



**HEALING FROM LYME
DISEASE AND CHRONIC ILLNESS
NATURALLY SUMMIT**

The Breakthrough Code for Health

**Dr. Robby Besner PSc.D. interviewing
Tom McCarthy**



Robby Besner PSc.D.

Welcome to the healing from, Lyme Summit Naturally. And today got a blockbuster interview in store for you, a really cool guy named Tom McCarthy. His body of work is an area that I think is so underserved and it's the up and coming. There's two areas that I think are going to explode in health and wellness, and that is emotional health and healing using energy, energy medicine. And this guy's all about it. In fact, he graced me with interviewing me on his up and coming summit, which I hope we'll talk about as we get towards the end of our interview. Tom, welcome to the Lyme Summit, Healing from Lyme Naturally Summit. Thanks for joining us.

Tom McCarthy

Yeah. Thanks Robby. And you're amazing on our summit and it's so cool to be with you again.

Robby Besner PSc.D.

Yeah, this was cool. So, you know, I was taking a look at a little of your kind of bio work experience. You've basically touched most of the fortune 100 companies, in doing some kind of consulting and things like that. You got an upcoming book which we'll talk about later on. You've been a public speaker. You're coach, you're a family man. Boy, you got it going on. They call that the full Monte, right? Or the full enchilada. So that's super cool. Can you give us just for people just tuning in, can you give us a little bit of the backdrop behind Tom? Like what were your drivers in your life, your motivating elements, and then kind of walk us towards, to a little bit of what you were focusing on these days.

Tom McCarthy

Thanks for hitting all the highlights of my life. Obviously, it's not all highlights, but even what I call, you know, what some people might call the low lights, are tremendous learning experiences, that allow us to rise even further. So I think, you know, I was, I grew up in a family that up until about age three, we were kind of just moving along as the typical family, that's



going to have the normal average American life. My dad was a West Point Graduate, was in the military, young captain in the army. My mom was a nurse who, when she started having kids, became a full-time mom. I was three years old. I had a two year old brother, and I had a six month old brother. My dad was in Vietnam. So he got sent to Vietnam. And one month before he was supposed to come back. I can still remember three years old. I don't have a lot of memories from back then. But I remember looking out the window, because it was about a month before my dad was supposed to be back with us, and he'd been gone 11 months or so. And I saw a taxi cab pull up, and an army officer got out of the taxi cab. I thought it was my dad, because I didn't really remember what he looked like. And he came up to our house and he was coming to tell my mom that my dad had passed away the day before, he'd been killed in Vietnam. And so when something like that happens, particularly when you're young, life is not black and white anymore. It's not average. It's not normal. And for me, I started really looking beyond the norm, and I can't say I did that at three, but I had a lot of pain. And I would look around and I would be so jealous of families that had a dad and a mom, even if they weren't intact, they at least knew their dad. So I never really knew my dad and I started searching.

And that led me to look at, believe it or not, like alternative health at a fairly young age. Because I didn't want to be, have my life dictated by the rules that most people said where, you know, if you get this, then this happens. Cause they had lots of fears around health, and anxieties around health, after having someone pass away at a young age. And I started reading books, that most people in their teens weren't reading. And the first book I really remember that impacted me was Illusions by, Richard Bach. Which I thought was really this cool book that made me think beyond just the normal, you know, you can only believe in what you can touch and feel. And then I read things like, Wayne Dyer's, Erroneous Zones as a young guy, and Denis Waitley, Seeds of Greatness. So I, on the outside, I was trying to be this normal kid that fit in and it was good in school, tried hard. I was a good athlete, but on the inside I was really different. And I almost didn't want anybody to know that I had all this stuff inside. You know, these fears, but also these lookings into alternative ways of looking at the world. And then graduated from college. I got a traditional job, with a Wall Street firm. I thought that's what I'm gonna do. Just make a lot of money. And about three years in, I was doing well, but I was bored, and it didn't feel like it was really fulfilling my purpose. And so I was watching the today show one morning, this was in the eighties, and this young guy came on a little bit older than me, but his name was, Tony Robbins. And he was getting interviewed about his new book, "Unlimited Power." I'm like, ah, that looks



like a good book I should read. I read it. And a week later I flew out to California. It was on the east coast. Met him, and that really launched my career because I came on board to help him run his company. And then after a couple of years of doing that, a lot of success, good friend, met my wife at his house. He was in my wedding. I decided to do my own thing, more corporate, which I had a lot of success, we opened some different businesses. And then about five, no, seven years ago, in 2015. I had an illness that I was telling you about a little bit earlier. And it really knocked me down, just like a lot of people probably listening to this. It was chronic fatigue, had some markers for Lyme, but not enough markers to be called that, but I had a little virus. And it took me a long time for me anyways, it was not years but months, which for me is like a lifetime. But that really was the opening to the path I'm on now. So I still have my corporate business, but we have the Global Energy Healing Summit. And I've always loved the kind of stuff that you do, alternative healing, and it's always been a passion of mine. But I had this other life where, I didn't necessarily wanna step out in that realm yet, but now I'm ready to do it. And we've been having a lot of fun with it.

