

Connecting Science and Spirituality

Lisa Garr with Rick Collingwood

Lisa: Hello. Welcome the to The Aware Show Teleseminar Series. This is Lisa Garr. So glad to have you guys joining us today. We are in for an afternoon of transformation. I mean, not just — I don't just say that as — lightly, either, because the people listening to this call right now, and you know who you are, are absolutely committed to change, or else you wouldn't be on this call. And not that you need to change anything severe in your life, or maybe you do. This is for anyone — this conversation today that we're about to have is for anyone that wants to be a little bit more joyful in your life, or completely, radically improve your health, or maybe get rid of panic, fear. These are the types of issues that don't just stop at the surface by talking to — you know, talking it out and doing affirmations, and so forth. These are the issues that you need to get deep into the subconscious mind and unlock illusions. These are sometimes illusions that chain us to a current reality that we don't even know is false. Sound like fun?

Well, I just want to mention real quick a little piece of business that I always want to mention at the beginning of the call is your chance to communicate and interact with us, is by going to the website where it's your Audience Dashboard there. That's where you can enter your question, and it is www.TheAwareShow.com/Rick, R-i-c-k. Rick Collingwood is my guest today. He is a master — master hypnotherapist and has had, I think, probably 20 — 23 years of experience in the field of hypnotherapy. Is that right, Rick?

Rick: That's correct. Yes.

Lisa: Twenty-three. That's amazing. You know what I — I love about that is that — I mean, you, along with this call — we're gonna to teach people that they can do their own hypnotherapy and they're tons and tons of scripts that are being offered on this Special Offer. But the — the — what you have is because of your years and years of experience, I've been listening to the MP3s. You have the tonality. You have the rhythm. You have the timing. You know what to say. You've got the right suggestibility, and the programming, and so forth. Your — really, your years of experience have — have been what makes, I think, your MP3s and your — your programs so successful, and so good, because you've done this for a while. For a long time.

Rick: I have all those patterns in my subconscious mind.

Lisa: Ah! That's how you —

Rick: Exactly.

Lisa: So you've hypnotized yourself to be a good hypnotist — hypnotherapist, right?

Rick: No. I've just learned how to, actually. I think it's passion that makes us become good at what we do. You know, we can all do things to a degree, but I — I really think when you have a passion for something, then you become what I would call an expert at doing it, and I've been interested in hypnosis since I was about 12. So —

Lisa: Wow!

Rick: — it's —

Lisa: Well, I —

Rick: It's followed through, yeah.

Lisa: Okay. So we've established that you're a hypnotherapist. But I — someone doesn't just get, you know, roll out of bed and say, hey, I'm gonna — I'm gonna be a hypnotherapist. How did you, you know, get into this? You said 12 years old. What introduced you to hypnosis?

Rick: I actually read a Spider Man comic when I was 12 downstairs. This was in New Zealand with my brother, and it had a hypnotic induction in it, which was called an eye lock. So I practiced it on him and locked his eyes. And it worked. And ever since then I've been quite fascinated by it. And once I got older I took it up, and I dabbled with it at — like, as a party trick for a while and, then, I just had a change in my life where I decided I wanted to help people, and learned hypnosis and, then, became a hypnotherapist. And things just went from strength to strength to strength.

Lisa: Now, wait. There's a piece there. Fill this in for me. You had just a — you moved it from being a parlor trick to really wanting to help people. What instigated that — that change, that desire?

Rick: Well, I'd been involved in sales for many years very, very successfully, but it was a lot of hard work, and it was — selling is all about making money. And in the end, I just decided this wasn't for me, and marriage was suffering, and never saw the children, and that type of thing. And just thought I had to take off on a new career. So I thought, well, if I'm going to do that, I'm going to do something that helps people, not extracts money from them constantly. And the passion with hypnosis, as well, I just learned it, and began working as a therapist out of my own clinic and I think because I was good at what I did, my reputation preceded me and, then, I went — actually, ended up working six days a week, 12 hours a day as a therapist, as well. And I did that for six years and, then, began to train. Then I launched CDs in 2001 that went on television here in Australia, and they actually tried to dispute them, but they worked.

Lisa: Yeah.

Rick: There was a lot of positive feedback.

Lisa: Very positive. I mean, hypnosis is very, very effective, and that's why it's — it's important to know the person who is doing the hypnosis or, better yet, to do self-hypnosis, because that's something that — that is, you know, very safe for people that might be skeptical about hypnosis. But the idea of understanding where someone's coming from, and what their motivation is for learning these techniques, really helps me because, honestly, when you go walking around in my subconscious mind, I want to know you have the right intentions.

And that's what I heard when I was listening to you. I've listened to several of your MP3s and you really have people's highest, highest potential in mind. I mean, that's really what you want to do, is you want — you want to just let people kind of break free — free from whatever it is that their limiting belief is and, then, get to the next level of what it is that their goal is. And — and that's why I think it's super cool. So let's talk about what it is. What is hypnosis? How does it work? As my seven-year-old said, "What's the subconscious mind?" Cute. She's been listening to your — your CDs.

Rick: Cool. She's enjoying them?

Lisa: So — she loves them! Put her to sleep in — in ten beats. And —

Rick: What — what —

Lisa: She falls asleep within ten beats. Right when you start counting the ten, nine, eight, she's done. She's gone. She falls asleep. She has the best rest. It's great. I love it.

Rick: You know, the result from the CDs, that's — that's the most common thing. What's doing that is that frequency in the background. I combine frequency, that theta will basically take you into the subconscious state, whether you want to or not, so people with those CDs tend to drift in and out, and in and out, and they'll — they'll call in, or they'll send a testimonial, and they'll go, "I thought I was awake all the time, but then I heard a part the next day that I hadn't heard before." So what — what the subconscious mind — what the CDs do with the — with the frequency, especially, is they take you down into the subconscious realm, and the subconscious is really like a super computer. And it's just basically chugging along like a video camera, hearing everything that's happening around you, seeing everything. The conscious mind, then, according to pre-experience in your life, will give you a reaction for it. Now, it also forms patterns, like our bad habits, or our fears, or our phobias. And the only way to really shift them is to get down into the depth of the subconscious, and put a new suggestion in. And when you do that, the subconscious just picks it up, and you develop a new reaction.

