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Interview with Adam Heller



Adam Heller

The Expert In Pain
Relief

**Zero Pain Now:
Permanently Release your Pain &
Regain Vitality, Energy and Freedom Now!**

Darius: Hello and welcome everyone. This is Darius Barazandeh. You're tuning in to the You Wealth Revolution. I am incredibly excited today, because we have some very special guests and we have all of you here. And, you know, this is a place where you come to really live your best life now at all different levels.

You know, yesterday we were going out into the further reaches of spirituality and energy, and today we're now going into more reaches of spirituality and energy and really the truth about us and feeling that maybe you haven't experienced yet, the truth that we can be vital, we can be pain-free, we can have more of the things we want. We don't need to be trapped down in this lower vibrational energy. We can be everything that we know we are.

So if you're here and it's because you want a better life or you really want to plug into who you were meant to be, this is the place. And I want to say this. You know, what You Wealth really is about is activating that goodness within, that power. And I always get this question from people: 'What about us? What about the people here? Darius, you talk about abundance and feeling great and being in this high vibration and opening up our gift, but what about me? I'm facing chronic pain. I'm facing migraines. I'm facing health challenges. I'm facing back pain. How can I go out and be abundant when my back is hurting me so much everyday? I can't have the energy. How can I move forward with all these great higher dimensional aspects, Darius, that you and your guests talk about, all this joyful expansion, when every day the reality is that my pain is like a giant lead weight pulling me down?'

And we get these questions every single day. And so, you know, one of the things we must do here is we must free people from that. We must open people up to this truth that there are solutions that can do that.

Now, whether the mainstream media talks about it or not, that's not our stance, because we know right now we have to take this head on. There are thousands and millions of people suffering silently every single day and according to Adam Heller, who we'll be talking to in just a moment, they don't have to. Just like at the You Wealth Revolution where we find the ways to transform your life that you may not have heard about, there is another way. And we are going to show you how using alternative methods of healing and spirituality and abundance and wholeness you can transform your life.

So I want to do this. I'm going to be asking you guys some different questions, so I might ask you to raise your hands. I'd love to hear kind of where you're at. But we are going to be talking about how we can absolutely reverse and have zero pain and we're going to show people all over the world how this can be possible.

So do this for me. Let's share at this page – youwealthrevolution.com/now – N-O-W – what's going on. Just share with your friends and family. There's a Facebook sharing app there. There's also a question and answer. So if you have questions, I want to hear from you. So let's definitely do that. And I want to share a few facts that you may not be aware of.

Chronic, recurring, repetitive and ongoing back pain and body pain costs between \$560 billion to \$635 billion each year in medical expenses and lost productivity, but your pain is way more than that. Your pain represents a loss of freedom, a loss of your abundance, a loss of your flow, of your energetic flow, and it keeps you from unleashing your energy and your freedom and your wealth to the world.

So during this session we're going to talk about how 97.4% of people just like you who have used this simple method that your doctor probably won't tell you about - at least not yet - have been able to banish pain using a safe, conservative, noninvasive and nonmedical approach.

You're also going to learn exactly how this works and why your physical therapist, your doctor, your chiropractor, even your acupuncturist trainer or yoga instructor could never have provided pain relief. And the important thing about that is a lot of you are still blaming yourself for pain that you have. Thinking: 'Well, it's my fault' or 'I'm meant to live like this.' You are not. You are not. You're going to learn even if you have mechanical issues like bulging and herniated discs, fibromyalgia, whiplash, torn rotator cuffs or other structural situations going on with your bodies, these are almost never, according to our guest Adam Heller, the cause of your pain, and what's really causing your pain is something that can be ended.

And were going to be talking about neuroscientific study of neuroplasticity and much, much more, and also you're going to learn how certain types of people tend to be more prone to pain, and many of them are like me and everyone else from this call. There are people who are spiritual, who have a deep heart, who want to do good, who want to please the world, who want to make life better. You're going to learn about that.

