if it's healthy, you know, green smoothie without much sugar or whatever in it.

Like, hey, that's gonna make me healthier. I'll do it. I just trained my, I trained myself to do those things in order to be able to get what I want and actually I like the green smoothies and things like that now, which before I probably would have, you know stiff armed it away and now I actually like that. – Yeah and it's not like, like you're saying it's not like you hate something, it's that you're getting out of your comfort zone, you're, you're kind of expanding your ability to do things and most of us again, going back to that kind of limbic survival mechanism, we feel safer doing things that we are comfortable and know how to do and obviously when we do things that we don't know and that we're not feel comfortable we are, it's gonna feel, I mean we're gonna want to reject that and stay away from that.

But it's important then to really see that these are habits that people do that achieve what it is that I'm wanting to achieve. So then that would be a good habit to incorporate.

Belief, Persistence, and Final Takeaways

– Absolutely. Yeah awesome. – Yeah. any kind of final things that you would say that you know these these are obviously these are your the, the nuggets that you distilled in in the breakthrough code which which is amazing.

Any other nuggets that you feel that for, for people that are looking for regeneration for kind of expanding who they are and living a fuller life. Is there any other other tip that you feel would would would be really powerful with with everything that you know, all the people that you work with.

– Yeah, I just the the thing that I would say and I know it's a tip or more of a belief system but the the people that are doing big things in life, they're no different from any other human being. They just think bigger thoughts and they hold on firmly to those thoughts and those beliefs even when things aren't going well and they find a way to prevail. And I think people give up so easily.

I remember hearing a story about who's the Canadian singer that you know, she's she was in Vegas for a long time. Her name is escaping me. Celine Dion. Yeah.

So she was like 12 years old. She believed in herself and she was a singer up in Canada and she made a demo tape and she sent it to a record company in Los Angeles thinking okay they're gonna hear this tape, they're gonna call me back, we're gonna sign a deal. She's like 12.

Right? Very motivated though. And she didn't get called back. And so she found their number that the executive and she she called up and somehow got the receptionist or secretary to to transfer her to this executive. And she said you know my name is Celine Dion.

I sent you a demo tape and I'm just calling back to see what you thought about it Now. The person hadn't even listened to it yet but they said oh yeah we listened to it and uh you know thank you for sending it but we're not interested now.

What would most 12 year olds do? Like probably I was like, Okay, all right, thank you very much. Maybe I'm not that good. She's like you didn't listen to it, did you?

And the person said no actually I did but I will listen to it now. And so her faith, her belief was so strong. This person went and dug it out of all the other tapes there. Because I was like, this girl really believes in herself, this young lady and listen to it and then they signed her.

So do you have that do you have that level of commitment if you wanna heal from something you've had for a while, like, you know, you've entrenched those that old story in you. You've got to start digging it out and you've got to be willing to do the work to do it. Yes. You know, go to Dr. Michael and get everything that they can give you that will support you in your body and your mind. Use your mind to though, use your mind, you know, be a co healer with whoever you're working with by using your mind to make sure you're doing your part and not preventing the good stuff that they're trying to help you with from working. You can you can make it work even more powerfully with your mind. – I love it.

I love Yeah. And that's exactly if you set your directions then all forces and you just keep being relentless. You know, there's just no choice but winning. -Yeah, Absolutely I love it Especially if they're working with you. They're gonna win.

– Likewise. Well, I know they went with you. Awesome. Well, thank you so much. Tom This is awesome. This this is incredible. You're doing amazing work and you're changing the world.

I love it. I love it. Thank you so much. – Yeah. Thanks for having me on Michael really is an honor to be with you.

And I look forward to seeing you again in person soon. – I'd look forward to that.

It's gonna be awesome. Thanks.