Introduction and Hope for Healing

Welcome to Mold, Mycotoxin, and Chronic Illness Summit. I'm your host, Dr. Ann Shippy. And today we get to talk with one of my favorite humans on the planet.

I could get teary eyed just introducing him. He brings together some of my favorite topics quantum physics, neuroscience and hardcore medical research.

And he teaches people how to truly tap into their innate ability to heal or optimize their health. Thank you so much, Dr. Joe, for joining us today. I'm so happy to be with you, Dr. Ann I'm happy to be here.

So when I was making my wish list, you were at the top of the list because more than anybody on the planet, I feel like you give people hope. And that's what this summit is about.

A lot of our listeners are extremely ill from environmental toxicity and they're losing hope. And what I find is that those of us that are doing your work, it just changes so much in our lives and really helps.

Are our biology or biochemistry to work so much better that we can heal so much more quickly? Sure. And not only biochemistry, but all the way down to the immune system, right.

Which which is just another system that gets robust when we get back in the balance. Yeah. So you've had some pretty exciting things happening this year.

It would be fun. I know a lot of our listeners are familiar with your work, but if you want to talk a little bit about what some of these exciting things that have been happening with with the research.

Yeah, you know, the, the whole reason and that I got interested in doing research was because we were watching transformation take place right before our eyes in transformation.

I mean, changing form, changing biology, changing chemistry, changing gene expression. And when you see somebody with as an example M. S who's been in the throne, you know, in a wheelchair for ten years, all of a sudden walk around your event and dance around, I think that was the moment where I started realizing something was happening and we have to be able to measure that, whatever that effect is.

So the whole, the whole impetus behind doing all the research was really to kind of quantitatively substantiate what was happening in human testimony.

We started seeing people having dramatic changes in their health, and that was happening in an inward experience. And so we wanted to kind of demystify the process to see what it is exactly that's happening.

And if you look at most people's brains, they don't work right. How do you make the brain work better? How do you get your heart back into balance and order and coherence instead of living in survival and stress?

If genes are just a library of potential, is there a way then to see if that person actually downregulated the gene for arms and began to upregulate genes for health and immunity and and then looking at the blood and studying, you know, thousands of metabolites, the information in the blood that was not there prior to that experience is now there something inwardly is happening in their nervous systems making a pharmacy of chemicals that causes the body to move back into balance and homeostasis.

And we studied the immune system and we we wanted to see what what exactly strengthens the immune system from that inward state, not from a gluten free vegan, low stress caveman diet, which I don't have a problem with to

get yourself back into chemical balance.

But what about that emotional balance that seems to keep the brain and body out of homeostasis, out of order? And so we started looking to see, could you upregulate the immune function as well?

And we started looking at urine and we started looking at saliva and we started looking at breast milk in facial expressions, language and the microbiome.

Why Research Matters in Transformation

And, and the idea was and what I pitched to the scientists, you know, if we think 90% of our thoughts are the same thoughts as the day before and the same thoughts leads to the same choices and the same choices lead to the same behaviors, The same behaviors create the same experiences and the same experiences produced the same feelings and emotions and those same feelings.

Emotions tend to influence the very same thoughts to go through that cycle again. Then I said that the research was our biology or nerve circuitry or chemistry or hormones or immune function, you know, gene expression should stay the same because we're the same.

So then is it possible then to give people new information and and give them the right information, new science as that language of transformation and change?

They learned that information. They could wired in their brain, they could think differently. And that new thought should lead to a new choice. That new choice should lead to a new behavior.

A new behavior should create new experience. And a new experience should produce a new feeling and a new emotion. And is it possible that new emotion can inspire new thoughts?

And I would think that would be evolution. But when we started doing the research, really, you know, really in the last five years was we really sunk in with on a university level?

I mean, I never thought we would see the type of changes we would see in human biology just by that simple principle and immersing people for seven days in the experience of change, to change what we do, the inner work to change ourselves now.

So if you think differently, if you act differently, you feel differently. You're a different personality. And a different personality should have a different biological expression than the personality who's living by the thoughts.

I can. It's too hard. I'll never change. I hate my life. I complain, I blame, I make excuses. I feel sorry for myself. These are unconscious programs because we've practiced them so many times.

Different behaviors. Yeah, yeah. And all the way back to when we when we learned that from somebody else and then feeling the same feelings and emotions, then.

Then my my life should stay the same. And nothing changes in my life until I change. So we start to see if people became a different personality in time.

Their disease didn't exist in that personality. They existed in somebody else. So if you look at our data around the microbiome as an example now, and this conference is really about mold and environmental toxins and and you can't you can't talk about that without talking about the microbiome, right?

And so, you know, if you look at a person's microbiome at the end of seven days, our week long event and you see the significant changes that are taking place without changing their diet, without eating low sugar, low stress foods, taking probiotics, taking samples, they're doing none of those things.

And normally that process is an elongated process because you've got to actually keep making the same choices, the right choices every day to create your body moving back into chemical balance.

Right. So nothing wrong with that. But if you're still reacting to your coworker and you still in stress, were in traffic in and living in anxiety, you're out of you're out of your out of emotional and chemical balance in the long run anyway.

Right. So so but so if you get it right and you go 60 to 90 days, you may see some changes in the microbiome. And so we see dramatic changes in the microbiome in seven days without going through any of those those the conventional means.

And, you know, I'm sitting with the researchers in Vienna and we were talking about this, and I said to them, what do you what do you think? Like, what do you think's really happening?

And they were like, well, we don't know, you know, And that's kind of always where we start. And one of the one of our our guys just said the microbiome changes because they're not the same person, The different person has a different microbiome, the old person has the same microbiome, and we all kind of scratched our heads and we're like, There's brilliance in that.

You know, there's brilliance in that, and then there's standing. So. So then if our response of getting to the answer to the question, if our response to the environment, your coworker, our traffic, the news, your emails, your best friend, your kids, your spouse, your partner, if your response to those conditions in your outer world or your response to the very thoughts that you think is producing the emotions that are derived from the hormones of stress, then your response is weakening the organism.

And and and you have three types of stress physical, chemical and emotional, which means now you have three types of balance physical, chemical and emotional.

And with human beings, that emotional response is the most immediate thing that moves the body out of homeostasis because living in stress and living in survival is switching on that sympathetic nervous system.

And the sympathetic nervous system moves the body out of balance intentionally to survive, and it recruits all of its resources for that, for that threat, real or imagined.