Robby Besner PSc.D.

Tom. Interesting, really, really interesting. So, through that childhood experience, it kind of motivated you to look outside the box of what would be considered that traditional road, and then having some health challenges yourself. Certainly, makes you really identify with a lot of the health challenges, that the Lyme patients and Lyme community listening today, can really resonate with, that can tune them in. And so what I find really amazing in just your story, and walking forward and just having an opportunity, to get to know you a little bit better off camera, which I'm actually truly enjoying. I feel that you're onto a category that's so underserved, and so important for you to actually heal completely. You really have to work or understand the energetics and the emotional components to healing. And I think that's a lot of reasons why people, they have temporary, like sort of, I want to say that they have temporary moments where, they feel like they're back on track and then they relapse again. And then they get back on track and they seem to harness their health, and they relapsed again. And I believe that whole sort of merry-go-round, is really because, they're not addressing the emotional part of it. And so with every chronic illness, it's not just like, you have an injury, you're hurt your elbow, or you hurt yourself in a skiing accident. You have this injury of this trauma. You mend your body, but there's always emotional components to that injury, whether it be a chronic element or an acute injury, or even a chronic injury of sort.



Tom McCarthy

Ya. Ya.

Robby Besner PSc.D.

And so, for you to really do the full turnaround, I believe that this whole area of energy medicine and then emotional healing, is an important one to heal completely. And so you've tapped into it. However you've tapped into. It makes way sense to me. I know my orientation was a little bit different, but we're both on the same road here. And I love that part of that we share with each other because today the people tuning in, it's hard. You know, like you talked a little bit about your experience with chronic fatigue, and many of the symptoms that people have in Lyme disease, mimic, or are the same as chronic fatigue. You came out, you somehow came out at the other end of the tunnel. At the time when you were in the middle or at the bottom of the barrel, it didn't feel so good. Like everybody listening that...

Tom McCarthy

I thought I was dying. I literally thought I was dying. I'd never been that sick before in my life. It was so crazy and scary for a little while.

Robby Besner PSc.D.

Well, we touched on this topic a couple of interviews ago about the blessing and curse of life in general.

Tom McCarthy

Ya.

Robby Besner PSc.D.

And usually I talk about that when I get spiritual or I get a little biblical and I talk about the Bible, and the blessings and curses, we see there all the time. It's hard when you feel cursed with Lyme disease, to seeing that there might be a silver lining, or what is the silver lining. But you are it right now, having this interview, you came out the other end of the tunnel. You are what I'm looking for to kind of hold onto, to help give me inspiration, to help me come out of my personal tunnel. Now, Tony Robbins was the, I think he invented inspiration, that guy. So what an amazing hookup for you to have in your own life journey and how serendipitous, finding him and then



sharing, and then him grabbing you under his wing, and grabbing bringing in you into his organization. That's not easy in its own right. So there's a lot of qualities in you that Tony saw, for him to want to make that commitment to you. So I love that. And I love the skills that you took, from that experience and now integrate it into your life.

Tom McCarthy

Ya.

Robby Besner PSc.D.

And so you came out with this concept, well, first one was the energy healing summit. I mean, that's amazing in itself, because there's a topic that nobody talks about, and certainly I have been in it, but I look at it from multi-level point of view. One is just harnessing sun energy. So that's energy. Then there's our body energy. And that is an important aspect. Right? So let's talk a little bit about, how you define that? How do you define, let's start with, at the top level. How do you define energy medicine, in your definition of it?

Tom McCarthy

So Einstein says, or said, everything's energy. Everything's energy. You know, so if we're in one of your infrared saunas, what we're really doing is we're taking in energy from those infrared lights that are in the sauna. That heat, right? It's energy. But a thought is energy, the chair I'm sitting on right now is energy. It looks like it's just matter, but it's energy vibrating at a low enough vibration, where it's forming together. And it seems, you know, it seems hard. But there's energy all around us. The air that we breathe in is energy. As a matter of fact, in our breathing, we can, if we do it right, we're breathing in medicine almost, right? Cause we can breathe in really great energy. Thoughts are energy, so everything's energy. And then the other thing that Einstein said is that, is that thought, excuse me, energy follows thought. So as we think, we direct energy. As we think about our body or a situation, we really are directing our body to form, or to heal, or to do whatever we're thinking about us. So if we start thinking things like, I'm sick, I'll never get better. You are directing that energy to make that real in the physical form. When I had this chronic fatigue. At first, I was trying everything, and not anything really traditional, it was all functional medicine. I was doing all sorts of tests, and was trying pretty much everything. And it all helped. It all helped. The thing that I needed to do to kick it over the finish line, was work on myself, because if I was giving my power away to everything outside of me, it would help. It