So, for example, if — if somebody is hypnotized to quit smoking they don't walk around for the rest of their life with a voice going, "You have been hypnotized. You don't smoke anymore." They just don't feel like a cigarette if the hypnosis has been done properly. So the important thing with hypnosis to make it effective is depth. It seems to — depth of transfer. It seems to me that a lot of people will go and learn hypnosis because it — it — it is just a process to a degree. And it's like driving a car, to a degree or singing, to a degree. To — to be really good and effective at it is more than just sitting in an academic situation and learning about it. You need a good understanding of the subconscious mind, how patterns form, how they're shifted, and moved like you can — you can't just make direct suggestion constantly. There — there has to be a little bit of metaphor —

Lisa: Ah!

Rick: — involved that target thing, as well, which — which is why you'll hear those CDs, they — some people say they go all over the place. They take me here, there, and everywhere, but there's a method in the purpose, if you will. The hypnosis is —

Lisa: Oh.

Rick: — a — is a very, very powerful thing, and it's very safe. I would say to any listener at all that wants to go and use a hypnotherapist, just ensure they belong to a representable association, and that they've done training in a good school, and there's many fine schools in the United States training it, as well. So —

Lisa: Now, the people that are asking —

Rick: — if you do —

Lisa: — questions here about how do you — I mean, can it really help with something like agoraphobia, or fear of flying, or someone's asking if you could — if you could combat fatigue with something like this, like fibromyalgia fatigue, those types of chronic fatigue.

Rick: It — it will help with anything that is the human condition. With fibromyalgia fatigue, it would be dangerous to try — not dangerous, but foolhardy to try and fill somebody with energy, which you could do, but if their body's suffering, it's probably going to make that condition worse. So you wouldn't use an energy type of a treatment for that. You'd use more of a mind/body connection healing treatment. So you have to sort of — if we're sick, physically, there's a reason that we're sick physically and hypnosis can remove symptoms very, very easily if it's done correctly. But as I teach my students, just because somebody appears to be well, it doesn't mean they're better. I also tell them miraculous cures will miraculously unwind. So, you know, some things you can — you — you can

change very, very quickly with people. Other things, they take persistence, and consistence and, also, the help of other trained professionals. So it is —

Lisa: And repetition, right?

Rick: Precisely, yeah.

Lisa: Yeah. Yeah.

Rick: There is no miracle instant five-minute cures. It — life isn't like that. You know, beyond all our — our desires, and our positive thinking, it's — it just doesn't happen that way often. It will for habit. Hypnosis is — can very, very quickly shift habits, but when we're coming down to physical conditions, it's a completely different story. And, you know, most of the vast majority of hypnotherapists are not physicians, so they should be working in conjunction with a trained medical staff, or — or the homeopaths or naturopaths. That — that's the way I see it, anyway. There's others that would argue with me.

Lisa: Well, some of the — some of the practitioners in hospitals, and so forth, are accepting hypnosis as therapeutic now. I mean, it is — somebody just emailed in about that. Allen Davies, from the U.K. basically says — well, this is a therapeutic method, which I think is really — is exciting to me, because there's a lot of fear that happens when you're in the hospital, and so forth. That's exciting that they're accepting hypnosis as something that can be done and used in the medical facility.

Rick: Well, the — the major medical associations accepted it in the 1940s and, then, it sort of fell away, and it's making a — a big resurgence now. I've worked in a lot of hospitals in Europe, especially with — with cancer patients but, if you wander in there and go, "I'm a hypnotist. I'm going to cure cancer" — which is a stupid thing to say, because you can't. But we've done a lot of clinical trials which show that it gives a massive improvement in the quality of life for a person who has cancer, so you've got to be very, very careful about what you say as a therapist using it. And it's so misunderstood from what the stage people have done. You know, we all — they think it's mind control and what have you, which it isn't. I think in the rare exception, it can be on a stage for a while, or being hailed for mind control programs the CIA got involved in, but the hypnotherapist isn't there to do that. They're there to — to offer assistance and — and to alleviate the conditions, and — and habits, and issues.

Lisa: Some people — well, someone specifically, Marcel, from the Netherlands, is asking, "How much is hypnosis able to add to anti-aging, including against weight gain, skin deterioration, hair loss." I know that hypnotherapy can absolutely work with those things. How much can it help?

Rick: Well, with weight loss, it's about 20 percent, will speed up the process by about 20 percent. But what it will do is it will give you the ability to easily and

comfortably change your eating habits. Weight loss is not just about listening to something and doing nothing. You — you have to take a walk and change your diet. It's the old, if you always do what you've always done, you'll always get what you've always got. With — with — the studies that have been done show that, for example, with knitting bones together in a medical situation, it's about a 20 percent speedup of the process. So I think that 20 percent is a fair and accurate thing to say except, as I said, with habits. It can be instant. I — I work with a lot of people. I have one sessioner that smoked for 20 or 30 years and they just stopped. There's a tremendous amount of the testimonials on the website of people that say, "I don't believe it. I've bought a CD and put it on once and I woke up the next morning and tried a cigarette and nearly threw up, and I've never touched one since."

Lisa: Well —

Rick: We've had —

Lisa: — I mean, that's — that's what I hear. And I am a big fan of it, because I use hypnosis every single night when I go to bed. I listen to something that, you know, it's like my own personal what I'm working on this week type of thing. Sometimes it's improving my business. Sometimes it's deep relaxation. Sometimes it's, you know, I — I just have all these different things that I use hypnosis for. It helps me, I believe, and this is really what matters, is it's because I believe it, helps me get a deeper rest. And, then, I know what happens and you go into that very deep sleep where the, you know, cells replicate, and repair, and you get, you know, all sorts of hormones that release that aid in — in repairs. I mean, I just — I just use it for a really, really deep sleep.

But what I think is really beneficial, and I've listened to a lot of hypnosis CDs, but what I like about yours is that you have a lot of different — maybe because I have a little bit of a trained ear, you have a combination of things that work in the CD. Not only do you have the — the frequencies, the binaural frequencies on the CDs that help people get into that hypnotic state. We — you read stories. You give a ton of affirmations. You confuse the conscious mind, get it out of the way, and get rid of the limiting beliefs out of the way, so that you can introduce concepts that help you feel good and, for me, that then releases the cortisol, and the — all the great, you know, endorphins, and so forth. Not — not while you're sleeping, but all the right chemicals that allow me to repair, and to stay in a great focus when I wake up. That's what I use them for.

I — I know that there's a lot of other uses, and so forth, but I'm a big fan of it. What about people that don't think that they could be hypnotized, that are skeptical about it, and that are, basically, in — don't want to — like, can't be hypnotized. Think that they cannot be hypnotized?