Short term, all organisms can tolerate that. But the long term effects in living in stress and survival, there's no growth and repair. And now there's autonomic dysregulation. Now that means when there's autonomic dysregulation, the signal from the limbic brain is incoherent.

It's out of order. It's not balanced. There's no rhythm, there's no cadence, there's no information that's making it to the cell. So you look at the digestive system, Well, not a time to digest if your response to the environment is always emergency.

And so you start secreting less acids or you start hyper secreting acids. But but now digestion is compromised, timing is compromised. And and if you're if you're not in that kind of balance, you can have whole kinds of systemic effects that are taking place in the digestive tract.

That's where its origins are. But now it's in the blood and, you know, and everybody here knows the rest of the story. So so that that chronic state is what's causing the microbiome to change in its at least favorable way because the the the the organisms are actually proliferating in a host that's actually weakened.

And so, you know, the compromise is that the good bad bacteria tend to be suppressed and the good bacteria tend to grow or the microorganisms tend to grow.

And now you're now your your your your body is now weakened to anything you can just because your response to the environment is causing be victim to the environment and you're weakened by your environment.

So you're more prone. So we thought, okay, so if we teach people to have different feelings and different emotions and they can do that with independent of their environment.

Be aware of them. Because I think a lot of times we're just not even aware until we get to go through this process. Yeah. Yeah. Because 95% of it is unaware it's unconscious, right?

Or subconscious. So becoming conscious of those unconscious thoughts, behaviors and emotions is the first part. It's the unlearning process. And we discover that when people actually sit with themselves long enough to catch those thoughts and no longer accept them, believe them or surrender to them.

So you notice how they're behaving and acting and looking how they're at how they're feeling on a regular basis. You're no longer the program, you're the consciousness observing the program, and you start to objectify your subjective self.

I've had the honor of getting to do your week long with each of my sons individually and then do some of the accused with them together. And it was it was so fascinating to watch.

You know, they're young men. You know, they were. I saw yeah, I. Was 21 was 20 and one was 24 when they first went through. And to see them actually go through that period of time where they they were sitting with their thoughts, it was not easy.

Like they I was so in awe of them that they were that they kept they were brave. They just kept going.

Changing Thoughts, Emotions, and Biology

And, you know, the things that they said once they were through it and the changes that actually happened in their lives like to be, you know, to be driving and somebody cut them off or whatever and not react or, you know, they just felt like they were a kinder, gentler, loving person.

And they learned that they can actually navigate through the world with with their hearts wide open, that they. Yeah. And really know the difference. Mm hmm.

Yeah. And and wow, you learned that at a young enough age. It becomes a really valuable tool in in started you react, you know, and react. The question is how long you know, that's the real question.

So anyway, so we thought, okay, if we can teach people how to stop responding and reacting and sit with those emotions instead of getting up and saying, I think I'm too busy, I can't meditate, this is too hard to actually sit through and ask if there's anything on the other side.

I'd sit with it long enough to train the body, condition the body to a new mind. When they actually finally get beyond that emotion. They're they're mastering their creations through getting beyond their past, because emotions are a record of the past.

So if you can teach a person now to say, okay, let's move out of survival, and this goes counter to everything you've ever done, this is practice opening your heart.

Like, let's practice feeling the emotions that will open the heart. Let's breathe. Let's take the body out of survival and we can start feeling those elevated emotions.

Could you actually change your biology without needing anything outside of you? Because typically the environment signals the gene, and the end product of an experience in the environment is an emotion.

So when we live by the same emotions were signaling the same genes and making the same proteins in our biology things the same. Okay, so give up the resentment, give up the impatience and give up the frustration.

And yeah, I know it's easy to feel all those things, justified or not. It's not doing you any good. And there's a story that goes along with the past.

Let's stop telling that story and start telling a new one, right? So get that person to feel the emotion and unlearn that old emotion and recondition their body to a new emotion.

Is it possible that the body is so objective that it does not know the difference between the real life experience that's creating that emotion, the emotion that person is created by thought alone?

If the environment signals the gene and the end product of the experience and the environment is emotion, could you signal genes ahead of the environment and begin to upregulate health and downregulate disease?

And we've seen across the board that you can make your heart work better when you do that, you can make your immune system work. You know, IgG levels up 50% in just just four days.

You know, you could actually signal new genes in new ways, release a host of metabolites in your body that begin to promote growth and repair and not only emotionally feel that emotion, but can you make your brain work better and get it more coherent instead of disregulated and incoherent?

You know, we've kind of figured out how to do that. And and if you can make your brain work better, could you have a better intention about the faint thoughts you do want to hold on and believe in?

And can you practice rehearsing how you're going to be when you return back into your life with your children, with your partner, with your job, with your colleagues, with your cousins, with your family members, with your dog or whoever?

Could you actually rehearse how you can be a better person? What's the greatest example of yourself that you would like to present to the world And the act of closing your eyes and rehearsing the behavior changes the brain to look like you've already done it.

So now you primed the brain for the behavior. So get good at doing that with your eyes open as well as with your eyes close. Your life should change, you know.

So to answer your question, when we started out on this journey, we just never thought that we would see what we're seeing in terms of wonderful and elegant brain states independent of what you eat, independent of your age, independent of where you're from, your social status, your profession, You can make your brain work better if you just learn how to do that. Could you make your heart work better?

Yeah. We have thousands of scans to say that you can. And I think it can be intimidating to people to even start meditating, much less go to a week long.

But I have to say, you know, what you shared with with the response that you've seen sometimes it's even better if you haven't. Like if you just go in and just start. Yeah.

So nobody wants to be intimidated about meditation. Just dive in, right? Yeah, Yeah. So that's a really great conversation because there are a lot of times that spouses come to an event, men and women, where the the partner is really into the work and you know, they've heard them lecture them up one side and down the other, and they finally come.

You know nothing about meditation. I've never meditated in their life. And they they they have some of the most profound changes in their in their body simply because you they do exactly what you tell them to do.

And they don't expect really much to happen. And when we our data shows that when you don't expect much to happen, the unexpected is going to happen. That's kind of how it works.

So so we had almost for certain people's better that they don't have any experience because we don't do any traditional meditations that are based on culture or religion or tradition.

We look at the data and we know what works. We know the music that works, we know the words that work, we know the process. We know a whole lot about how to train the brain and into a greater a greater rate of state of order. So the exciting part is that whoever you are, whatever you've done in your life, you can make your brain work better and you can make your heart work better.

And if you understand that when you feel the emotion of your future before it happens and you practice opening your heart and you have the intention that if I feel this emotion, I could actually select and instruct new genes to change my biology.