certainly helped, it got me a lot better. But if I still thought that I had this chronic fatigue, that I was sick, that if I read articles on the internet, that said it takes most people years to get better. If I bought into that, I would probably still have chronic fatigue. But what I did was I said, and this is what I do in everything, in my businesses and everything. I don't look at what the average person goes through. I said, all right, who's had it and got over it relatively quickly. And I found people like that. And I'm like, what did you do? And it was a lot of things that you recommend. So infrared sauna, infusions, all sorts of things like that. But also it was reprogramming your mind to be able to. Cause what I'd learned with mine, is that my amygdala, that fight or flight part of the brain, right. Right at the core of the brain, it was overly sensitive. That's why I could sleep for 14 hours and still wake up tired, because I never was really getting that deep sleep that I needed to recover. It was just always wired to look for danger, danger. He's not okay. You know, protect him, protect him. I had to calm that down. And so that, along with all the other great treatments, a lot of which you recommend, that's what got me better. But I had to think differently, ultimately. The thought process that we have can keep us sick, no matter if you're doing every other thing right. And that's probably, one of the biggest lessons that I learned.

Robby Besner PSc.D.

Wow, that's amazing. We can talk about this for days, but there are simple tools that people can do and integrate into our lives. As soon as we hang up, as soon as we get off this interview, that's how quickly, you can actually bring this into your life. And what you describing is what I call visualization. Like if you can't visualize that dream, then it doesn't really, it's not clear. The better you can visualize, the better detail you can get into your brain, that pixels. I mean, as small as a pixel, in definition, the closer you'll get there. And reprogramming is really interesting to me, because we do it and we don't even know it. Like when you go to a church, or you say your prayers, that's a kind of programming. When you ask for forgiveness, or set your intentions in the morning, in the quiet part of the morning for the day. That is a way of programming your brain so that you, the first step out of the bed, or the first step into the kitchen to grab your tea or coffee or water or whatever you get. You're doing it with intention, because it's part of that routine that you've programmed in a way. You can do things like guided meditation, that you put on a headset, and it's got someone talking quietly in your mind, you know, in your ears. And there's, what's called binaural beats. It's a way to create what's called brain coherence. So a better interaction between your left side of your brain and your right side of the brain for communication. And these affirmations. You can stop smoking. You can stop drinking. You can



go on special diets, where maybe before you had trouble with the diet, it was like, that was a roller coaster. So this whole changing your narrative, and what I call stinking thinking, the way you use words really stick with you. And I don't know, I was watching a movie, one fun movie that I like to watch. And I remember this little child said to his parent, you know daddy words really hurt. Because they were just getting into a little tiff or an argument. And it made me think how important words are. Even the ones we think that we don't even vocalize are important.

Tom McCarthy

Every thought has energy. So that thought, you think that just stayed in your head. It didn't. And it actually impacted you, and an impact of the environment around you. Robbie, you know, someone walks into a room and they've got great energy. You just feel that vibe when they walk in. Someone like you, right? That has all this positive energy. Someone else walks in a room, and they have that draining, depressing, negative energy. And you can feel it. We are energy. We're energy. A virus like Lyme, right? Lyme's disease, it's energy. But you are more powerful than any virus. You really are. It helps a lot to have incredible tools working on you from the outside, or vitamins or different things that help that we can ingest. And if you don't get the thinking part, right, you will still stay locked into a certain extent. It's almost like someone who has a tumor has cancer and has a tumor. And they go in and they take out the entire tumor, and they say, Hey, the cancer is gone.

But the same thinking that created that, if that's still there, that's where you see people come out of remission and have the cancer again. So it's so critical the way we think, I call it your story. In my book, the breakthrough code, I say, upgrade your story, upgrade your life. The same story that allowed you to get sick. If you hold onto that story, it will keep you sick. We have to upgrade it. And the other thing I will say is the thing that I, and I was talking to you about this earlier. The thing that I came to realize was is, as hard as that chronic fatigue was on me. And it was one of the toughest experiences of my life. It was also one of the most beautiful experiences of my life because the universe is always working in our favor. Why did I get chronic fatigue? I don't believe I was a victim. I think I needed to learn these things, that I learned from eight months, pretty much stuck in bed, feeling like crap. But where I could think and learn and challenge myself to read, or listened, to watch videos, just from people that could teach me things. And I've learned a lot, like I've, my whole path has been, I've been a teacher of these type things for a long time. But I got my PhD in life from those eight months that I had chronic fatigue. And where people are



saying, oh, you're gonna have it the rest of your life, I'm like, screw that. Like, I'm not going down that path, all right. I'm gonna find a way. And that was part of my thought process, which I think everybody on this needs to have, you can find a way. Don't look what the average person has and just accept this as the path, and this is what's going to happen. That's why you're listening to Robby. And you're on this summit. You know you've got the potential to do better. You know you can be extraordinary. You can use this experience, to learn deeply and to have empathy for other people so you can help them. But get over quick, get over it quicker than the average person does. Be extraordinary. Not average.

Robby Besner PSc.D.

