Using the Power of Your Superconscious Mind to Heal and Live a Life Without Limits Transcript

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Introduction and Tom McCarthy's background

– Well, welcome to the global energy healing summit 2.0. I'm your host, Jason Prall. And today I've got a very special guest which is somebody you are undoubtedly familiar with, which is our main host, Tom McCarthy and he's someone that I've gotten to know over the past couple of years and really enjoyed a lot of the things that he's taught me.

Um he is one of the premier co. Which is in business. he works with peak performance, Fortune 500 companies, he coaches and instructs the highest level people. He's worked with Tony Robbins, really done some amazing things and he's got a a new book out called the breakthrough code.

It has been a huge success. Um, so Tom McCarthy, thanks for joining me. – Good to see you Jason, I see all the time, but it's really good to see you again today. – Well, I don't get a chance to interview you often, so it is cool to get a chance to interview you and and I really want to kind of frame this around around your book. Um, I guess the first question I have is what made you write this book because you've been doing uh this a long time, you've been working with businesses, helping them get to that next level, finding their, the the issues that they have with with, with anything going on in business and and primarily with the things that are preventing them from succeeding and going to that next level.

Why did you write this book now? Breakthrough Code? – Yeah, so the book is a, it's a parable, you know, it's a so it's it's fiction, it's not, you know, strictly just to how to those that are embedded in there.

But the main character is this person with lots of potential, which I think everyone watching us today has tremendous potential what they can do in their life. But he's struggling.

He's he's not doing well in his business, his health is crumbling, his relationships aren't working. I'm striking any cords with people, you know, let me know. And I think we've all gone through those times where things just weren't working and we felt stuck and we couldn't find answers, you know, we tried really hard, but we were pretty much going down the same road, trying hard over and over again.

And and I wanted to help people with that and I wanted to help people because I know in interviewing you you've felt that way before in your life talking about, you know, growing up and having pains in your joints at 13 for me, I had issues growing up at trauma at age three, where my dad was actually killed in Vietnam and I was three, I had a two year old brother. I had a little six month old brother.

My mom was suddenly widowed with these three little kids. She was amazing mom, but she had tremendous fears anxieties, which I took on a lot of those. So, you know childhood was not easy for me.

And and and that carried on even into, you know, later life.

Why The Breakthrough Code was written

And and so I've had to I've had to try to figure things out. And when I tried to figure them out using the standard way of looking at life, I was very, very stuck. And so I wanted to look beyond that and I started to I started reading uh things like Wayne dyer's erroneous zones, you know, when I was in my teens, like no one, no, none of my friends were reading and like, they're like, I've never told them because they would have thought it was weird or Richard box, uh parable illusions, right? Where everything is just an illusion, we get to shape it. And and so that's what inspired me was my own pain, right? I I when I learned something and I'm able to get unstuck, I wanna help everybody because I know how painful it is.

And so that's why I ended up writing the book. And uh and I, you know, I don't know, I don't think I wrote this book, I think honestly, because uh would get stuck writing the book and I would say help me, and I was, you know, calling on whatever uh nonphysical entities or spirits or angels or souls or divine inspiration or whatever, but uh fortunately came through me and and I'm really happy, it's helped so many people. – Yeah. You know, I mean, that's that's when we when we were talking about doing this summit together.

This is one of the things that that hit me was that that I wanted to be a part of this because it gets to the fundamental level of where I think people can get the most leverage, which is on the energy level, right? You said when you get stuck with your book, you turn to divine inspiration. Me too, right?

Because only because I I worked so hard doing things the old way, right? And it was, I just ran up against it's like hitting my head against the wall over and over. And so when I finally realized, oh, there's kind of another dimension here that I can work with, that's the key, right? And so, um it's one of the reasons why I really enjoy doing this with you is because if we can just spark that that little inspiration, that little idea that that nudge for somebody I know it's going to make a huge difference in.

– Especially in their health, you know, I mean work in anything. But so many people that are watching us Today, they've tried all the things like, you know, like you've tried when you had the the sore joints and different things that I've tried when I had uh you know, chronic fatigue or, you know, back in 2015 and you know, taking every test, you know, scarfing down every vitamin, you know, just doing all the things that I thought would work and still being stuck and so yeah, there's there's more to it.