So what I want to do before we introduce this simple secret, I want to introduce our guest, Adam Heller, and just share some of the things people have been saying about him. I know this is a little bit long, but I want to do this because this is such a groundbreaking topic.

Adam Heller has helped thousands of people throughout the world conquer their limiting problems so that they can now live richly and nourishingly and a fulfilling life. He spent a decade helping clients overcome divorce, the loss of a loved one, lose weight, eradicate fears, phobias, panic attempts, increase income, increase productivity and success to their lives.

But here's the thing. Five years ago, Adam began examining the link between your brain and physical body pain. The result of Adam's research is something called *Zero Pain Now*, a simple, safe, proven step-by-step method to banish pain in your body, pain in your back, permanently, and also emotional pain. His entertaining and fun speaking style make him sought after as he conducts these cutting edge transformational interviews all over the world.

Now I want to share a few things that people have been saying. One person, Dr. Gene Lavine, said: 'This process rapidly accomplishes what all other therapies have failed: almost instant and lasting relief from your pain. The medical profession, along with our patients, will dramatically reduce unnecessary suffering.'

Another person, Dr. Boris Borgiani says: 'I urge you to experience his profound technique and follow the instructions exactly as directed.'

Another person, a MPH Master's of Public Health, Elizabeth Freeman, said: 'Several years ago I started having pain in my right shoulder. First I changed that old mattress. That didn't help. Then spent several thousands of dollars going to physical therapy. I recently used Adam Heller's *Zero Pain Now* and around the second week my pain got better and by the end of the third, the pain is gone. I've been pain-free ever since.'

Stephanie Frank, another author and author of the book *The Accidental Millionaire* said: 'No matter what or who you are and what you're trying to accomplish, if you are in pain, you cannot live your life purpose. If you're ready to live on your own terms, one, don't walk and get Adam Heller's *Zero Pain*. My husband had to leave professional golf 28 years ago because of pain. In less than one week he became pain-free and stayed that way.'

Alright, let's do this. Let's send Adam just a huge amount of love and this is his first time on the You Wealth Revolution and he has some incredible things to share with us now.

Adam, welcome to the You Wealth Revolution.

- Adam: Darius, thank you so much. I am so thrilled to be here. Your dream of a billion people awakening... playing a role in that is so exciting to me, and I honor everybody listening to this right now. It would be very easy to not be doing something wonderful yourself. You could be watching TV. You could be out doing anything right now, but instead you choice to come and you choice to heal and feel and open up new learnings and new possibilities and new power and I'm just... I honor all of you for being here and I'm thrilled that you're allowing me a few minutes of your very precious time.
- Darius: Well, thank you. And, you know, I want to talk about this idea of pain as we start out, because I believe what we feel in our body really does affect our vibration. It's something that can keep our vibration stuck, can keep us in old patterns. How have you seen pain affect people's vibrations and just the way that their lives flow?
- Adam: Well, pain is the classic energy suck. I mean, even for anybody that is not suffering regular, you know, back or shoulder pain but probably all of us out here have had a toothache or an earache. And what happens when we have that, our entire lives are taken over and the manifestations of chronic pain or ongoing pain - and, by the way, it's 8 out of every 10 people on this call at some point will go through that or are going through it now.
- So it's so life-limiting. There're future Steve Jobs out there that have huge passions but, you know, they can't get out of bed today because their back is hurting, or there are mothers and caretakers who can't connect and get down and connect with their kids and whatever they want to do because their shoulder's hurting or their knee's hurting or their head's hurting. It's so heavy.

I had one client one time who'd had about 30 years of back pain and it went away in hours and she said: 'I feel 500 pounds lighter.' And that's exactly how it works. Pain is debilitating and it just sucks the life and the... just the veracity. It's just a killer. And when that's eliminated, the flow is unbelievable and the possibilities to go out and create any kind of life and anything are right there.