How interesting. That's the blessing here, and so we talk about the blessing in curse. So curse might be why me and why now? I have Lyme. The blessing is the lessons that we learned, the people that we bring into our lives, the energy that we attract into our field, into our lives. And then we get on that journey for recovery, getting back to either our prior yourself or the new definition of the new you. And then you emerge with all of that strong, foundational information. That's not just for you, but you get to pass that onto your kids, and everybody else in your sphere of influence. The people around you, that are important, that you love. So this is super cool. Earlier, just a few minutes ago, you mentioned your book. The title actually probably says it all. And I love that certain titles, you know, do speak to volumes as to what you're going to read. So you call it "The Breakthrough Code", and I can't wait to get my hands on it. Well, it comes out sometime in February, right?

Tom McCarthy

February 5th. Yeah. It comes out. And thebreakthroughcode.com, is the site. I don't know if anyone's read the book, the Alchemist. But to me it's a modern day Alchemist. So it's a fable. It's a story. And the thing that I think, you know, I remember Robby when I had that chronic fatigue, and it just seems like such a distant memory, but it wasn't that long ago. But I remember one at one point I was talking to a good friend of mine who was actually an energy healer. And he's talking to me about, you need to visualize yourself being completely healthy. And I couldn't do it at that time cause I was so achy, and so sick, and my lungs were on fire, and my sinuses and every gland was enlarged and I had no energy. And I actually, for the first time in my life, it scared the heck out of me. I was depressed and I'm talking to him and I said, am I depressed just because I'm sick, or am I just a depressed person? He goes, no, it's because you're sick. But he



and other people helped me. Right. They helped me not just by sending energy or that type thing. But by me being able to feed off their belief, their knowledge and, and so we don't get, we could get healthy alone, but that's the hard way to do it. There's a lot of people that helped me really start to see that I could be healthy and I could overcome this situation and come out stronger on the other end, which was amazing. But it takes a team of people. And so The Breakthrough Code, is a great story because it's this person struggling. And he's thinking. He knows he has potentially thinks he can do it on his own, but it takes a team of mentors, some diverse mentors that really allow him to learn three big ideas. Number one, if you're going to have a breakthrough in any area of your life, you've got to focus on less. Like if you have Lyme's disease, and you're probably don't have a ton of energy to focus on a lot of different things. But you can't be trying to increase your health, and at the same time, maybe starting a new business and then getting married and learning how to dance the polka. I'm just making silly things up, but you have to focus your energy. It really is a time where you need to focus your energy. And when I say focus on less than obsess, it's not a conscious obsession, but you've got this thing called your subconscious, which you know about, I call it your super conscious, that has answers. That has almost like a divine connection, to every thought that's ever been thought. All the great ideas. Your mind extends beyond your body. It literally reaches out with thoughts and energy. And so we want to program that super conscious. And we talk about in The Breakthrough Code, how to do that. So you get help. You get healthier. You get wealthier, whatever it is you're looking for with more ease. That's big idea number one. Big idea number two, is about your story. Now, Robby, I have a question for you. This a little bit of a trick question, but you'll probably get it right. What's the most powerful story you will ever hear?

Robby Besner PSc.D.

The powerful story I'll ever hear, besides the one you're telling us today. It's frilly. It's my story.

Tom McCarthy

The one you tell yourself.

Robby Besner PSc.D.

Yeah.



Tom McCarthy

That's all we really are, our stories. Like I could go Robby, You're amazing. You're unbelievable. You're such a cool dude. And if you go, no, I'm not that good. You'll believe you more than what anyone else will say. And so we have to craft our stories at an upgraded level, and we have to let go of some of the old crap we're carrying along, like you'll never fully recover from Lyme disease. If you want to have that as your story, you're right. You'll never fully recover. If you believe that the universe is always working in my favor. This is a gift. This is an opportunity for me to learn and grow, become stronger and help other people. Then that will be your story. And you will get better. You'll find not maybe not overnight, but you'll find a way to get there. And so upgrading your story. And then the third component is about taking effective action. Packing your day with effective action, things like sitting in an infrared sauna. Things that really give your you an energetic supercharge, or meditating, or binaural beats, things you talked about with brainwaves. All these things you can do that give you that gets you. Cause what I say is, effort, how hard you work, is multiplied by how effective it is, that equals your results. So we're not saying you have to work harder at getting well, but you have to become more effective, which this summit is designed to give you those ideas to become more effective. But you know those three things. You focus on less like you really decide, all right, here's something I'm going to focus on and you really start programming your super conscious. Then you get rid of the old parts of your story and then you upgrade your story, and then you start taking effective action. You will heal. You will heal.

Robby Besner PSc.D.