Everything is energy. Energy follows thoughts, thoughts become things, our bodies are created by our thoughts by our minds. I don't believe our mind is in our body, our nervous systems in our body, you you say this too, but I believe our body is in our mind, right? Our mind is something far beyond our physical body, right? When when we pass away, you know, you can weigh the body right before you pass away and way right after it's passed away, it's gonna weigh the same but it's not you right?

And so our minds can create our minds create our body. They too, you know, I believe even some of the illness is I don't want to say all because I don't want to you know make people feel bad but I think for me I take responsibility when something is happening in my body at some level. I know I created it which is cool because I know that I can create something better if I created that I could create something else that that is healing and better too.

– Yeah, I agree. And I know you had the really profound experience with master Ching hai lin who who we we both work with with life force blessings and how how amazing he is with what he does, right? I mean that's just next level and I know that you've been working with this for a while and you talk about the super conscious mind like this is something that I think is a different term that most people aren't familiar with. And so what do you mean by super conscious mind and how is it something that you've learned to kind of work with?

– Yeah.

The super conscious mind and hidden programming

So most people don't, most people just think, you know, I've got one mind and And they're thinking about their conscious mind, which is which is cool, right? I mean it's kind of I look at the conscious mind is kind of the head coach, right? The conductor.

But but they think, you know, most people think that it's the team out on the field all the time or the orchestra that's playing. And that's not really true.

The conscious mind can process about 40 bits of information per second, which is which is good. But when you look at the most people call it the subconscious. But I think that really under sells it right?

I think it's so conscious. It like is seeing so much that our little conscious mind is really the the subconscious, right? Because it's only seeing a little peace. And so I renamed it the super conscious mind and and I think this is

probably not even accurate.

I think it's far more powerful than this, but but science says it can process like a million bits are 40 million bits of information per second. So it's like you and I right now are super conscious minds are making sure our hearts beating its, you know, managing our respiration all the chemical interactions, but also it's noticing, you know, the book in in my bookcase over here, that consciously, because I'm looking at you, I'm not saying it's got that it's hearing the were of a fan going in the background and so many other things, I can't describe 40 million things in one second, right?

It's unbelievable. I think it also, as I said, it extends out beyond our bodies, I think, you know, we think of thought and like if I'm thinking about you and I think about you, you know enough with my conscious mind, the super conscious like, hey, you know, he needs to connect with Jason and then it'll go out and and you probably have this happen all the time, You think about someone with your conscious mind and now that's the head coach, it's going down in the super conscious like, hey, we need to connect with this person and then all of a sudden you get this email from them or phone calls, you haven't heard from six months, like where the hell that come from?

And I've got tons of stories like that, but it's so unbelievably powerful. It is, it is uh you know, it is your creator, you know, we are created by a creator, I believe, and the super conscious mind is that creator, that that is you right, that that literally brings to creation all the goodness. But also if its program which we all have programs running that aren't goodness right? It's it's creating this stuff that we're struggling with two. So we have to be super careful about what's down in there and I know in the interview that I did with you, which I really love, you talked about, I caught you have to be almost like a detective, you have to be curious, you know, when you're not feeling good and I'm not talking about just physically but mentally, emotionally, you can go okay, you know, I just feel like crap or you can go what's causing this and then dig down in there.

I used to be afraid of that, you know, I'm like, I don't want to know now I was really afraid of it, you know, like I'm really afraid right now, you know, I don't want to know why I'm afraid. Well look, I don't need to know the exact reason, but if I dig down in in my intuition kind of pops up a memory and I can clear that memory or clear that trauma, which I know you're a big believer in to all of a sudden passes through me because just stuck energy and all of a sudden I'm clear, I feel better.

I'll have to deal with other stuff, right? Because I don't think we're ever done clearing right? We all have stuff down in our super conscious that's that's stopping us. The super conscious only does what it's told.

So if you have a belief that the world is scary or like me, you know when the belief that you know bad things can happen to you, you know, and and they, they happen on time, right?

Or they could happen at any time. You're gonna start to see evidence of that. You're super conscious, hey, look over there, look over there, look over there. But if you start to clear those and start, you talked earlier in our interview about the 4-1 negative to positive thought.

If we start clearing out some of those thoughts, memories and emotions and start feeding in which is important to program in every day what you want and a belief system that you believe you can have what you want, even a breakthrough result to me is one that is so far out there.

I mean not a total pipe dream but one that you don't even know how you're gonna get there. That's the kind of stuff I like to get people to start to think about.