If you have that intention as to why you're opening your heart, you'll assign meaning to the task and you'll actually produce a greater outcome. And our data shows that 100% of the people that actually do that will actually change the very chemical they think they're they're fabricating in their autonomic nervous system.

What 2% of the people are doing it right? So it's kind of a crazy thing. So our data is kind of correlating a lot with with human potential. And it's and it's showing that there's so many biological changes, even novice meditators that never really meditated at all, and that I am curious but skeptical that come to our events at the end of seven days when we study the metabolites in their blood.

There's so much upregulation of so many metabolites and it's not just a few people and it's majority like 77% of the communities having this kind of dramatic change.

And their biology actually looks like they're living in a different environment and they're in a ballroom. Here. And there's not too much excitement in the ballroom, but somewhere there's some type of changes that are taking or some type of changes that are taking place to suggest that they're in a different life, they're in a different environment.

And in this because the inward changes are actually producing pharmacies of chemicals that actually support growth and repair. And we have data to show that while we just came across I was just talking to those researchers and and, you know, we have data to show that that, you know, one intervention, meditation, we don't we do meditation really not to heal, We do meditation.

The change. And when you change, you heal. That's exactly how it works. So we demystify the process that so that people have within their reach those tools.

So one intervention, several different diseases and several different diseases are responding to like one intervention, one drug that's kind of unusual, right, is 60 different diseases.

We study psychosis, right? Yeah, it's kind of crazy, right? So then we started looking at pain levels and across every single disease at the end of seven days is a dramatic reduction in physical somatic pain.

And in a lot of times emotional pain that goes with that dramatic changes in pain. And so we're sitting around the dinner and we're just a bunch of people just kind of trying to figure it out.

Well, if their pain levels are dropping, are they making that endogenous morphine, endogenous opiate? So let's measure opiates. And again, once we look at the data, 100% of the people, 100%, whether novice or advanced meditators increase their endogenous opiates.

And and there was one particular opiate called diversion that was in such high concentrations that the researchers actually had to dilute the substance to be able to measure it and then multiply that, you know, multiply the deviations.

And it's insane because they're making their natural pain relievers. They're nervous system is producing a

pharmacy of chemicals that's actually working better than a drug than than an actual actual exogenous substance. So so we see changes in in the microbiome.

We see changes in all these different wonderful chemicals. You we just published the paper just recently uncovered and we. Congratulations. That's a big deal.

Yeah, we got it and we got it through. And and again, you know, we just we looked at our first preliminary studies. We're looking at blood metabolites.

We see this one guy that has in our first test subject. His changes were so dramatic in terms of exosomes and metabolites that we just we just said, well, the lab closed because of COVID and we had the blood and we were like, let's create a pseudo virus and see if his cell is greater than the environment, just to see if there if that's possible.

And, and advanced meditators produce this protein that inhibits the the virus from entering the cell. And it wasn't it wasn't just one person. After a period of time we saw it across the board and and so you can actually create a robust immunity when you actually are not responding to someone cutting you off because your body's not being weakened by your response to that condition or to your own very thoughts.

And our thoughts produce chemicals and our chemicals make us feel certain ways. And that's a thought and a feeling and image and emotion and stimulus and response.

And you're conditioning the body into the past, you know, And that's the that's why change is hard, because you've got to get beyond those emotions. That means you've got to get beyond your past.

And that takes it takes energy and awareness to be able to do that. So the data across the board, Yeah, yeah, in practice. And I think that's what a seven day event doesn't mean because you're going to sit with you long enough and so you start liking you.

Microbiome, Stress, and Autonomic Balance

And then when you realize that nobody's making you happy but you know you're free and you don't need anybody to be happy in you or anything to be happy and and changing your internal state independent of your outer world is really why we use meditation in and to change is our model for changes to be greater than no body which has been conditioned emotionally into the past by remembering events and feeling the emotions.

That's an automatic process and the body's believing it's living in the past all the time. And when there's feeling that way, it's going to behave and act in sync and the person's literally going to be living in their past and nothing new is going to happen in their life.

They're going to be in the known get up and run through the same routine every single day and you lose your free will to a set of programs, and your body's dragging you into that predictable future based on what you did in the past.

Now, in a sense, you're on autopilot. So if the habit is when the body becomes the mind and you practice something so many times that it knows how to do it, but in your conscious mind, then you better be greater than that habit and execute a will that's greater than the program.

And human beings have the spirit if they're willing to get present with catching themselves, defaulting in that way, and being uncompromising to the familiar pass which is the known or the predictable future which is the known and settle into the unknown, which is the present moment.

And that's very scary when you're living in survival because the unknown means danger. It's unpredictable. And yet if you teach people how to do that, the body starts liberating energy.

So to changes be greater than your body, to be greater than your environment. Every person, every object, every thing and replace that you've experienced, that's known to you is mapped.

Is neurological networks in your brain. So you have a neurological network for your partner, for your kids, for your home, for your cell phone, for where you sit, where you sleep, where you work.

And and for the most part, then your environment is controlling how we feel and think. And because we have a neurological network for everything we've experienced that was known to us, and if we have experience it, we have an emotion associated with that person.

Or are those people or that place or that circumstance or that thing. And so then to change then is to think, act and feel differently in the same environment.

And that's the only way you're going to change that thing. That's been so fun to do this with my kids because they actually see me changing like how I respond.

You know, they'll sometimes poke the bear a little bit like this. Yeah, I get to react and to to like, actually see a different response instead of just like that preprogram how.

But the ship is going to be like it's such a gift. Yeah. And I think as a parent, the greatest thing we could show our kids is to stop lecturing to them and show them what love does, show them what joy looks like, to show them what greatness is, show them what restraint and being greater, taking the high road looks like.

They'll notice that in 2 seconds they notice it kind of right away, you know, You know right away. And that's the greatest teaching tool. This example right there, mirror neurons, you know, that's the process.

So anyway, so to be greater than the environment then is to think, act and feel in the same conditions and not let that person or that circumstance cause you to feel and think equal to the memory of them and the emotion you have associated with them.

Because the moment you do that, you're back to the old personality seamlessly defaulting, back to thinking the same way, acting the same way and feeling the same way, and nothing changes in your life again.

So then you've got to be able to be greater than the environment and you got to be able to sit in that present moment be greater than time. And that's our model for change.

And so we use meditation to disconnect from the environment, to get beyond the emotions and habits and drives of the body and not let it get up and feel and experience and smell and taste and see and hear, Shut up, shut out your outer world, Get beyond your body and get into the present moment.