Great advice. Can't wait to read more of it in the book, because you really dive deep into it. And using the book or the story telling part of the book to take us through that journey, makes it both entertaining and very informational at the same time. What a combination. I want to share with you just a personal, Julia story. My daughter who had Lyme, and we lived in a split level and she was upstairs and she was at the top of the stairs looking down. And we had this big island in our kitchen, and the island was completely filled with her medications. I mean to the point where I made myself a cup of coffee, I turned around to put the coffee on the island to put it down for a minute. And there was no space on the island because it was filled with her medications. So I was pondering for a minute. And then I kind of glanced up through the corner of my eye. And I saw Julia at the top of the stairs. And I looked at her and I said, could you ever imagine, like you being in a healthy state of mind when you didn't need any of these



medications anymore? And she said, no, I'm always going to be on medications dad. And so it's exactly what you're saying. And I'm sure a lot of people out there, both physically and from an emotional point of view, the Lyme community, people with chronic ailment, anybody tuning in. If that's your belief system, sure enough, that's your narrative. That's what you're going to get. She may not have hundreds of medications. Maybe we'll be down to 10 or 11 or whatever. There is a goal. There's this little beat. This little drum that's beating in the back of your mind that is playing that tune. And it may not be conscious. It could just be self-conscious, but you really have to shift that kind of thinking in order for you to actually achieve that goal.

Tom McCarthy

Absolutely.

Robby Besner PSc.D.

Now it takes a little bit of training and coaching. Your book will walk us through that, guys like you that are super inspirational because you've been there and now you've come out. So you can offer that wisdom to us who aren't so fortunate and are in bed, or are on the other side of the table, saying, come on, Tom, give me something that I can sink my teeth into. And you are, you're giving us sort of the roadmap. Now Lyme is the bodiest complex, and Lyme is certainly complex. So how each of us interpret that complexity differs from person to person.

Tom McCarthy

Ya.

Robby Besner PSc.D.

But the guidelines that you're giving us are so deep and true, not just about recovering from Lyme, but also about finding your bliss and finding your purpose in life. And then dedicating your focus on your life to doing that. And then I don't know if this is a Tony Robins thing or not, but I do believe that if you start moving in that direction, then the energy, the people you're going to attract into your field and into your life, are going to support that way of thinking that healthy outlook, that projection that you are doing. Same as if you're thinking negative, like, oh, that's why it's always going to be me. I'm you know, this and that right. Poor me. Then you attracting all those people around you.



Tom McCarthy

You will. You will. Yeah, you'll find all the people that go, yeah, it's tough, so we feel so sorry for you. It's not fair. And that might feel good for a little while, but after a while of hearing that. Like it's not going to soothe you anymore. But you you'll find people now I will say, Robby, I don't want to oversell this in the fact that. Yeah, you think a little differently for one day and all of a sudden everything changes. It's a process. It's an evolving. And it's challenging because your old thoughts will fight to stay in your mind. Hey, don't forget me. And you literally have to almost forcefully remove them. I call it, get rid of your old crap. And think about the way you and I grew up. We thought you get sick. You go to a doctor. You get a medicine and that doctor makes you healthy. If that's the way you're thinking, then you're giving a lot of your power away. And I didn't know any better growing up. You probably didn't either. But now you, I, and hopefully people listening to this know that we have choices. We have power. We've got this ability to heal. That's far beyond what a medication can do for us or a doctor can do for us, but we've got to access it. And we've got to go against the grain a little bit still because society is still saying, no, you know, it can't be healed or, or you just have to live with it or suffer with it.

But there's people, there's plenty of them. You know, you've helped lots of them that are on the other side that have proven you can heal. You can heal. And, and so it's challenging though. The mind will, the mind loves consistency. So the way you thought yesterday is the way typically we're going to think today. And now we're saying, shake that up, and shake it up in a way where you continue with a whole new path of thinking and that that'll be challenging. Sometimes you'll fall back in the old way of thinking. Here's a little technique they can do though. So when they start noticing themselves, going back to the old crap thoughts. Like I'll never get better. Or, this is a I'm cursed, or I'm a victim or whatever. I want you to immediately. Everything's a mind game. That's just a story we're telling ourselves. There's no truth to it. Unless we continue saying it, then it becomes true. But when you notice something like that, one of the techniques you can do is imagine you've got in your mind a big red paintbrush. And oh, excuse me, a paint brush with red paint on it. And you just put a big X right through that thought, whatever, however, that looks to you in your imagination. And then immediately, so that's telling the brain, cause the brain, the mind, it doesn't, if you go stop, stop thinking that. It doesn't really understand that. But if you do a picture or something where you feel like you feel yourself, even though you're not literally painting it red. You feel yourself putting a big X, and you can envision that. Then the mind goes, oh, you don't want me to think that anymore. And then it will start taking power and energy



away from that thought. And then immediately flip it with something like, you know, every day in every way, I'm getting better, better, and better, or I'm healthy and strong now. Even if you don't feel healthy and strong, and literally that's the challenge. Most of them go, how can I say I'm healthy and strong when I feel like crap. Well, you've got to start saying something that's better than the way you feel, because we don't want you to just state the truth of how you feel. That's going to hold you in that space. We need to state something that's moving us beyond there, but we have to see it, feel it, and believe it, before our mind will actually act on it. That's why most people stay stuck, Robby. They can only describe what's happening right now. Einstein said, the most powerful force is your imagination. Use your imagination and then make your imagination be what you claim to be your reality, and your body will move towards that.