[Laughter]

Rick: Everybody thinks that. Everybody thinks they can't be hypnotized. I think a lot of that is the instant fear and ignorance of "Gee, this is mind control and nobody's going to control my mind." But I've never met anyone yet that I can't hypnotize. I've met a lot of people that you can't hypnotize way down into a deep hypnogogic or somnambulistic state and make them do a silly thing or lock their arm up or whatever. But, you know, the most common thing a hypnotherapist will hear when somebody opens their eyes in a chair is, "I don't think I was hypnotized, because I heard every word that you said." And my automatic response to that is, "Well, it wouldn't be much good if you couldn't hear me, would it?"

So, you know, the depth is — is really relevant to what we're talking about here. Only about 20 percent of people will go down to that really, really deep, deep state rather quickly. Sixty percent of people will hover in what I call a medium state of hypnosis, which is still very, very effective, and 20 percent of people will sit there with their eyes closed. They'll go into a deep state of relaxation, but be fully consciously alert and remain that way. But when you're in hypnosis, you can actually become up to a thousand times more aware of what's going on in the environment, but a hundred times less concerned about it. So it's not about sleep. The — the stage hypnotists use the word, "sleep," because they're looking to do rapid inductions, and they've got one second to — to perform that induction with the people that have volunteered to come up on the stage. So you can't say, "Hurry up quickly, and go into a hypnotic trance," in one second, so the word, "sleep" has always — always been attributed to — to the — the condition. But it's not actually about going to sleep. If a hypnotist puts somebody into a biological sleep in a — in a clinical situation, or on a stage, they've really failed at what they were attempting to do in the first place.

Lisa: That's so cool that you said it helps people notice more and react less. We could all use that.

Rick: Well, we can and, look, when it — when it carries over as a therapeutic — as a therapeutic thing, you — people find that they just stop being angry. For example, someone might come along for weight loss, or quitting smoking, or whatever and they'll come back the next week and they'll be, "You know, this is weird. I've stopped yelling at my kids. I'm not stressing at my job anymore."

Lisa: Mmm.

Rick: So there's all these little incremental benefits that go along with working with the condition that — that the person who presented themselves for in the first place.

Lisa: I — I mean, if there were — if you were to say to a group of people, "What is the one thing that you want the most?", I think — I mean, and I've been in a lot of personal development seminars. Other than money being the first thing that most people say, other — others say is peace. Is — is just to have joy, and happiness, and to be happy.

Rick: Exactly. Well, we're so busy these days, aren't we? We just run from here to there to everywhere. We've got a mobile phone stuck to our ear. We've trying to pay the mortgage, and worrying about whether the world's gonna finish in 2012, and all these things spinning around. It's — it's a very, very overactive world now, and — and that carries a significant burden for many people. We're just trying to do too much in too short a space of time.

Lisa: I just got through interviewing this woman on my radio show about the effects of stress on aging, and how stress is directly related to premature aging, and hair falling out and, you know, skin hanging, and papery thin skin. All of that stuff we think is just a normal sign of aging, but it accelerates under a case of — of chronic stress or constant stress. And stress cannot only be your environmental stressors, but you have your work and your daily life stressors that you were talking about. But, for me, my mind is a huge stressor, because when it just goes a million miles an hour in 57 different directions, it is — it's — it's stressful. When I can quiet my mind, I am so much more happy, and so much more effective. It's — it's —

Rick: So you're a classic type A personality, are you?

Lisa: Ya think?

[Laughter]

Rick: Sounds like it. I know the feeling. We — we have to learn to just tone it down. But stress ravages. Look, for example, if — if you say to somebody, “Close your eyes,” and just begin to think about the most terrifying, worrying thing that ever happened to you, and remember how you felt as you were experiencing that, automatically the body will just throw itself into — into a massive overreaction.

Lisa: Right.

Rick: And your responses go up, the heart rate increases its beat, the — the rationality of the mind disappears very quickly. So it does erode away in the background. It's sort of like having borers. I don't know if you have them in the U.S. in the foundations of your home, and they're chomping away at the wood while you're asleep, you know, and you don't even know it, until — until your home's ruined. We — we get that problem here in Australia with people's houses. But it's — with hypnosis, that's the one thing it does do. It significantly reduces that stressful state full stop, whether you're looking for that or not. So it's quite extraordinary. We're talking a little bit — someone had mentioned about hair loss. I had a student that had come down from the UK who had left a — a very stressful government position over there, and all his hair fell out, and we did two sessions on him, and I didn't see him for about three months. And it had all grown back again, and he was quite stunned by it. So hereditary —

Lisa: Somebody actually asked that. What success have you had with growing hair? So you really — what on earth do you say?

Rick: Basically, with that, induce a deep, deep trance, and it's mainly direct suggestion, and having the person visualize themselves, or imagining themselves back in the past with a full head of hair, then moving them into the future and seeing themselves, again, with a full head of hair, and it seems to basically kick the hormonal system back in that grows the hair. But having said that, I don't know how well it would be with hereditary baldness. So, once again, this has to be kept in context, you know. If — if people are thinning away there, and it's hereditary, hypnosis would slow the process down, but there's no guarantee it's going to make the hair grow back. But if it's a stress-related or — or physical illness-related condition, it definitely will.

Lisa: Well, I have to tell — I just need to tell people this — I just need to tell people about this Special Offer. You guys blew it away with what you guys are offering and — and just — I mean, give me just a second just to tell the people on the call and the people listening, please go look at the offer, because it's absolutely phenomenal. Rick Collingwood and his company put together, I mean, ten different hypnosis MP3s. Each of those are worth \$30 each, but all ten of them you guys can download, and these are things like Personal Life Motivation, Happiness And Self-Esteem, Creating Abundance, Creating Better Relationships. I mean, they're all so good. We tried to choose the ones that we thought would work the best for everybody. There's Self-Worth And Optimism and Fear And Panic, but these are — okay. I didn't tell you how to get there. You go to TheAwareShow.com/Rick, but the best thing about this is the membership. There's a Lifetime Membership that comes with all this that is just a huge resource center. Only it's originally only for his students.

What do they — just tell me really quick and, then, I want to get back to the questions coming in here. Just go to TheAwareShow.com/Rick. Go to the Special Offer, because I really want you guys to know about this. This is — it's like a 97 percent discount.