That's what we use meditation for. And then we use to also use the model of meditation not only to change, not only to to be greater in our body environment in time, because that's what it means to change, but also to change our brainwave states.

And and we've got to get out of the we kind of get out of the thinking brain, the analytical mind. We had to learn how to get into that state where we're out of survival and people aren't just in a certain state when they're in their, you know, conscious mind.

Sometimes they're driven by the hormones of stress. Their brain is highly modulated, highly compartmentalized. They're shifting their attention to one person, one problem, one thing, one place, another problem, another person, another thing, their cell phone.

You know, they're all over the board and their brain is very disintegrated. It's it's modulated, it's firing in compartments. And so and they're over focused and they're in very narrow focus.

So they drive their brain further out of balance into these high, high aroused states just by thought alone. And analyzing your life within that disturbing emotion is actually going to make your brain worse 100% of the time.

So how to get people out of those analytical and analytical programs? It's so easy to snowball. Yeah. So. So then we've discovered that when you teach people how to broaden their awareness and when they sense and they stop thinking and they take their attention off everything, physical and material, everything known and they keep practicing that process, they start to integrate their brain into more synchronized patterns.

The brain becomes much less modulated, more holistic, much less compartmentalized, and more more balanced in in. And they can actually get out of survival and get out of stress and move into those more creative brainwave states and meditation we use as a way to get beyond the analytical mind.

And what separates the conscious mind from the subconscious mind is the analytical mind and the conscious mind as 5% and subconscious is 95% of who we are of those habits, those emotional responses.

Yeah. So, so then the only way you're going to get in the operating system to rewrite your program is to get out of that thinking brain. And and we've we've kind of figured out a way to do that so that people can get into the operating system to rehearse a new way, to rewrite a new program.

They change their their emotional response in practice that in their mind. And and lo and behold, you start installing the software. Then the person comes back to conscious awareness.

And in some level, they're more conscious of their unconscious self and they're consciously programed themselves into a new state. So the word meditation means to become familiar with, become familiar with your old self conscious subconscious that you do go on, don't go unconscious to those thoughts, behaviors and emotions in your waking day.

And then to become familiar with the new way of thinking, fire and wire. Those circuits make it more of a software program by keep doing it, make it a new voice, a new belief that's taking place in your head.

Practice how you're going to behave and not respond to the same conditions in the same way. Rehearse that in your mind. Take the high road, rehearse it how you're going to be in certain circumstances, priming your brain for that behavior.

Keep doing it. You'll do it more easily with your eyes open. Trade Fear for love. Practice feeling love, Keep feeling that feel and keep bringing it up over and over again, Over and over again.

So you bring it up on your own. Become so familiar with it that you're making different chemical chemistry in your brain. Keep practicing that you could actually become somebody else.

And in so we use meditation as a model to change, to change our brainwaves, to get in the operating system and in literally be greater than our body environments in time.

And when people start figuring that out becomes very practical. And I want it to be something that's really practical for people. Because as we said, if if the theme of this course is really about mold and fungus and environmental toxins, is it possible then that if you get your if you can have physical stress, which is trauma, accidents, injuries, falls, you know, sunburns, you could have chemical stress, you know, environmental toxins, molds, chemicals, pesticides, viruses, pollutants, preservatives, bacteria.

That's hangovers, nutritional deficiencies. There's a chemical imbalance. And then let's talk about emotional or psychological stress. And and 75 to 90% of every person that walks into a health care facility walks in because of psychological and emotional stress.

That's that's four out of five people. And so so then you can you can get your body physically in balance. You can do yoga, you can do you can do interval training, you can do weights, you can do cardio, you can do sprints, you

can do massage, acupuncture, chiropractic, you can you can, you know, do all those things that get you back into physical balance.

You could take all the vitamins, take all the probiotics, eliminate certain foods that make your body out of balance, you know, avoid environmental conditions, keep your body in chemical balance.

But if the signal to the cell is fear, rigidity, control, anger, self judgment, frustration, and that's the person's emotional state than their bodies believing it's living in a really, really, really harsh environment.

And the body's not going to sustain homeostasis because that person is is constantly keeping the body out of balance. Now. Now there's nothing there's nothing wrong with doing those other things.

But if the person doesn't take care of self regulation and really understanding, justified or not, that emotion, the only person that's harming is you.

Right? That's that's that's that's the bottom line here. Get the body out of homeostasis and get back into autonomic regulation. Can it begin to write itself back into balance?

And could the body naturally then release those chemicals that actually can suppress those molds and funguses and create. More things better. Just more robust response and resilience?

And so that's that's really the interest is to be able to teach people how to do that and shorten the refractory period of their emotional responses.

Meditation, Brain Coherence, and New Identity

Now, in typical clinical settings, get somebody more physically balanced and chemically balanced, going to be more emotionally balanced, get somebody more emotionally balanced and more chemically balanced and be more physically balance, get somebody more emotionally balanced, more physically balanced, Their ultimate going to be more chemically balance.

That's that's how we should see the model. And I don't care if you have to use pharmaceuticals or whatever to get the person back into emotional balance.

But but the and no one's a master at this yet but the the the reliance on something outside of us and we become independent to change our internal state excludes our ability to take to take care of that emotional component.

Right. So we have to be able to address a psychological and emotional stress imbalance. And many people who have immune mediated conditions have had some trauma or some really strong event that has knocked them out of homeostasis and balance and they have not been able to get back to that point.

And in in the chronic condition, the physical and the chemical changes are not going to ultimately make the change that the person wants until they actively become aware that they have to participate in their and their own emotional responses and shorten refractory period of those emotional reactions.

Most people don't think they have the ability to be able to do that. But I promise you, if you sit in a meditation and your body is raging and it's frustrated and it's patient and it's angry and it wants to quit, and you're not going to you're not going to let it be the mind and you keep lowering the volume to that emotion.

You keep bringing your body back into the present moment that you're telling your body. You're it's no longer the mind that you're the mind. If you keep doing that, sooner or later the body is going to surrender.

And when it does, it's it it's freeing itself from the past. So now take that person like your kids as an example and have them be driving down the road and somebody cuts them off and they just don't have it in there anymore.

It's not like they're trying to be spiritual, they're not trying to forgive, they're not trying to be a good person. They actually feel so good that they really don't want to lose the feeling.

So that's all right. You know, like I'm going to stay here. This feels much better and feeling the other way. And so we see oxytocin levels go up in the body that signals nitric oxide, and then the heart starts to open with and thus the derive relaxing factor and the person feels more love and the more giving and the more caring and, and everybody in their life starts to notice there's something different about this person because they're happy for no reason.