Robby Besner PSc.D.

Great, great, great, great. You know, also I think that limiting beliefs, like people that are surrounded, like your loved ones, your family, you're on your back and I'm feeling great. They're taking care of you. They love you. They only have your best intentions, but they've got limiting beliefs. And so you're trying to break out and say, I'm going to beat this thing. And they're kind of coming in with their little, not on purpose, by the way, they just do it subtly. And they kind of make you feel like, nah, maybe not. You know, maybe you won't be this thing and don't worry. I'll still, you'll still be my son. You know, I love you. And no matter what and all that, and you know, those are the Negative Nancy's that often surround us, that kind of weigh us down. And so it is a task. And I've had friends that actually have physically gotten up and kind of change their apartment or their location just to give a little bit of distance, so they can get clarity and stay true to themselves, without being influenced by people around them. So I think that now you're Lyme patient, you not feeling good. You need support from the family. You may not be able to get away so fast, but what's beautiful about this discussion is, when you're in yourself, when you're in your mind, when you close your eyes, when you get into meditation, it's limitless. You know how far you can go with your own abilities from within.

Tom McCarthy

Yeah. Absolutely.



Robby Besner PSc.D.

It doesn't cost money. Yes. It takes a little bit of training and it takes a little bit of focus. But guys like you that come out with like your book, I mean, I'm telling you it's going to be riveting. I can't wait to get my head around it. And then use those simple steps. And then just start, like you would go to the gym to exercise your arm, to build a bigger muscle. You can exercise your brain and your thoughts to redirect your health in a positive way. So that all of the supplements you're doing, all the lifestyle changes that you might be making are all going to work synergistically to get you back on track. I think it's amazing and powerful.

Tom McCarthy

The one thing you stated Robby to you, you might have to educate the people around you. You might have to like my family, we're kind of a self-empowerment family anyways. So when I was lying on my back, number one, I didn't want a lot of people hovering over me. My wife and I were supposed to go down to the Caribbean and we chartered a boat and we were gonna do this, I think a week or 10 days or something down there. I couldn't go. But I told my wife, take our daughter with you. You guys go. I didn't want them around. Right. I didn't want them having to worry about me. Not that they would have worried about me that much because when I would come in, even though I was feeling like crap, though. It was funny because they would laugh at me because they go, how are you doing? I go, great. And I was feeling like crap, but I just was not gonna allow my mind to go down to that place.

And I think, but educating your family, my family is pretty enlightened, right? Because we've been broad thinkers and think outside the box for a long time. That's what I love about my wife, why we've been together 30 years, my kids were, my daughter was an all American athlete. My son was a college basketball player at Harvard. So they had these strong minds. My son actually healed himself from pain, debilitating pain in his back when he was getting his MBA and playing his fifth year of basketball. They said the largest herniated disc that they'd ever seen in a kid that age. But we talked about mind body. Now, this was just recently. And I was telling him like, most pain is not because there's an acute injury, it's from your mind. And once he's understood that literally, he read a book called, John Sarno's, The mindbody prescription. He read it three times in a row and his pain completely went away. Even though doctors wanted to operate on it and inject and do all these things. So, but you might have to go to your family and say, look, thank you for the sympathy. But if you come in and you're feeling sorry for me, you're going to keep me



where I'm at. So if you come in here, I don't, if I had some disease. I would never want someone going, Oh, I feel so sorry for you. What a terrible thing. I would never want that energy coming to me. I would want them to say, look sending you energy. You're getting better now. I see it. I feel it. So educate your family to come in with positive vibes and let them know if they don't come in with that. Even though it might be hard for them to do, if they don't come in with that, they're holding you in this place that you're in with their energy. And it's going to be harder for you to recover.

Robby Besner PSc.D.

Yeah. Great advice. And all of us, I mean, we get trapped in that because we love our parents or we love our family, or we love our wives. And we hope they have all have the best intentions and are looking out for us, but they come from, they have their own headsets on also.

Tom McCarthy

Yeah.

Robby Besner PSc.D.

And they're actually afraid. And they're afraid that you are gonna get worse so that you're feeling you're never going to get better too. And they're shackling you with those chains, you got your own to deal with. So I think that it's might be hard to do, but the first step of all this, is just having a discussion like this and bringing it out into the surface. And then someone's scratching the head, you know? Yeah. What those guys were talking about. That's kind of like my set-up at home and I can see why it's hard for me to get up out of bed because I'm gonna walk in the other room and mom's gonna say, oh yeah, there he is again, coming in complaining about this or that. Right. So, well, anyway, I do think it's super important for people to have the focus and have an understand that we can, you can do this.

Tom McCarthy

Have your family wants us interview, on Robby's summit. Robby, have your family watch this interview? And so they can start to understand the importance of the energy they're bringing into your healing process. Feeling sorry for you, hold you where you are. That energy literally leaves them and you start to feel it. Now you can overcome it. You can be strong enough, but it just makes your job a little bit harder. So if they come in seeing you healthy. They come in with



positive thoughts about your immune system's ability to overcome Lyme disease or anything. Then all of a sudden, you've got more power around you. We're a collective energetic force, when we come together in that way. And so ask your family, even if it's challenging for them, just ask them to see you in the best light. See you healthy. See you strong. See you back to being this vibrant soul, that's happier and healthier than you've ever been, and that will actually support your healing.