What's the — what's the membership site give people?

Rick: The membership site gives people a tremendous resource into books on hypnosis. I think there's a hundred and ninety-seven books. There's training DVDs. There's personal contact for mentoring or inexpensive over-the-phone hypnotherapy with a few trainers that are — that are here in Australia, that can be done on Skype, or by telephone link. There's also discounts on hypnosis training on back in The States in November, in San Diego, with — with training. There's a huge discount for — for those that are interested in learning this, and coming to San Diego for six days, as well. So —

Lisa: And becoming a —

Rick: The resource center — yes —

Lisa: Becoming a hypnotherapist, right? Mmm-hmm.

Rick: Yes, becoming a qualified hypno — hypnotherapist. I prefer to call myself a hypnotist who uses the skill for therapeutic purposes.

Lisa: Okay.

Rick: So it's — the — the type of hypnosis I teach is — is the direct instantaneous into trance. It's one-on-one. You can put someone in a trance within a minute into a very deep trance. And that's what I teach. It's traditional hypnosis, which is significantly been forgotten now, and replaced with other modalities, which are very good. But I prefer to focus on — on the older stuff, the mesmerism and the genuine mesmerism, which is similar to Reiki, which is what I use for cancer. And the inductions, and —

Lisa: Yeah.

Rick: Yeah. So this is a training course on — with a huge discount for students, as well.

Lisa: If you are a practitioner of any kind, and — and if you are — or if you work with children, or if you have — if you're in any way in the health care industry, learning how to calm people down immediately is such a valuable tool. Language is so powerful. But combined with the skills that Rick teaches — I mean, this is what I think is — is so amazingly valuable, is that Rick has not only dedicated his life to helping people, but he teaches people how to help people, to help people get out of addictions, out of depression, out of pain, out of panic, out of anxiety. I — I mean, there's so many behavioral changes that are not serving us. You can only start help with helping yourself, but the biggest benefit of this, and the reason I want you guys to know about this Special Offer — and I'll get off this in just a second. I just want to share it with you — is that there — it's a seventeen-hundred-dollar value. It's for under a hundred bucks, and you can have the access to the tools to learn how to help other people. That is huge for me. That's the reason we do things like this, and that's the reason why these Special Offers are created because, in the long run, they're created for you to be able to help yourself and to help other people. Just needed to say that. I wanted you — I just needed you guys to know about that. Okay.

Let's go to questions here. And, again, the website is TheAwareShow.com/Rick, R-i-c-k. And you click on the Special Offer button there. Rebecca, from Salem, she's — she's got a really good question here. She was basically talking about having struggled with weight her whole life, and she wants to eat constantly. And she thinks this might be a genetic component to — to the whole dilemma. Have you found, Rick, that hypnosis can actually change DNA, or would it change her desire to eat as much food?

Rick: It would change the desire it eat as much food. I've never looked at the — whether it would change DNA structures. But I've — I've studied a lot of Bruce Lipton's work. He's an amazing gent, and a geneticist. And — and, according to him, thought has a huge influence on the DNA. And — and I respect his work and the science behind it. So I would have to say that the CDs or hypnosis session done properly would, over a period of time, begin to alter the structure of the DNA, as well. I'm not really into this genetic, this genetic, that genetic, the other. I think, you know, our genes change according to our environment more-so than being passed across from previous family members, significantly, of course. We must carry some over. But I would have to say that, yes, it would work on — on — on a DNA level, but it would also work on an emotional level. And, once again, eating is just a pattern. If you're into this constant feeling of hunger, it's there to satisfy the pattern that's been created somewhere along the line of desiring to eat. So it becomes this vicious circle, you see.

Lisa: What is the thing that people come to you the most about, or — or wanting the most? What do you hear the most?

Rick: Quitting smoking. And that's followed by weight loss. These days, I — I've got so many students and trainers here in Australia, I — I refer them on. My — my personal work, my gratification is working with cancer.

Lisa: Mmm.

Rick: That's what I — what I focus on mainly, myself.

Lisa: In what way? What — in what way do you help people with cancer? With the pain, or with actually healing the cancer?

Rick: With — with the pain, and with the healing. But you can't use hypnosis — look, the only thing mankind ever healed was fish and bacon. That's all we ever cured. The body cures itself, and — and the hypnosis will — will speed up the — the process. But it's significantly for pain. It's extraordinary. But using hypnosis for working with cancer patients, normally, you get to them when they're a stage three or stage four in a hospital. But I studied mesmerism for four years, as well, and I had a very interesting experience in the Royal Marsden Hospital in London. There was a lady I was working with, and she was in stage four, and full of morphine, and the heart rate goes absolutely berserk, and the blood pressure's everywhere. And I'm talking away to this oncologist, and I put my hand into her energy field, and I was doing mesmerism with her, and the heart rate started coming down. And he sort of looked at this machine, and he said, "Well, what are you doing? What are you doing?" I said, "Mesmerism." And he went through — basically said, "Oh, nonsense," and changed the machine. And I said, "Listen, Matey, pick a heart rate. You give me a number." And he said, "85." So I kept talking to him with my hand in her energy field, and brought the heart rate down to 85 and stabilized her blood pressure. Now, that will normally last for about two hours, and they changed the machine three times and were convinced I had a frequency device with me. We ended up in Switzerland at a

clinic in a place called Nyon, where this lady had been taken when numerous systems seemed to be failing her. And I did the same thing, and it was amazing. The oncologist there went, "Oh, you are like the funny healers from the Alps. We don't know how this works, but keep doing it." So the two attitudes were extraordinary to — to see the difference between English medical opinion and Swiss medical opinion. So there's different types of hypnosis, as I was saying.

Lisa: Yeah. Yeah.

Rick: And one-on-one with cancer, I use a lot of mesmerism more-so than — than direct suggestion. So there's not a lot of speaking done, except to induce the trance. But if somebody's eroding away in agony, it's very hard to speak them into a trance, because they're — they really can't concentrate on what you're saying, you know.

Lisa: What is mesmerism?