They're just kind of okay. And they're not, they're not judging anybody. They're not talking gossip or trash. They they would never do that because they know that they would lose the feeling and they just spent seven days overcoming that very program.

Why would you want to bring that up again? So it's it's a really. You know, I feel like it's one of the greatest gifts I have given to my kids and my kids have received to learn this.

I'm so, so grateful for you. I love you know, as you're talking, I keep having flashback to the young man that gave his testimony and leaned in that had muscular dystrophy.

And to me, that's to have a neurodegenerative genetic disorder when that kind of thing can be reversed. To me, everything else is gravy after that. And and as you were talking, I just like I, I remember his like the you could see him as he was talking that he had changed his personality and he had kept hope, even though he had had years and years since he was a young boy. Yeah.

So I'd love for you to talk about the genetic changes that can occur. Well, well, first of all, I watched that testimony. 100 times. I watched it 100 times because just like the scientists, I keep telling my I can't believe this is the truth.

I love when they run the studies five, six, seven times and they get same outcome. They're changing their belief. They're discovering something new right in that moment.

And so the testimonies that I've seen in the last two years and I've just I mean, I can't go to sleep at night because I can't believe this is the truth, right? So you have somebody with a really degenerative condition like muscular dystrophy.

Now, this guy had it as a child and, you know, his parents knew he had it, but they never told him until he started falling over and he couldn't stand up and mount up in a wheelchair and, you know, tried everything and read right on the Internet that there is no cure, you know, studied it and learn how to live with it.

But the other reason why people do this work, not only to change, they meditate to change, but they meditate to change their belief. And, you know, I talked to some people that have healed from really serious chronic health conditions backstage before they got on the stage, you know, the four minute mile for the audience.

And I asked them, like, what happened? And they tell me the story and they said I was doing my meditations three times a day and I was like three times a day.

And that's a lot. And you know what? They said the chemo wasn't working, the radiation didn't work, the surgery didn't change it. The drug trial didn't do it, the diet didn't do it, the fasting didn't do it.

You know, the gluten free didn't do it. You know, nothing was changing because they changing. Right. And so I asked them why three times a day? And they said, because I started to doubt.

I started to disbelieve and I had to go in and I had to change my state to I believed again that it was possible, you know, And what a profound thing, because you can't believe in the future unless you feel that from the emotion that's connected to it, you always believe in the past more than the future.

So this kid was practicing the work three times a day because nothing was working. He never gave up. He was uncompromising, which is a profound statement about who you are as a person.

And he started doing his meditations, noticing in the week long event in London that he started having some sensory changes and some motor changes in his body. He got super excited.

And now the immersion of this kind of collective group of people of 2500 people together, and we're all doing it together. And in the energy and the spirit of the room kind of caused him to start having these really profound changes.

And it was his is his skill levels went up quite a bit. So he the moment you notice change a you notice the smallest, tiniest like, hey, I can feel my toes or hmm, I, I don't have that feeling that pain any longer or that stiffness or that when you do you need one of those and then you're going to do what What you doing with more intention?

You can open your heart more. You're going to create more brain coherence, you're going to surrender more, you're going to connect more. You're going to do what?

Because now your belief in that outcome is even greater. So we do these healings in our and our week long events. You've experienced it and he was he was in the river of Change, you know, and he was right at that moment where he started feeling changes in his biology.

He was so grateful, he was so happy and in, I don't know, seven, eight people were in a circle around him. And we believe that it's not matter. That creates the field.

It's actually that field that creates matter. If you change the information, the field, can you change the destiny of matter? And we have great, you know, science to support and in our data is really profound.

We see that people change when people heal, other people when we do this. And he was just he got lit up. He was in that circle and that and those people had brain and heart coherence.

They collectively synchronize their energy and change something in his field in he was out of that wheelchair. He was standing in front of a camera. He was moving back and forth.

He was smiling, he was laughing. He was like, I just to say, like I had a little bit of doubt that this was possible. Now I have I have no doubt I'm standing.

I could stand like this. I'm walking. I have my balances next level. I couldn't put my hands behind my back. I put my hands behind my back. He's doing all the stuff.

He's laughing like you, you. You can't make that up. You mean the authentic look on his face in in his surprise, he got an upgrade. He's in a new body.

He's in a whole new life. He's is now. And they sent me the video of him walking down the street when he got home. I saw that. I that changes my belief.

You know, I had I was doing a filming for a documentary and I didn't know this in the documentary. Person was talking about different testimonials in our community.

And she said, And what about that lady that grew her thyroid back? And I was on camera. I'm like, What? Yeah, the lady like your thyroid back. I'm like, No, what are you talking about?

Yeah, she grew her thyroid back. I'm like, What? I didn't know that. And even know that was possible. I mean, like, that's possible. Like, we, we she is.

She's already given. It, all right? It's like. Yeah. No, no. Who is? So then what is the importance of the importance

of testimony? When that kid got on the stage and he took it well, when he told his story in London and the whole audience was in tears, you know, he in his humility, in his patients, in his beauty and his his joy, he he was that four minute mile.

He was the one that broke through a certain level of consciousness or unconsciousness. And it wasn't just, you know, healing a migraine or whatever. This was really big.

You know, this is him on his feet. And when he tells that story, everybody is leaning in. There's he's speaking truth. I don't have to say anything. He's he's speaking the truth.

And people are identifying with him in their thinking. Kind of he can do it. I can do it. And invariably, someone with that health condition or who's in the wheelchair that sees it as possible, their belief of what's possible changes and they become conscious of that possibility is becoming a reality.

And that consciousness of possibility creates an enthusiasm, an energy of change, and in that thought has a different frequency. And you have evidence right in front of you in three dimensional reality of somebody did it.

And that's an imprint, a footprint in the quantum field, which means that possibility is actually more of a reality. And so just like the four minute mile, someone finally breaks it after doctors and researchers said it was in possible physiologically, you know, two weeks later, someone does it.

There's there's been more people that broke the four minute mile this year than ever. And so it's not difficult anymore. There's thousands and thousands of people that have done it so so if they pierce this most infectious disease and and we've seen that because in the event we did in Denver last month, we had six people step out of a wheelchair because someone with me stepped out and it just became the new normal, like.

I will last a few. I was kind of late coming in for my walking meditation and there was a woman with ALS who hadn't stood in over a year that got out of her wheelchair.