Robby Besner PSc.D.

Okay. So I'm going to go off the road a little bit here for a second. Cause we don't have that much time, but there was a guy whose name was Masaru Emoto, and he's a Japanese guy and he's the father was founded, structured water.

Tom McCarthy

Love his story. Yeah.

Robby Besner PSc.D.

Yeah. And he did this little simple test where it brought people in, and he made them, they took a water source, and you know, most of us we're about 75% water. Our brains are like 80%. Our cells are like 98% water. And he just had them think about ugly putrid things and then took a high powered, froze the water. Took a high powered microscope, took pictures of what that looked. Brought the same people in. They blessed the water. They thought about love and abundance and everything in life that's beautiful. And again, put that energy into the water, which is us.

Tom McCarthy

Yeah.

Robby Besner PSc.D.

Most of us is made up of water. Right? And then now he we've froze it, took pictures and now there's this crystalline and beautiful It just looked like it came from heaven. The snowflakes were just magnificent. Now that's energy medicine. You can't get around it. And thoughts put that energy into that water. And so here it is we're mostly water. If we change the way we think, and we change that energy. We changing the water inside of us. We're changing the structure from



maybe something putrid and ugly, to something beautiful and something healthy and sustaining. In many religions there's like holy water, and they bless water. And there's in the Jewish religion. There's a cleansing process. It's called mikva. And that is in the water. You get baptized, that's you're being christened with water. This is all around us. And so it's multidimensional, multi religious, and it's all of about energy healing, which is your topic. So I really believe that we can transform. And what's really interesting is because when you talk to traditional Western medicine, people and you're talking about energy medicine. They're now starting to get a little bit on board, but for the most part, they just said, ah, that's a bunch of woo-hoo. Like, no, one's going to listen to that. But now they're starting to get up, get with it. Because before, when someone would be healed and it couldn't be explained in science, they said, oh my God, this is a miracle. He just, you know, he's healed like that. Right. I was touched and now I'm healed. Well, you know, there are so many miracles that happen all around us. If you read the Bible old or new Testament, they happen to every day and they were described in detail. They're still happening every day. But we just look away because we're focusing on ourselves or the fact that we're not healing that well or not feeling well, but yet the miracle still exists and we all are miracles. We all have the ability to transform and really make the difference. So that's going to bring me to my last topic with you. You started a new company, or you're about to start a company called Life Force Blessings.

Tom McCarthy

Yeah.

Robby Besner PSc.D.

So just like your book, The Breakthrough Code, I always associate names with the essence, of what the book is about or in this case, your company, so your new company. So can you just talk to us a little bit about it? Because I'm just so intrigued by the name, Life Force, that's all of us. And then incorporating Blessings, which is, I believe we all are in our own ways. So tell me what the mission statement of that company is and where are you going with it?

Tom McCarthy

Yeah. It's an interesting concept. So years ago I was traveling on a plane and I was talking to a guy whose friend was a billionaire. He was sitting next to me, and he was saying that his friend, and we started talking about energy. And he was saying his friend years ago had asked some



Tibetan Monks, so these were from the Dalai Lama's lineage. He had asked these Tibetan monks, and he earnestly made contributions to their monastery, but to send blessings to his company, right. For prosperity and happiness and togetherness. And he said that it was one of the reasons why he thought his company was very successful. So we're always all sending energy. And that's a weird thing for you to think about, like, how can you send energy outside of you? Well, look at what's happening right now. All of you are watching an interview that Robby and I are doing. Where Robby's showing up on my computer screen and his voice is coming across. But where's it? He's not here. Where's it coming from? It's coming across the airwaves. You go, oh yeah, but that's a receiver and a transmitter. Well, guess what? We're all transmitters and we're all receivers. And so energy is always going all the time. And so a good friend of mine, who's a Taijiquan master. His name is Chung Hi Lyn, and I'm in a group called the Transformational Leadership Council with him. He was doing a program just a year ago called, it was like one week of blessings or something like that. And he had these monks and he would lead a little meditation And then the monks would chant. And when monks chant, whether any chant. If any chanting and any religious form or any spiritual form.