Rick: Mesmerism is — it's named after Franz Anton Mesmer. He was a — a doctor in Vienna and Paris in the 17- and 1800s, and he said that there was an ethereal fluid that came down from the heavens, and he could control it. But, really, it's magnetism. It's in — in the 16-, 17- and 1800s the healers were called magnetists. And Mesmer came up with the term, "animal magnetism," which is also very confused, because what he was talking about is the animating energy field. Animated magnetism, not actually animal magnetism. And, look, to learn it is — is quite a significant process, but it enables you to basically stare into somebody's eyes and begin to put them into trance. But it — it takes a lot of practice, and it took me ten years to even find the techniques, because a lot of this stuff is lost now. And they commonly say that Mesmer was the first hypnotist, but he wasn't because he never spoke when he did his hypnotic induction. So it was you actually a surgeon called James Braid that began to bring words and speaking into hypnosis. So the two things are completely different. But, you know, we often hear the word mesmerized, or — and it's associated with hypnosis. It's still a trance state, but it's not the same trance state that's — that's brought about by using words.

Lisa: Okay. I see. So there's a difference there.

Rick: There is.

Lisa: Now, somebody's asking, "What is the possibility of hypnosis helping stroke victims?"

Rick: Significant. Especially when the body's affected. You know, often with a stroke the muscles on one side of the face will droop, or one part of — of the body — one side of the body won't keep up with the other side. You can get severe and significant improvements using hypnosis. You can't cure it, because there's always physical damage that's been — and nerve damage, as well, but you can

certainly make a massive shift in, especially in the physical response, and bring it back very quickly. You can never bring a hundred percent back with hypnosis. If that's going to happen, that will happen naturally over time, anyway. But you can make a massive difference very quickly, especially in the drooping muscles of the face. It will work very, very quickly.

Lisa: That's amazing. That's really amazing. Patty, from San Raphael — questions coming in are really good, by the way, guys. If you go to TheAwareShow.com/Rick, enter in your questions there. They're really, really good stuff coming in. People are very curious. "What if someone seems to be in an unconscious habit of making poor decisions that inhibit their success? Can they be hypnotized to change?" Great question.

Rick: They can. Because, look, we follow our — in the mind we're just following ourselves around in a circle with those patterns. And if you have the self-sabotage mechanism built in, it's — you — you — you weren't born with that. You learned it, so it can be unlearned. But once again, it's down there in the subconscious mind. So you could wake up one morning and go, "I'm going to be really positive from now on, and I'm no longer going to self-sabotage, and I'm not going to go around in circles like I have been." And, then, the two minds begin to fight, and the subconscious goes, "I'm the super computer. You're gonna do what I'm saying. You're gonna do what I'm saying. You're gonna do what I'm saying." And you very quickly fall back into how you were. But hypnosis will put an intervention in there that will stop one from circling back into the — into the old patterns. So the answer to that question is, yes, most definitely.

Lisa: Okay. Someone else is asking — okay, that's good news. Wow! Alzheimer's disease. Studies show — this is from Shirley, from Saskatoon. She is asking if someone with Alzheimer's can get hypnotized and come out of it. Interesting question.

Rick: It is. And I would have to say that I'm ignorant on that one.

Lisa: Yeah. That's a great question.

Rick: I haven't done a lot of work with Alzheimer's. There was — look, I ready a study about two weeks ago in the paper, the newspapers down here, that some scientists, medical scientists had done, and they've actually discovered that Alzheimer's, the brain is full of minerals, and Alzheimer's is a significant attribution, they're showing, to too many minerals in the brain actually forming rust on the neurons that — that stops the synapsis from working correctly. So there's a significant issue happening in the brain that all the hypnosis in the world isn't going to — to really fix it. It would be like trying to start your car when there's no gas in the tank. So I — I really have to say that with — with Alzheimer's, there's no information regarding hypnosis. And if it had been successful, there would be.

Lisa: Well, I'm sure it has to be explored, too, which is — which somebody needs to do the research on that. Because if you can use it with something like — someone else is asking about chronic fatigue and fibromyalgia. Now, she says that fibromyalgia is caused by overactive nerves. Where the hypnosis might work is — is slowing the overactive nerves a little bit down to, like, a dull roar, right?

Rick: It — it —it would do that, and it would turn off the perception of pain that the person was having consciously. That's the worst part of fibromyalgia, is the constant pain is what people that have suffered from it will tell me. Hypnosis is very powerful for that. The interesting thing is, using hypnosis to switch pain off, if they hook somebody up to an EEG, they still are registering in pain, but they just can't feel it.

Lisa: Isn't that interesting? Wow!

Rick: So hypnosis — isn't it?

Lisa: Yeah.

Rick: It's just shutting out the perception. But for fibromyalgia, it's — which is often attached to chronic fatigue — I've done a lot of work with it, and it's very, very powerful. There's a CD included in that — in the offer called Mind/body Healing, and the things that that has changed for people, the amount of testimonials that come through, I put a lot of deep thought and work into that one, and for health conditions, it — it's quite phenomenal. It still astounds me sometimes the — the testimonials that come back, that issues that people have experienced.

Lisa: The whole —

Rick: Having said that with — sorry?

Lisa: I'm sorry. The whole — the whole Special Offer is — is mind blowing. You guys really did an amazing job on just adding so much value to this, and I — I'm all about letting people know about this, and this is really — this is one of the greatest gifts that you guys could give to yourselves. It's seriously, I'll just tell you, if you go to TheAwareShow.com/Rick, it's — it's a gift, basically, what he is giving you. \$1,700 — over \$1,700 of value for under a hundred dollars. But this is stuff that can change your life. And people just don't understand the power of this until you start working with it. And if you are in the position of being able to help a child, or a friend, or a family member, with anxiety, or depression, or stress, wouldn't you want to learn some of these techniques? And he, in this — in this Special Offer package, not only has he got — there's nine different CDs, or MP3s, I should say, with full hypnosis sessions on — there's one on self-worth. There's one that specifically focuses on fear. There's one that focuses on better relationships, changing your — your programming into your own head to — to attract more meaningful relationships. Motivation. Get that zest back in your life. On happiness, just to be a more positive, happier outlook on life, especially if

you've gone through stresses in your life. Creating abundance. This is ways to attract money to you, thinking about attracting money to you, actually, as we know from the Law of Attraction, absolutely works. So there's that, but the — the biggest thing here is the membership, the Lifetime Membership — Lifetime Membership, guys — to the MindMotivations.com with all of these resources of scripts, and ways to learn how to be a hypnotist. You know, from a person that has been doing this for 23 years who uses it for the — for the good of helping other people, that's the only way I want you guys to use this, by the way. This is only to be used for people that are serious, that want to help themselves, and help other people. I'm not talking crazy parlor tricks here because it does work. And I don't want it to be used unconsciously, please. That's all I ask.