Clinical Changes and Proof of Possibility

Yeah. And ALS. I mean, we have so many people with ALS that I mean, and again, that's another one where I have to change my belief. I was just somehow lower down regulating in a very methodical way the genes for ALS, and they start up regulating those genes for for immunity and balance and Nancy inflammation and everything is being cascaded in a downward fashion.

So we came across certain brainwave states when people hit that mystical, transformative moment, and they went way outside of a brainwave states and a very high, high gamma brainwave states, a super conscious, high level of arousal.

But the arousal wasn't fear, it wasn't pain, it wasn't aggression or anger. The arousal was ecstasy. And those gamma states in the brain somehow it was in the autonomic nervous system.

And, you know, three standard deviations outside of normal in any clinical study is an outlier. That's a lot. These are 200, 300, 400 standard deviations outside of normal in gamma brainwave states, high, high energy in the brain.

And it's not in the neocortex, it's in the limbic brain, the seat of the autonomic nervous system. And it's regulating at a very fast frequency, at a very high level of order.

And the autonomic nervous system controls and coordinates all other systems. It touches every cell in the body, save the red blood cells and white blood cells.

And in a sense, then there's energy that's informing matter. And the side effect of that high level of autonomic regulation are the cells are getting new information, and when they get new information, they emit more coherent light.

And in a sense, there's a biological upgrade that can take place in a second like that that somehow removes imbalance because there's so much regulation.

And we've seen this over and over again, you know, in the side effect of that is there's a stage for cancer that's metastasized again. And I know this is hard for people to wrap their mind around me, too, in the beginning, in their bones, in their liver, the tumors in their lungs completely.

There's no there's you if you're a physician or in that health field, metastatic carcinoma to bone cells, lung cancer, tissue is just not, you know, not good news.

And then you just don't see it on a PET scan. You don't see any any metastasis. I mean, there's somehow an upgrade that takes place. There's a disease, there's a condition, and now somehow there's more order, there's more wholeness, there's more balance.

But nobody gets lifted with light. So I've got a patient that just went to the Cancun events like I was that was like June, June. So she had has metastatic breast cancer too long and bone and none of the chemo was working that they were putting her through like two weeks after the event, they did a scan and she's 50% reduced.

Yeah. And that that is is in it's so hopeful for her and and I don't have an opinion on whether she continues to treat conventionally or unconventionally doesn't matter to me but her response to whatever she's doing treatment without treating whatever is working and the microbiome. Yes.

And we've seen. It in the microbiome. Relationship with her hope and her fears and what's possible. Yeah. And that change is I you know, I get the I get the goose bumps because that change really for that person is hope.

And they do they don't they do the work now. They don't do the meditation heal. They just know that the meditation is not going to cause them to heal.

They know that the meditation is to change. And when they change the heal, that's just kind of how it works. And so it's so powerful to see that that the response and we have data show that, that there's a microbiome that actually is diminished.

It and that's correlated to cancer and another microbiome that's actually elevated. When it elevates, it means that the response to treatment for cancer actually improves.

So there's this kind of crazy correlation that we see that takes place. We take the blood of those people that hit those arousal states. We take the blood and we put that blood in the presence of a uterine cancer cell, a pancreatic cancer cell, a breast cancer cell.

And there's information in that blood that causes 70% of the mitochondrial function in the cancer cell to be diminished. And cancer loves to multiply and move.

And for some way, the cells don't have the energy to do that. And they start functioning in a very less productive like a lytic way. And we have the data to show that that that's exactly what happens when people begin to connect.

And it's it's pretty cool. You know, this level of research that you're doing, is it just it's unprecedented. It's not getting done anyplace else. Like it's just it makes me so grateful and so teary eyed just like to have this understanding about how we can, you know, everyone within their own body is can tap into that healing if that's exactly what you're showing and why.

It's just incredible. Well, I think that the science is I keep saying to the researchers, I can't believe this is the truth. I can't believe it. And and I've been called for years, you know, pseudoscience.

And now you can't say that anymore. And science than anybody I know. No, the funny thing about it is I can finally say this, and it's one of the most pleasurable things I could ever say in my life.

And I could say, I'm not saying it. The data says the data say, I'm not saying I'm not saying it anymore. I'm not saying the data is saying so. So my certainty in what's possible and my belief in what's possible is changing.

I mean, someone growing a thyroid back, it bothered me for two weeks. I had to see the scans. I had to read the radiological report. I didn't believe it.

I just was like, get out of here. Talk to the person, listen to her testimony, and she's real. And she just did it because she thought that she just wanted to get her thyroid values back to normal so she didn't have to rely on synthroid or whatever she was taking.

And then also you start getting sick again and she went to the doctor and the doctor said, you're you're taking too much medicine. They took her off the medicine and then they're like Well, wait a second, wait a second.

If you're making thyroid hormones, where's that coming from. Right. They the ultrasound and they say it wasn't just some tissue, it was the whole, you know, the gland growing back.

It's incredible. Like for me, I don't know, like, I didn't ever think that I would be having conversations with researchers at this level. And I do the research simply because I want to be able to teach it better.

And and I want I do the research so that people know that they're greater than they think, more powerful than they know, more unlimited than they could ever dream of, and got to know that their nervous system.

We are data like a drug study at its best. You know, this is about 25% effective, you know, cause and effect. Crazy one out. Of four people may get a response and that's usually 60 days to a year.

Our data is 77 to 84% of the population is producing these chemicals, these molecules that sense that the nervous system is working better than any drug, you know, and people need to hear that over and over because it's so much easier to forget it because we're programed in to remember it.

And many people who get on the journey and I think this is worth a minute here, they may say to say to say, I believe in all this stuff. It sounds great.

Theoretically, it sounds great philosophy perfectly. I believe it. I just didn't believe it ever would work for me. And now this is where you're out of the bleachers and you're on the playing field right now.

I know you're going to prove to yourself that it can work for you and independent of your age, independent of your social status, race, your culture, your gender, your diet, independent of all those things.

Because I've looked at all of those things, independent of all those things, when you when you believe in yourself, you believe in possibility and you believe in possibility, you got to believe in yourself.

That means you got to show up and show up and and people start to really start thinking about, okay, why am I doing this particular step in the meditation?

I want them to understand what they're doing and why they're doing it in every single step. So you have meaning behind the act, and yet the how gets more practical.

And when you, as I said, science assign intention, you produce a greater outcome. You switch on the prefrontal cortex and you want you want an outcome in.