I'm not necessarily religious, but I'm very spiritual. I believe in God, believe in creator all that. But I don't subscribe to any one religion. I think there's greatness in so many religions. But when we chant, there's a vibration that goes out. And so these monks though are really cool, because what they do is they pretty much, most of the day are in a meditative state or they are chanting. They're chanting to lift the world from suffering, right. And to help people all over the world realize they're their true purpose. So they really are almost like angelic beings. They don't take money. They do some work, but they're not out in an accounting job. They really are literally these beautiful beings. They generate gamma waves, like the super powerful wave of energy. And so Chung Hi had these monks. I'm like Chung Hi, five years ago I was looking for monks, and I couldn't find anything in the Western world, where I could make some contributions to, for them to send blessings to my company, my family. I said, let's start something where we can make contributions to them, and they can bless people with energy every day. Sending energy for healing, for relationships, for newborn babies, for new homes, for businesses, all of these things, where a little extra energy coming your way, enlightened and energy directed just to you. And so we started that company. And that's why we did the energy, the summit, the Global Energy Healing Summit, because someone said, Hey, you should do a summit, and then you'll find more people that are interested in energy. And we did, we had a big summit. We broke the



record for first time summits anyways. And eventually we got you. We even got you on our next summit that's going to be doing that. But so I'm really excited. So we've taken the Eastern and the Western world and merge them. It's not religious at all. But it's just like people that cultivate energy and will readily send it. We now have access for all sorts of great uses where you can get that little extra life force energy blessing every day.

Robby Besner PSc.D.

I love that. And I love the idea that aside from whatever the transforming that you're doing and your own effort to have other people chime in. They could be next door. They could be your family, or they could be on the other side of the world that is sending you love and sending you energy and sending you that energetic support, is super, super cool. You know, just in the world of science, we now are living in a 5G environment. Some of the medical and military and governments, they're using seven and 10G on the same cell towers. Radio waves, you can ping a radio wave and it can travel around the entire world in seconds. That's just the radio way.

Tom McCarthy

Yeah.

Robby Besner PSc.D.

So think about the same kinds of messages you don't have to be in the same room. You could have somebody sending you energy from a different part of the world, but they're directing it and focused on you. And just like you said, transmitters and receivers, you can receive it. It can shift your feelings inside and, and truly changed the course of the river, your story, your narrative.

Tom McCarthy

Absolutely.

Robby Besner PSc.D.

And again, untapped. It's not scientific, it's not black and white, but it really can make the difference. In medicine, oftentimes they talk about the will to live. And many people that have chronic ailments, and you know, Lyme is a big one, and many Lyme patients unfortunately, they commit suicide because they get so depressed. They get so stuck that they don't think there's a way out. They shifted. They figured out, or they just came to a point where they just couldn't kind



live with it anymore. And that's so tragic to me because we all have the same ability to change, to get back on track. And it does take a little bit of tuning, like anything. It does take a little bit of exercise and repetition, like anything in life that's worthwhile. But true thoughtful people, true ambassadors of health like yourself and your family, and certainly your wife is immersed in it as well. These are the thought leaders that put out provocative information, that's a little cutting edge, just like what we're talking about today, that could just shift and change somebody's life like that. So I love the company. I absolutely can't wait for the book, that's going to be amazing. And I really appreciate the time you spent with us on our Lyme summit today. Because you talk about a category that people don't talk about. You make me think of it in terms of, I can just grab it, like, I'm deciding what I'm having for lunch. I can just grab that from a menu. Like, oh, today I'm going to feed myself energy medicine.

Tom McCarthy

Yeah.

Robby Besner PSc.D.

And as real as the container of pills that might be on my counter or supplements, or the meal that I'm going to take in. And that's how important this category, and how real energy medicine is and how important it is for truly healing. So we're doing it, Tom.

Tom McCarthy

You doing such amazing work. I haven't really talked about this a lot. My chronic fatigue and I don't, I mean, it was really a beautiful time of my life, but just even talking with you, like something popped up. Like I remember driving through my neighborhood and I was going somewhere and I was... I didn't really ever know what depression was because I always see myself as this positive person. But I had no emotion. I couldn't feel anything. It felt like this huge void. And I remember, I didn't feel like eating and I was driving the car going somewhere. And I'm like, it was the scariest thing, because I couldn't feel anything. I was so depressed and I didn't feel like eating. And I didn't even know, like what does this mean? And it was so scary, but here I am. You can get through this. If you're watching this, you can get through this. And there's so many great interviews in Robby's summit that will help you. You might need to listen to some of them a few times. Cause every interview has its own energy. Right? You can feed off the energy of Robby, and all the people he's interviewing. But never give up, just keep going. Keep going,



but don't keep going in the same thought mode, like always be upgrading your thoughts, always be taking on new actions and you're going to get through it. You will. You absolutely will. So Robby, thank you so much for having me. I really love being around you and everything you do, and you are just blessing so many people. Thank you so much.

Robby Besner PSc.D.

You the greatest. So baby steps guys. We don't have to take giant steps back to the road of recovery. We can just do little bitty steps, get some success, get a little bit of the change of thoughts and see it in action. And then before you know it, the old you is behind and the new you is ahead of you. And I love that. It's super inspirational time. Thank you for joining us today. Keep doing it, buddy. You're doing great. Really appreciate you.

Tom McCarthy

Thank you Robby.

Robby Besner PSc.D.

Thank you again. Hey everybody. It's Robby Besner. Thanks so much for joining us today. Please share this content with anyone that you think might benefit from it. And we're looking forward to having you with us tomorrow for another great interview.