Rick: Well, you know what, Lisa, when we started out with this, when I first began, it was to — to help people and to heal. And, you know, when people get sick in this day and age, there's — there's often very little help. And the help usually comes according to the size of the bank account. And the — the world needs as much help as it can get at the moment, and — and this was always about getting it out there, and we all need money, of course. And we all like money. Let — let's not beat around the bush. But it's — the help is where the reward comes from with this, you know. To — to — where I get my greatest joy from it is when I get the phone calls, and get the testimonials, or have the people in front of me that some people, their lives have just been a complete mess. And to see them switch around to drop all the weight and the burdens they've been dragging and carrying and to move forward, that's where the reward comes from. So it's always been about helping people along. The biggest challenge I've always had is the misconception of hypnosis that the public have, but those walls are falling down tremendously now. And in the United States, there's a lot of good, well-qualified hypnotherapists and NLP practitioners that are doing a tremendous job. And the — the — the negativity that used to be in the media is — is basically disappearing now, as well, and it's a wonderful thing because, you know, often if you turn up to a hospital or a doctor, especially in the US, you can be ready to get a mortgage on your house, whereas, it's not always necessary and, even if it is, the — the assistance that — what I do can give to people is — is quite extraordinary. It's — I've seen a lot of doctors scratch their heads over the years, but that doesn't mean to say that they don't do good things, either. They just generally charge a lot.

Lisa: Well, let's do — let's do a little bit of teaching here on the — on this call, if we can. And I'm not going to ask you to put anybody into a — a state. What I'm going to ask you to do is teach us the language patterns that you would use to, for example, someone is dealing with — with severe insomnia. What — where would you start? Okay. Let's take the example of putting a child to sleep. Where would you start? Would you start off with a story? Would you start off with an “I know you can”? Would you start off with bombarding the conscious mind? What would you start off with?

Rick: Dealing with sleep for a start with a child, all you do is ask a child to close their eyes. You put your finger on the center of their forehead and you say to them to keep their eyes closed and you're going to very slowly drag your finger with the

left to the right and with their eyes closed just follow the finger with the eyeballs. And you just begin to slow your voice down, and just tell them to begin to feel the relaxation of the finger going across their forehead, and keep following it with the eyes, and that will put a child to sleep, usually, in about three or four minutes. It works very, very well and very, very effectively. For adults, if you want to go to sleep, what you do is you just close your eyes, lay down and repeat in your mind every thought that you have. Like, you know how we lay down at night, and we start to — we might be thinking about the day's work. As you have the thought, repeat it as a word in your mind, and you'd be — the research done on that shows, if you're lucky, you'll get about five minutes before you fall asleep.

Lisa: Give me an example. Like work, work, work?

Rick: Okay. So you — you know you how you come home, and you lay down, and you're ready to go to sleep, and you'll start thinking about — you might think about your work. Then you might think about a car tire. Then you might see a flash of one of your children, or — or whatever. Everything that you think or see with your eyes closed, just repeat it to yourself. So you'll be laying there with your eyes closed, and think work was good today. So you repeat that in a word and, then, you might see a — a car go by, and you just say to yourself in your mind, car going by, child on a swing. Coca-Cola I had today. Whatever's coming into your mind, you repeat it to yourself as a word and, then, you won't keep thinking about that particular thing. Something else will flash in and, very quickly, you'll go into an alpha state, then into theta, and drop to sleep.

Lisa: Interesting. So —

Rick: So it's a very, very simple technique. It's so simple it's ridiculous. People just don't know about it. And you know what? It works very, very powerfully.

Lisa: That's amazing. So it's just kind of putting yourself into a light trance and dropping yourself deeper into a — into a state of —

Rick: Precisely.

Lisa: Wow!

Rick: It's like when you set your day up. If you get up every day and you walk into the bathroom and you look in the mirror at that reflection that's — that's coming back at you,, and you put point your finger at it and tell it exactly what you want to happen that day, and speaking out loud and mean it, you'll be surprised at the difference of the day that — that you're going to have. You know, we can't change what's going on in the environment. We can never do that, but we can change how we react to it. So if we get out of bed in the morning and we slop our clothes on, and brush our teeth, and have our breakfast, and go off to work in the car listening to all the — the negativity on the news and the radio and projecting about what a rotten, stressful day we're gonna have at work, it's a lot

different than if you get up in the morning, have your shower, look at that reflection, smile at it and go, "Right. Listen, you. Today I'm going to feel great. I'm going to achieve things. It's going to be a fantastic day. And that's the way it is." And — and give yourself a — a good, positive stern talking to for a couple of minutes each morning. The difference in the day is — is absolutely phenomenal. How you react to things that are coming at you, you stop worrying about stuff and becoming angry. You — you really talk yourself into becoming a different person and having a different day. And it costs no money, and it works very, very effectively.

Lisa: And you're making the right choice. Yes.

Rick: Precisely. And our thoughts create our feelings. So you've got to head off those negative thoughts, and — and that's a very positive way to do it.

Lisa: Someone was asking the other day who was a triathlete, and I know that you work a lot with — with athletes. I've been listening to, and my husband has been listening to your CD a friend of ours gave us, who's a — I think — Josh. You know, he's a — he's a trainer here in L.A. He give us the triathlon CD and, in there, you have ways to be able to relax your muscles, and you envision the finish line, and you go beyond the — the finish line, and you have, I mean, we've listened to it several times. I've never even gotten all the way to the very end of it, but I like how you — so what happens — and you address this in this CD. What happens when the negative thought enters in? I ran a — I ran a triathlon recently, and I was getting passed by really, really, really fast women. And instantly the thoughts are like, "How come I can't run that fast? How on earth do they do that? How come my legs — 'Legs, move!' How come you're not moving?" And all this stuff and I'm like, "Whoa!"

Rick: Yeah. And, then — and, then, you begin to —

Lisa: Slow down.

Rick: And then you begin to notice the aches and the pains, and — and the more you try and run faster, the worse you become. That's where the two minds begin to conflict with each other. So, you know, in those CDs, it's — they're really designed to keep the lactic acid down, and the positive attributes up. Look, if you're not the fastest person in the world, you're just not. You — you need a lot more practice to become that way. So you're not ever going to become that person without having a passion and a desire to do it and, then, the belief that you can. So those — the sports CDs, they do a lot of great things for athletes, but it's —

Lisa: But what do you do with the negative thoughts? Sorry. I'm sorry for interrupting.