And some people do the work and when they get it done with their meditations, they believe in their future more than they believe in the past. And some people, if they don't overcome themselves now, they believe in their past instead of and instead of believing in their future.

And and that's because they haven't gotten beyond the thoughts, emotions and behaviors that keep them anchored

to the past. And yet, if you keep practicing it in seven days, you can get really good at it.

And and. And you have so many resources for people like I think I've bought every meditation in the library. I know. Is, you know, different times I find I gravitate towards different meditations.

Sometimes I still, you know, like to just do a sitting in a silent meditation that the guided meditations are just so helpful to, to make that jump to the to the future.

Yeah.

Genetic Expression, Belief, and Recovery Stories

And, you know, my interest really is to to, to practice all for practice your seated meditation. But, you know, if you have a great meditation and you connect and then you spend the remaining 15 hours of your day or 16 hours of your day angry and frustrated and patient and rushing and judgmental, you're the likelihood of you healing is going to be limited.

So then the walking meditations are standing and walking meditations helping people to transition, getting so good at doing it with their eyes closed.

They can do it with their eyes open. And that's when they that's when people in this work, they that's when they make their greatest changes in healing.

In other words, some people start doing the meditations, their pain levels go down there, they're sleeping better, they have more energy, they have less inflammation.

But they look at their blood, blood reports, blood values, their scans, and pretty much they still have the disease. And they're just they don't say it didn't work.

What they say is, okay, what am I doing like in my life? Is it me? Could it possibly be me? That's a great question. And so then they start going, Oh my God, I keep reacting to my ex the same way I keep complaining.

Okay, that's my old personality. Oh, I still think I can heal. Okay, I got to take care of that. And now really practical, right? And so they they want to start practicing Why?

How they're going to be in their life, how they are going to think, how they are going to act, how they're going to feel with their open. And that's what the walking meditations be do lots of walking meditations and standing meditations to get to practice embodying that energy and making that the habit of who you want to be and behaving that way and feeling the emotions and so.

Powerful. And you can actually change. And in an hour we've seen many, many changes take place in an hour or so. So again, practical, practical and a pragmatist, I want to demystify the process.

I want to give people the tools to prove to themselves how powerful they are. And I love the advanced follow up. It's you do the long weekend where you're constantly evolving the approach like just gets richer, richer and more expanded.

And and in your understanding, I so appreciate that that continued effort to even it it feels like, you know, that we're just barely tapping into our potential and you just keep looking for more ways to tap that.

Well again again, you know, it's I could never and I talked to our scientists about this. We can't ask the next question until discover what we just discovered.

I mean, we keep we're never disappointed. I mean, we have not been disappointed in any study. We're not talking about like a 20% change in someone's brain or like a 30% change in one area.

We're talking like massive changes and we're talking about pretty much a collective. I mean, our data shows and this is so crazy, if you think about it, you have 2500 people, 2000 people that come to event.

Everyone has their own genotype, their own their own genome, and genes make proteins, right? So so but at the end of seven days, the majority of the people, 77% of the people are actually making the same proteins and signaling same genes.

That means that the collective, the herd, the flock, they're evolving biologically together. And we discovered that people are actually change people.

And it's community, it's collective that when you're happy and when you're gracious and when you're loving in your heart centered in someone else will see that and be that as well.

And now you have a unity, a collective. And and now the the whole entire species that's gathered together is actually moving towards growth and repair and biologically changing together.

That's kind of crazy. You can see that in seven days that I asked the scientists, what's that million attacks palpable. The mathematics of that happening is next to zero.

I mean, it's just you can't get 2000 different genotypes and everybody make the same protein unless they're engaging in the same information. They're thinking the same thoughts, they're doing the same things, they're feeling the same emotions.

So the only way that could happen, it's kind of crazy. Well, I think this is going to air after your your walk for change. But I'd love if you talk about that a little bit, because I have a feeling there's a lot more of that coming because of this opportunity to not just change within ourselves, but to change as a collective.

Yes. So we just had this, you know, we've watched people during walking meditations and and we've seen people step out of wheelchairs and run down the beach and kill themselves of carpal tunnel and blindness and I mean crazy things that you just do, all kind of variances of conditions in in and, you know, I've studied peace gathering projects.

You know, there's been at least 23, 25 different published papers, peer reviewed papers on on peace gathering projects and how crime rates go down and how violence goes down.

And there's economic growth and car accidents are diminished. But when the when the meditators leave the community, when they leave the city, when they leave the area, everything returns back to the same, you know, So it's not enough to meditate on peace.

It's really a time in history to demonstrate what peace looks like, you know, So and the walking meditations are a great way to to demonstrate with your eyes open, whatever it is you want to become and embody it.

So we thought, God, you know, there's an energy to change. You know, when you and I make up our mind to change, really change and really get serious, make up our mind to change, and we start thinking about a whole new way of thinking, a whole new way of living, a whole new way of acting, a whole new future that we want to arrive at.

Whether you're losing weight, getting healthy, finding relationship, getting a new career, being happy, whatever that is. You just kind of your brain kind of captures a moment in and it sees a possibility and you become conscious or aware of that possibility.

And that's intention, right? But many people in the energy and the spirit of holding that intention in their mind start to feel what it would feel like to have that experience.

And when we feel it, we actually believe it could happen. And the stronger the emotion we feel, the more we

remember the intention or the thoughts. So we begin to change biology.

And so there's an energy that takes place, the change. And when we make up our mind, the change here and, and, and we all understand that. And what if everybody stepped out into the world and practiced being the very change they wanted us power meant and love and freedom and abundance and joy and brotherhood and sisterhood look like what would a unity feel like?

And so it's collective networks of observers that determine reality. So we had this idea of do this global walk. And presently we have over 60, maybe 70,000 people registered for the walk.

We have 154 different countries. I looked at the map. It's quite impressive. And I never thought I would go like this. And over 3000 plus different groups in different cities and places around the world.

And and the idea then is to get a community of people together and and not do anything except understand that a collective network can actually become the very change they want to see in the world.

Can we begin to change enough people that we can ultimately change the world and we can't wait for change in the world there just and this and there's albeit many reasons, but we have to really become that change.

And if you if you become that and I become that and everybody begins to become it, get enough people doing that, I think there'll be a new consciousness that emerges.

So Walk for the World is the meditation is probably one of many. I just got out of the studio a little while ago last week or so, two weeks ago and cut the meditation is being mixed, is being translated into eight different languages and it's kind of big.

Yeah. So and it's getting the momentum starting to pick up now as we we get closer to it. So this is one of many. We've had a lot of interest from different organizations that that really want to support us. So yeah, really, really it's just about really becoming that change and, and walking as that change and, and being in that energy of change.