– I love that and and you know, this is of course the global energy healing summit and what you're talking about with this stuck energy and when we process it, what I found because I'm the same way at first I was almost definitely afraid to get in there because there was there was there was a thought or an idea that I didn't know how to resolve it and just basically get in there and have to experience it, right, that was sort of the football players just keep going, right? We were changed quite literally, quite literally trained and it's actually to to ignore those those things, right? And so um but when you get in there and you process that, I've noticed there's like a liberation of energy, right? So it's literally freeing up capacity that you have, right? And so there's this oftentimes there's this

idea of trying to chase more energy and you know, whether it's coffee or energy drinks or you know, all these tricks to get more energy and I think that's great, but you know, with things like gone with things like yoga with things like processing these things were actually liberating the energy that's that's already there, that's getting stuck. And to me this is when we can bring that into our life, this is when like the magic really starts to happen, right? So, um so so when you speak about the super conscious mind, like where is it? How do we, I mean how do we even know about the super conscious mind? – And I just, I just think it's everywhere, I think my mind is everywhere, you know, it's everywhere where there's a movie out recently, like every, everywhere all at once or something like that.

I think there are no limits. Like the subtitle of the book is living a life without limits. So when you and when you look at healing you you have to believe in that otherwise you're gonna be confined to the physical reality and you're gonna go online and Google. I've got this indication this disease, Okay, here's what happens to most people. And you buy into it when I got chronic fatigue in 2015 because I was not doing one of the things you recommend in your books and what you do. I wasn't sleeping well.

I was traveling all over the world, different time zones and and then I got a little virus, right? But it wasn't the virus that caused it. It was it was my uh me really being worn down and so my immune system which could easily have fought off the virus. Uh It didn't write because I had grounded down.

It was like in fight or flight, it was in uh you know, it was I was I was burned out and then this little virus came and so I didn't get better.

Energy, healing, and shifting limiting beliefs

And that kind of freaked me out. Like, what's wrong? I usually get a virus, I get better. Why am I still sick? Well actually, I didn't know it's a virus that was a sinus infection and I never you know, I never take like antibiotics, like never. And I have this holistic doctor, but he was concerned because I was gonna fly somewhere and he's like, all right, just take this uh you know, just to make sure because I don't want you to you know have something happen when you're when you're there.

So I took I took antibiotic For what ended up being a virus which doesn't help with the virus anyway. So I depressed my immune system more and then and then it was just from there my Amygdala, my my brain my nervous system got freaked out and and it it I would sleep 14 hours like I was oversleeping probably and I would wake up exhausted because I was never getting that deep sleep.

I was you know, probably not even getting enough rem sleep where you know, I was processing out all the psychic baggage and stuff like that and uh you know, it was that was really defining for me where I can't remember what I'm talking about that now, but but uh that was a big huge lesson for me because what I did to overcome that was I really had to work with my mind.

You know, I tried all the different things that I could that were treatments and things like that. I got a little bit better. But it was not until I started digging out the fears, the anxieties, the traumas, the the different things and then putting in the good stuff on on top of this new foundation. Most people they say, well it was positive, you know, program of your mind doesn't work. Well it does work, but if you have a bunch of crap underneath it, it's it's kind of like you got your foot on the brake and your foot on the gas pedal, it's not gonna it's not gonna feel like it's working, you gotta clean out and then you've got to put in to we call it upgrade your story to upgrade your life. So in the book, we've got three big ideas.

That's the second one. So you want to take out the old stories and for people that are trying to heal, you gotta take out stories that maybe you heard from someone else that, like even a doctor told me, most people have chronic fatigue the rest of their life. I'm like, screw that, not me.

Like who had it and got over it. Like that's the kind of story you need to bring into you. And uh we've got lots of cool healing stories that I've experienced when people defy reality, you know, like, you know, the average person is just going to conform to what's supposed to happen, the great person, which all of you listening can be, they're going to create a whole new reality, You're going to be that person that look like they have that and look where they are

now, that's what I want everyone to be, that's listening to this. – That's why I think it's important, right? When when I sort of asked where is super conscious, you said it's everywhere that that everything that implies that this limitless Nus they're talking about, right? And that is a that's a paradigm shift that we can embrace, right? So, if I take that perspective that um I have the capacity to access anything in every any possibility in every reality now, I'm opening up all those doors, right? And so then I'm shifting my story like that is a fundamental shift in my story. But now I can actually take the next logical step which is to upgrade my story, right? So, I can upgrade that story and recognize that all possibilities. Now now I'm walking into something that will defy the medical system that will defy all these other stories and programs that I'm getting from outside because I'm the one in charge.