Rick: Well, when — when you're running along with the negative thoughts, you just — you put them in — "You don't belong here. You don't belong here. You don't

belong here.” You — you consciously override negative thoughts with a positive thought. Basically to me it's like chastising a child. It's — you know, in the subconscious it is very childlike, because it's just patterns. It doesn't know any different. So it should be treated like pulling a little child back into line that's doing something wrong. You know, we don't — if — if your child is sneaking into the lolly jar, you don't yell and scream and abuse it. You go, "Hey, you know what the rules are. You shouldn't be doing that. Now, put it back and put — put the candy jar away." Lollies are candies, by the way.

Lisa: Oh, okay.

Rick: So “Put that away.”

Lisa: Lolly jar.

Rick: So put it away.

Lisa: Lolly jar. I got it.

Rick: So you — you need to — you basically just chastise it in a pleasant and firm way, and replace the negative thought with a positive one and, as I said —

Lisa: Okay.

Rick: — it's extraordinary the result we'll get from doing that.

Lisa: That wasn't working for me to just throw it away, but when you say replace it with a positive one, that works. That works.

Rick: Exactly.

Lisa: Yeah.

Rick: Exactly. You — if — if you attempt to keep throwing away negative thoughts, it's not going to work, because we — you can appear to be the most positive person on earth, but we all carry negativity and fears. You know, it's part of the fight/flight mechanism. So it would be — it's an impossibility to become a continuously positive person. It's — you can become significantly much more positive, but, you know, you're — you're never gonna be positive every second of every day. That's not — I don't think that that's a reality.

Lisa: I think we — I mean, I'm making a bold statement, but it doesn't matter where you're — what country you're from, or what background you're from. I think we all can use to maybe about ten percent more positive, and we might see a — a big shift in our planet, to be honest with you.

Rick: If we were all ten percent more positive —

Lisa: Just making that statement —

Rick: — it would be — look, you're correct. I totally agree with you. If we were ten percent more positive, our lives would probably be 50 percent better.

Lisa: Yeah.

Rick: We're our own worst enemies, often.

Lisa: Sometimes, yeah. I mean, that's — that's why we do this radio show. That's why we do this teleseminar series. That's why you do what you do. It's the bigger picture here. This is part of the whole.

All right. I want to mention once again, if you guys go to TheAwareShow.com/Rick, R-i-c-k, there's a huge gift in the Special Offer that Rick and the — and the people at his company have put together for you guys. Honestly, this is a massive, massive value. This is the reason why you guys are exclusively knowing about these calls, is to catch on to something like this. This is a seventeen hundred dollar value in here for under a hundred dollars that you guys can completely, significantly change your life. And it's — I mean, it's — it's easy, and we just don't know about it. That's why it's — that's why they've made it so available for you guys, to be able to get the tools, and the access to the tools, that you can use to get yourselves out of the confines of limiting beliefs. It happens at the subconscious level. You can affirm yourself from here to the end of the earth, but if you don't change the subconscious level of programming, the true change will not last. Temporary change, maybe, but I'm a big, big, big believer in affecting the subconscious mind, and I use this myself. I — it's a — a tool that I use for being able to handle, you know, multiple jobs and my family, which is my massive priority, and my health and my life. And I don't always get it right, but this helps me get it right more often than not. And at least I — I think that way. So here's the — that — that's where it starts, right, Rick?

Rick: That's correct. It does. It does.

Lisa: And the other thing is, is that the beautiful tool, the beautiful value here is that, you want to help somebody else, and affect somebody else's life, if it's a child, if it's someone who's in pain, if it's stress or, you know, yourself or somebody else's, a loved one, or — people don't even need to know you're doing it, but you will learn hypnosis tools. There are scripts that you can use and practice with. There's four hundred and fifty of them on the Lifetime Membership, which is included in this Special Offer, which is a thousand dollar value in itself. It's just a — that's just a beautiful thing that you guys are — you've thrown all this stuff in. And there's your training tutorials, live lectures, all that stuff on Rick's site, so it's — it's just massive. And I — I think that you've done an amazing, amazing gift here with this Special Offer, and I — that's why I'm talking about it so much,

'cause I — all that we're talking about with the whole concept behind hypnosis, I want you guys to know that it's easy, and it's been made available to you guys just — it's just for these two days, because it's a — you know, it's over and beyond what they've done with this package, so I want to thank you guys for that.

And another gift I want to give you guys is — and this is perfectly safe and effective. Rick has agreed to do with us for everyone that was listening to the call a process that will help just uplift your spirits, feel good, be in a positive place like we just talked about earlier. If we could just get ten percent more positive in our — in — in our thoughts and our feelings, our lives would, as Rick say, improve by 50 percent. So he's going to take us through a little bit of a positive induction right now. You will not be put to sleep. Nothing's going to happen that you're not conscious of, but this is just an example of how this really works in your life. And feel free to give us comments and so forth at the — the site there, TheAwareShow.com/Rick. So take it away, my friend.

Rick: I'd like everybody now just to hold the phone closely to your ear, and just close your eyes, and focus on the sound of my voice. And now I'd like you to take a deep, deep breath of relaxation and fill your lungs. And hold it. And hold it. And let it go. Now I'd like you to breathe in another deep relaxation and flow it all through your body. And hold it. And let it go. That's right. And as I talk to you here and you listen there, I want you in your imagination just to form a very pleasant golden feeling above the outside of the top of your head, and to attach it to your mind's eye, and I want you now just to flow that pleasant golden feeling above the top of your head, down into your face, and into your jaw, and around now into the back of your neck. And the little muscles in the back of your neck relax and let go. Your mind can wander and drift back again, and that's fine. You now flow that pleasant golden feeling into your shoulder muscles and, then, down into both of your arms, through your biceps, and your triceps, and into your forearms, and your hands and, then, focus that gold again to the back of your neck and say to yourself, "I am fine," as you flow that gold down to the top of your back. And say to yourself, "Life is wonderful." You flow that feeling into your chest, and just say to yourself, "I am," as you flow that feeling into your lower back. And, again, "I am," as you move it into your stomach. And down to your hips, because nothing else really matters at this moment. And, then, repeat "I am," as you flow that golden feeling down into your thighs, and know that you are as you allow it to flow down into your shins and calves, and into your feet. And let go a little more and listen to the sound of my voice. You are an eternal being. You have no limitations. Everything you can conceive in your mind you can achieve in your life, step by step by step and repeat with me in your mind now, "I am." That's right. And, again, "I am." And again, "I am." And allow your awareness to flow all through that golden feeling in your body. Feel the wonderfulness of your essence of who you are. And also any issue that you may wish to change within yourself as being limiting, restricting you. Now, directing your subconscious mind that things will come back into your benefit, for your benefit. And every healing force in your body is now being activated to heal the physical condition and your subconscious willpower to make the changes that you wish to make is also being activated, even when you are no longer listening to me. Regardless of what may — may be going on around you, where you are, the opinions of other people. It is all up to you because you are. That's right.