And if you get enough people in that energy of change, I think it may inspire some change. I definitely agree. I'm so excited to see what happens with that call.

Well. I also wanted to give a shout out to inner science because, well, you know, all of this research takes a lot of resources and they you know, they've done such a great job of making that that research happen.

And I know it's on multiple fronts to be able to pull some of the top researchers in the world together to to start to have this understanding. So, yeah, yeah, yeah.

The science has been amazing and I am personally so glad to be a part of that. Yeah, me too.

Collective Healing and the Walk for the World

I mean, they're, they share the same mission, you know, and they share the same vision and they are very actively involved in and creating the funds for the analysis, as you know, of the research and working with UCSD and in pledging $10 million over the next five years for the research that we're doing in the in the analysis department.

So it's super exciting. And and it's kind of cool because they've raised quite a bit of money for us to do that. The analysis up to this point and the cool thing about it is hundred percent, I would say, of the donations come from our community, which is people that want to be a part of change.

It's a nonprofit and they they want to be they want to see where their money goes, which is kind of cool because we can say to some big donors, Hey, without your without your donation, we would have never done the study on on the microbiome or on COVID or thank you, because this is what we discovered about cancer because of your donation and people love that because they're now involved in something.

It's not like just giving the world hunger and hoping it gets to the right place. And it's not you know, it's not compromised in any way. So our community is huge support because they see the data and we're studying our community.

Right. And there and some there's all levels of participation and donation. But I mean, I'm not part of it, but I always say we can always raise money, but it's really cool to be with people that want to change the world or the conversation around health care, which is starting to happen right now with our with our our data and the conversations I'm having with very prestigious universities and researchers that we're having right now, I thought I never have in my life.

And there's a open mind, this open mindedness now to really what's possible and conversations are so good. And the data, you know, I think the big thing that happens for most scientists when they see our data, the number one thing they doubt is the amount of time they're like, is this seven days?

Are you sure this isn't a year? Like like this is seven, this is what's happened. They cannot believe a microbiome could change in seven days, or there could be thousands of metabolites released in the bloodstream at the end of seven days that weren't there before. Right.

So it's kind of crazy. So seven days tends to be that the conversation around, you know, just people who see what can happen in seven days. So it's really exciting.

And inner science, they're just unlimited in so many ways and they open a lot of doors for us. But but yeah, we're we're we're always asking bigger questions.

So for our listeners today, you know, for me, the ideal thing is that people can come to a week long, but it it's not possible for everyone. But what what advice do you give our listeners?

I'm just getting started. Hmm. Well, it just depends on how you process information. I don't know if people read anymore, but, you know, there's I wrote four books and there's a lot of content in those books.

I think the last yeah, the last three books are really practical with with meditations that you can practice. And I just wanted I want people if they want to, if they want to do the formula, which is another course that we do, it's 30 minutes and 5,12 sessions and you get five meditations with it.

And then we have the Progressive Workshop is really the preparation for the week long. That's a prerequisite that has to be done just so you can learn the basics, you can learn the language, you know, But really, really all of those different resources are really to help you understand what you're doing and why you're doing.

That's a that's I just don't recommend people just grab one of my meditations and practice them. You may get some value out of it, but if you really get the meaning behind it and can really understand what you're doing and why you're doing it and assign meaning to every step, you'll get a greater outcome.

So I want people to really prepare themselves with the information beforehand. And the whole reason I don't do online courses because I want people to be present with the information.

They can't be scrolling through their phone or laying on the couch, the TV on, and they're eating food and they're petting the cat and they're kind of what kind of watching, but not really.

Is this not going to it's not going to help in that in in your in your process. So there is some time commitment to to understand the information. But you can read a book, you can do the online course, the formula or the Progressive Intensive workshop.

I think those are good introductions. Work and. They're good introductions. Either person has listened to them like ten times. Oh my God, because nobody likes me.

Still, she loves you. And you know, both my boys are coming to Marco Island. Oh, wow. Wow. That's great. And then my niece is coming for both weeklong and there are a few.

Resources, Youth, and Closing Reflections

Wow, That's so cool. And you've seen this. You've seen this more and more than most. But we have a really emerging youth community. We have 100 kids typically, that come that are under the age of 25.

And they're and we have nine year olds, eight year olds that do every meditation, sit in every lecture. I love when we turn and teach the information back, a seven year old or eight year olds talking to a a 75 year old, and they're just talking quantum and neuroscience and thoughts and feelings.

And it's cool to see people, you know, do that. So we have a really big youth community and we're going to do a little thing for the youth at the beginning of this event, which will be kind of cool and we'll do a little private session with them.

It'll be Sunday or Monday, so make sure those guys know. And it you know, it really is something how you care so deeply about the youth like it it comes through so loudly that they're so welcome and and that they are the future.

So yeah. And I want them to grow up. I want them to grow up where healing is kind of normal. What I want them to witness enough healings that they know that it's and once you know, you can't not know.

And if you get that, I tell them, all of you figure this out now, the rest of your life will be easy. So my niece was going to go to medical school. She was pre-med.

She just graduated this this spring, and she's decided she's not going to go to med school now, I guess. Oh, God. I don't know if that's good or bad. Well She may come back around to it, but she just saw she's, you know, she leads one of the week weekly youth group Meditations for the year.

And she's just seen such profound results from that that she's like, she's just reevaluating, which is, yeah. Maybe neuropsychiatry and neuroscience. You know, we need people who's going to we're going to look close, you know, And it's so funny because we're now we've got such a great youth that are interested in working in our lab like, I'll do anything, I'll do anything I'll do I'll do anything.

And some of them are educated, some are not. And but they're like, we want to come want to be a part of it, which we're super excited about. Get ready to expand.

Yeah. Yeah. You wanted to start your own lab? Well, that's. That's in the future. Yeah, that's. That's the plan. Maybe it can be on a cliff someplace beautiful.

Like Portugal, right? Yeah. There you. Go. Some place to go. Nice to visit. Exactly. Well, this has really been. It's beyond my hopes and dreams, too, to really leave a message of hope.

And that our bodies are just tremendous and their capacity to heal. And they have the right guardrails to help them get there. And I'm just so, so grateful for you and your impact on my life, my children's, my patients, my friends and family like you just you're truly one of my greatest heroes.

Thank you so much. And thank you for doing the work and thank you for your support and belief in what's possible. Everything that you do as well. I appreciate it. Thank you so much.