I'm the one creating my story, creating my reality because I have everything at my at my fingertips, like, that is true power. That is unbelievable power.

– And it may not come the way you think it will, like, you think, you know, it's gonna be just me. We're using my mind sometimes, that is right, and I heal it on my own, but sometimes your mind will bring a person into your life that will help you or will expose you to an idea or maybe a therapy. That is but it's it just works in a flow that does not work when we can find ourselves to thinking that we're our body, I someone did this, I was listening to something about a year ago where someone said like because we all think we're this body, you know, this is me, this is tom McCarthy, that's Jason paul right there.

And it's so limiting. It's so limiting. But if you just allowed yourself to kind of come out of your body a little bit and really not be so attached to your body and then you said, you asked yourself, how old am I? Well, when you're not in your body, it's like, I don't know right? You know, you're ageless, right? When you're not.

And this might be hard for some people to do because they're so ingrained into the conscious mind. But literally I did that I did that well, exercise that I was asking me to do. And I came out, you know, how old, I don't even know, right? You know, ageless um who are are you a male or female? I don't know, right? You know, it's like you don't have any identity now look, the body is cool. We want to come into the body because it's how we experience the fun life in the, you know, even the challenges in this physical reality, but I think we don't want to be so ingrained in it that we have to live by all the laws of the physical world because those are very limiting, right?

So I kind of say, and sometimes I'm more more in it, you know, versus in the nonphysical. But you know, like one ft in the physical, one ft the non physical and that's kind of a good balance where you still are human, you're enjoying these earthly pleasures.

But at the same time, you know that you can shift things you can create. We are creators. We were created by a creator even I'm I'm not religious, but I I love I mean I believe in a higher power and I believe in I believe in people that have come into this existence like you know a Jesus who was amazing that he even said, look if you had the faith, if you had faith the size of a mustard seed, you would tell that mountain to move from here to there and it would move.

And so we have this enormous power because we're unlimited and we still get so stuck in our bodies. And and that's where the magic kind of gets dissipated. – Yeah, it's it's really stepping outside the sort of the laws of physics that we were talking like that is when I started doing that because I grew up with the scientific mind. And so as I started to open up that possibility actually that the laws of physics don't apply to where I can go the things that I can access right and and getting from A to B. I actually don't need to worry about that, I just need to focus on B and life will create the route for me to get there right like that.

When I saw that, then I let go of all the control and all the trying and look, you still show up, but it's with a different level of awareness that allows you to sort of end up at B in the most roundabout way that you couldn't have constructed and figured out and and logically written down on paper anyway, which is why some of these things like when in business, when they say, you know, construct your five year plan, your plan.

Accessing the super conscious through focus and intuition

And I always struggle with that because it's like, I don't actually know, I'm gonna get there, I just know where I want

to go and like I'm pointing there and it's just gonna take me a while, right? And so um you know, one of things I want to ask you is is about the super conscious mind like in that, in that space and the sort of vein that we're talking about, what are some of the best ways that that you think we can access the super conscious mind?

How do you get? – Yeah, so there's a couple, there's a couple of brainwave states that are uh that are more amenable to kind of open the trap door to the super conscious one is the alpha state, right? So getting into uh a trancelike state, a meditative state and you can do that through meditation, you can do that through literally, you know, closing your eyes and raising them up about 45 degrees.

And that when you're right, when you raise your eyes, you go into more of an alpha state and then you can start seeing, I call it seeing, feeling believing, right? So I like how you said, you know, you you don't know how you're gonna get to point B but you focus in on it and it's really important to focus in on a future point. And by the way, there is no such thing as time, Time is just energy in motion, right? Matter and motion information and motion.

You go, well, no, there's a clock. Okay, well that's not time. That's a clock, right? That's a thing moving. And and that's why some people can heal from a disease in, you know, a year and some people can do it in two minutes, right? Because they're just better with their minds at moving information, moving energy. And so one of the ways we can get better at moving energy is by before something happens in the physical world.

Because remember I said everything is energy. Energy follows, thoughts, thoughts become things. So if we if we can see something as if it's already happen before we can touch it and feel it, which is the only way most people can literally see it, right? And if we can feel it, like what would it feel like to be healthy right now, what would it feel like for my need to feel amazing and and for the pain to not be there and then believe it and I believe it's just a feeling of certainty about something so see it, feel it, believe it and then let it go.