And now in a moment I'm going to count forward from one to ten, and with each count you're going to come a little more alert, and by the time I get to ten, and when I get to ten, you're gonna open your eyes and come absolutely fully alert feeling fine, and clear-headed, and fantastic, and what I have said to you, for your own good and general well-being, will remain with you. And now you can get ready to come back to full alertness from one, two, three, feeling just fine now. Four, coming back. Five, the body comes back to full and pleasant sensation. Six, seven, the conscious mind comes completely clear and alert. Eight. Nine, nearly here. Ten, eyes open, fully alert, feeling fantastic.

There we are, Lisa. It's a shame we didn't have a little more time for that.

Lisa: You know what? It's a — it is really — thank you so much for that, because you — I recognize how you can shift an entire space in seven minutes. You can just —

Rick: It's not that difficult, is it?

Lisa: No.

Rick: I hope everybody's feeling great that indulged in — in that little — that's a small — that's a small example of what's on the CDs without the frequencies and the other positive things in the background. So I'm sure that everybody listening —

Lisa: Right.

Rick: — would have felt some very pleasant shift within.

Lisa: I — yeah, I actually felt laughter. I don't know why. I just felt really happy.

Rick: Well, you're a joyful person. I would say that's why.

Lisa: It — it — it was — it was stuck down there somehow and needed to bubble up. It was — that was for me really a — a feeling of joy, and immense and deep gratitude. So, gosh, thank you so much for that.

Rick: It's my pleasure.

Lisa: If you guys want to send me your comments off of that, go to TheAwareShow.com/Rick. There's a place there you can enter in your comments, and I'd love to hear what your reaction was, as well. But the — the bottom line is for that, you know, example was a chance for you to see how easy it is to shift and change your space, how we operate sometimes with these unconscious patterns and programs that we don't even know how limiting and how much they — they block us. So it's just a — a chance for you to understand there's a huge opportunity for you to break free of those limitations and to heal

issues in your own life, to make amazing changes, and it goes across the board with anything to do from smoking, to weight loss, to anxiety, to depression. It all can be healed. It all can as long as you are — I don't even know if you have to be willing to, but it — it absolutely does work, doesn't it? Do you have to be willing, Rick?

Rick: No. Well, really, you do, because no one has a right to try to change anybody's life. And if — if someone picks up another's person trying to, they'll resist it, anyway. But the natural laws say that a person should be willing. You know, we don't have the right to dictate to anybody, do we, really?

Lisa: Right.

Rick: Although a lot of us try to.

Lisa: Yeah.

Rick: But to be hypnotized, no, you don't. There's a lot of ways to put people into hypnosis without realizing it's happening, but we don't have time to go into that, and that's just not something I would teach people, anyway.

Lisa: Right. Over the phone. Well, I — if you guys go to TheAwareShow.com/Rick, there — the Special Offer button there is enormous. I mean, that's a huge, ridiculous value, like seventeen — over \$1,700 worth of — of MP3s just like this with all sorts of different issues that the MP3s focus on. And then the huge value of the membership, the Lifetime Membership, so this is something you get for life to the website, to his MindMotivations.com. There's — he — free hypnosis, and 50 of them. NLP, mesmerism, e-Books, so you can learn all about it. There's 450 hypnosis scripts on there to use and to practice with. And there's online forums, and chats, and tutorials, live lectures, all that stuff you can have access to. So that's just massive. And, then, you, of course, can download the MP3s and all these different issues and listen to them before you go to sleep, like I do. It's great. Well, thank you so much.

And, oh, by the way, there's — if you go to the very bottom there, there's a — a free gift, as well, on there. It's the FREE I AM. That's one of the things that Rick Collingwood was just talking about, too. So you'll get a little bit more of a taste of it on there, as well. So all this is for you guys. This is just for being a — in this exclusive club for the teleseminar series. You guys are really fortunate you got yourselves here so we just wanted to give as much value as possible and let you know the unlimited possibilities that we all have, and the — just the reasons to be joyful. So thank you so much, Rick. You are a blessing. I appreciate all the information that you've imparted on us today. Thank you so much.

Rick: Thank you for the opportunity, and — and — and thank everybody — thanks to everybody that listened in, as well. And you have a great afternoon over there and I'm ready to have a great — a great day here.

Lisa: Okay. You do that!

Rick: And I look forward to seeing you soon, when I'm next back in — in the U.S.

Lisa: Will you please? Yes. When you come to the U.S., will you please look us back up again, because I want to see ya?

Rick: I'll be there in November.

Lisa: Oh, good. Good to know. All right.

Rick: You'll get a call.

Lisa: You promise?

Rick: Thank you. I give you — yes, I do. I promise. Yes.

Lisa: Thank you.

Rick: Talk soon.

Lisa: All right. Talk to you later. Bye.

Rick: Thank you. Bye-bye.

Lisa: All right. So go to TheAwareShow.com/Rick. Rick Collingwood was my guest and the power of hypnosis is absolutely amazing. It can be used for freedom, for joy, for — for gratitude, for whatever you want to use it in the positive sense. And this Special Offer package there is really to help you and to help people, so — and to help you help people, really, with all sorts of issues. This is really effective for loved ones in your life, as well as your own self. So thank you so much. Rick is a very, very practiced and professional hypnotherapist, and has been doing this for 23 years, so his style is — is very refined, and it's helped thousands and thousands of people all over the world. So very grateful for him for being on today, and I'm grateful for you guys for listening today.

And I'm grateful for my whole team for making this call happen. You guys are awesome. The Aware Show production team over there, and — and Tanya and Gina, the producers of The Aware Show. All of these guys make this happen.

But mostly, thank you guys for listening because, without you, these calls would not exist 'cause they are for you, ultimately, and I thank you for being a part of this amazing, loving, grateful community.

This is Lisa Garr and, till next time, I invite you all to stay aware.