I don't believe with the super conscious you've got to be uh you know every single minute like remember remember remember it goes okay, I got it. But it only gets it not by you telling it, it gets it by you showing it what you want, not how to get there. You're not showing you how to get there.

You're literally just showing it what you want. Uh You're you're giving it a feeling of what it feels like to be in that state of already having achieved that and then just having that certainty like that belief where you're not like that is going to happen, is it not gonna happen? Oh you're damn all in.

And when you do that, the super conscious is like let's go, let's go baby, let's create this for her or him. And and then you got to get out of the way a little bit right? You know, you don't wanna micro manage uh you know other jobs we have is to upgrade our story. So we we call it focus on less and then obsessed but a super conscious obsession like give it the orders, let it go play and it'll obsess it doesn't sleep right?

Conscious mind sleeps not not this part of our mind, the supercontinent pointing here, it's everywhere. Uh and then upgrade your story, upgrade your life, Start putting the thoughts, you know the emotions in that support the super conscious, like cheer it on right? Uh you know having a better story about life, about yourself, about what's possible and then pack your day with effective action, not massive action, not crazy action, but you get little intuitive nudges, I'm sure you get these all the time like okay, do this right, why why don't you do that? Just do this right?

And I even actually have developed, you know, you've got great intuition, I've developed my intuition now where I can literally ask a question and I get like a little spasm and that comes through my super conscious through the physical body and my stomach if it's a yes, I've also learned things like dowsing where I can, you know, through dowsing get probabilities and things like that, it's pretty crazy and and and and so they just help you take more effective action and sometimes it's not even that little nudge, it's like you have a thought and it feels good, hey I'm supposed to do this. – What's funny even in your, even your little stories there about you kind of tuning into your into your body and then also using tao zi so that's a perfect example of of you, you upgraded your story in other words, there's something in my body that I can actually tune into, that's a story that you shifted at some point, that dowsing, oh, this is a possibility, right? And then you took action to actually play with that and experiment with it. And then the other part that you mentioned, which I think is super critical that maybe we don't talk enough about typically is stepping aside, right? There's a part of you write the sort of, the little monkey mind part, the disbeliever

that's maybe still hanging out there in the background, you kind of just step you ask that one to step aside, the one that can't believe that all this magic is possible, that part of you steps aside and you just let it unfold, right? So. – That's huge. – That's a big one right?

– Yeah, that, that because we all have, because we were so ingrained, like, you know, growing up, we didn't know the stuff you and I know now we're ingrained that, you know, if you can't see it, it does not exist, and, you know, Einstein said, imagination is more powerful than knowledge, he said, because knowledge is based on what's already happened, he goes, imagination is encompasses everything that ever could happen, it's unlimited, and but we're also we're still trying to judge the probabilities by what's already happened and it's it's it's the biggest way to slow down your your your super conscious from achieving things quicker, because it will create doubts. If you look in the physical world for confirmation of something that right now is just starting to be creating your mind, you will not find it, you won't get instant feedback.

And so uh Einstein also said the imagine your imagination is a preview of coming attractions, so all you do do is go in your imagination, and and even if you want to say it, like, you know, if if I'm going for something really big, I I might even just say I'm imagining that, you know, I'm in this place and this has happened, and it's so great, so I'll even say I'm imagining it, right, but I'm seeing it, I'm feeling it, I'm I'm believing it, and but if, by saying I'm imagining it, it makes a little bit easier, then that's fine.

Imagination, belief, and Tom's healing story

But that imagination is creating, and by the way, when someone has an illness and they read, you know, these dire things that are going to happen and they put in their imagination, guess what you're creating there, you're going down that path, you are literally creating that. – Well, it's interesting cause we're walking into this world of virtual reality, right? So, now this is this is clearly and this isn't reality in the physical form, but yet we can experience it as a reality in our bodies, right? And in our thoughts and in our in our emotions.

So that's what's interesting and then you talk about hypnosis, right? It's another thing where in a certain trancelike state, we can actually have suggestions that can change the way we view the world, right? So that's shifting our reality.

And then again, as you mentioned, just just in a simple practice of of seeing something uh feeling it and believing it that itself is a reality. Like it's it's a reality because you're thinking and you're seeing you actually maybe seeing it sort of with your eyes closed and your third eye sort of speak or you maybe even just feeling it in your body, this this feeling of what it's going to be like when this sort of reality is in this sort of physical manifestation.

So my point is is that it doesn't actually have to be sitting on my desk, I can actually experience that level of reality in my body and my body knows that it's the same thing and it is real. – It just has not taken the physical form yet.

So that's the that's the thing that, you know, it takes a leap of faith to really buy into this though, Jason. And you know, I know you've made that leap and you know, I made that leap and and sometimes we still fall back on you, no doubt. Yeah. But uh you know, when you, when you're able to take that leap of faith, you become a miracle worker.

I mean, my son, I was telling you this story, but he had a he was a basketball player, college basketball player and I couldn't walk, right. You know, he had hip pain, knee pain, then his back went out.

So he goes in and the orthopedic surgeons, you know, he was in uh he graduated, he went four years at one school in Boston, that he was playing for another school in Houston because he red shirted when you're at a concussion one year in Boston and they brought him into the best hospital and you know, they ran him through an M.

R. I. They said you've got the largest herniated disc we've ever seen in a 23 year old. And they said, you know, we need to shoot you up with steroids and I wasn't there.

So he was alright, whatever do you do what you need is a little bit wary. They did that he came out, no change like tremendous pain a little bit better.

And then one day he said he was cooking dinner, still couldn't get on the basketball court and his back totally went out. I said, look, a lot of, first of all you can control yes, you may have a disc that is herniated.

Yeah, they said it's large does not mean you have to be in pain and most people think, yes, it does. No, it doesn't. And we we talked about john Sarno's work before, who impacted you has impacted me.

And so I told my son about dr john Sarno and dr john Sarno would have people that had, you know, pretty much almost perfect spines. Everyone's spine is gonna age a little bit and maybe, oh, my back is killing me, I can't walk, and he's gonna be extra, he's like, and then somebody would have a herniated disk and they'd be like, I'm fine, right, You know? And so my son literally listened to his book, the mind body prescription three times, so he literally just have it playing around his apartment, he couldn't even leave there. And also he had some skin irritations, like some acne at 23 he tried everything, you know, medications, eating super clean diet was still showing up and he listened to his book three times. His pain went away has never come back since, I don't know if he has, you know, he probably still has uh herniated disk, but doesn't matter, he's in no pain, he's very athletic and his skin cleared up.

And, and so these are the types of things that happened. But you know what he did as he was listening to that book, he believed in what Sarno was talking about in that book.

He listened to the artist doesn't, this, this doesn't work, which some people could listen to that book and not get the same result as him. He he believed it. And then he saw himself, you know, playing basketball again, I don't even know if he visualized his skin clearing up.

That was just a, you know, an effect of him having his belief system that, that he can be healthy. And it doesn't, you know, he doesn't have to live by old limitations. And and there's so many stories like that and and I want that to be the story for people watching this look go out, there's so many great treatments, so many practitioners that can help you and they really care about you and they love you. But it doesn't matter what they do.

If your mind is not along for the ride and already ahead of the ride, where you see yourself healed and healthy, it's gonna be either won't happen or it's gonna take a lot longer. – I couldn't agree more.

And and and again, your your book is called The Breakthrough Code, A story about living a life without limits, right? I mean, that is a really uh it's a beautiful subtitle and it's it's really, I think where we all want to be is living that life without these constraints without these limits. And so, Tom this has been great.

Tell people where they can find more about your work and where they can pick up your book. – Yeah. The best way to pick up the book is at amazon dot com and it's called The Breakthrough Code. I did see another book come out called The Breakthrough Code Mine has an orange cover like this.

So someone came out with one right after mine, but it has an orange cover. Uh it looks a little bit like another book that I was a big fan of back in the day.

Where to find The Breakthrough Code

So I like that, I like that cover. And then also you can go to the breakthroughcode.com. So you can watch me on video talking about some of the things and and if you buy the book, there's a code in the book that you can access for free videos that I made for you as part of a master class. It's just www.breakthroughCode.com/confirmation.

And then there's a code in the book and and that link will be in the book too. But there's a code in the book that you type in and you get four free videos.

– Beautiful Tom, it has been great. Thanks so much for doing this and thanks for putting this on. I think this summit is really going to make a huge difference for people and hopefully unlock something um uh in big ways because I

know this delving into this world of energy and opening up these possibilities really starts to make life magical, at least it did for me. – Yeah, awesome.

Thanks Jason and thanks for everything you've done for this summit. You're just an amazing host also with me and really love working with you. – Likewise.