Darius: Yeah, I agree. What I want to do, Adam, is I want to actually ask people: how many of you are in pain? So if you are in pain or you have any type of physical pain or anything that you've been lingering... Sometimes we don't even remember. It's like we don't even remember what it's like to be pain-free so we're just living with this chronic pain. We feel like that's the way it should be. Hit *2. I was to see what percentage of people listening in have some form of bodily pain. And on the webcast we just had a flood of people write in - fibromyalgia, the pain in their hips, to pain in their jaw, to back pain, to neck pain, to shoulder pain, to heaviness. All sorts of things going on.

Okay, just really quick. We've got literally more than half of the people have already raised their hands and more and more are raising them. So there's a lot of pain, physical, on this call.

Adam, really quick. What did you discover that could change all of this for people here at the You Wealth Revolution?

Adam: Well, I didn't discover... The original discovery was made by an orthopedic surgeon at NYU. What I did was take that and bring it forward and update it and make it available and accessible. And what has been discovered is that almost always - and I mean in my 13 years of neuroscientific research - 97.4% of the time, structure - your back, your shoulder, your knee, your head - has nothing to do with the cause of pain. Yes, there may be structural abnormalities, but scientific study after study after study has proven that that rarely has anything to do with pain and actually emotions are the cause of almost all physical ongoing pain.

Darius: And I think a lot of our audience is somewhat familiar with that. The challenge for them is, okay, how do we get to this place of zero pain? What is *Zero Pain Now*?

Adam: Well, *Zero Pain Now* is really the end of physical pain as we know it - you know, back pain, neck pain, shoulder pain, knee pain, pain anywhere in the body. Instead of the old methods - dangerous surgery, drugs with their harmful side effects, painful chiropractic, painful physical therapy, all the other techniques. Those are all pain management. Maybe you get some temporary relief but then the pain keeps coming back and the best you could hope for is that temporary relief, because all those methods - great people really bending over backwards to try and help - are treating symptoms instead of the real cause of pain.

So *Zero Pain Now* isn't pain management, it's pain banishment. It's permanent pain relief. It's anti-stress, anti-tension, anti-anxiety all wrapped up in a process to become more conscious and more aware, to take conscious control of your unconscious process and to clear energetic blocks and really evolve who you are.

It starts with repressed emotions and by becoming conscious of what we're really doing inside, there's a very simple method - a few simple steps - that any of you out there can do or at least 97.4% of you, and end your pain once and for all and heal yourself. No more doctors, no more putting on those gowns with your rear end exposed, no more having to go in pain and be put in pain. You can do it yourself simply, easily and nonmedically.

Darius: I want to talk about that emotional aspect. I think that's really important, because there's something else going on here. I mean, not only physical pain but if you're carrying that emotional aspect that's causing your body to cry out and produce this pain, it's also doing a lot of other harmful things in your body as well. I mean, it's literally the thing that's stopping you, right?

Adam: There's no question about it. Repressing emotions and burying things... Not only are we burying part of who we are, which is really important to know, because unfortunately many of us have been taught, especially as spiritual people, that certain emotions are not okay; that anger isn't okay; that fear isn't okay; that rage isn't okay; that those things aren't okay. But really they're a part of who we are. So *Zero Pain Now* is a process not to change who you are but to expand who you are, expand to all of you, to express all of who you are, to express who you are fearlessly with abandon, because repressed emotions start an actual physical process. That's what really important to know.

The pain is real. Pain, tingling, burning, numbness, weakness. It can be excruciating. It's real pain. It just originates emotionally. Everybody listening to this knows that stress and tension exacerbate pain, but what you didn't know is what causes the stress and tension is actually what causes the pain. So all of that can be eliminated at the same time so that the flow of life opens up.

Darius: Very well said. I want to talk about the mechanism of how this pain begins to manifest in our life, but you shared something really interesting in some of your literature that there's certain people that tend to have the most physical pain. It's actually like a checklist. And I wonder can we run through that, because that was fascinating to me? I actually would think these people would be the opposites of those feeling pain, but they're actually the one who most likely. Tell me a little bit about that list.

Adam: I'll be glad to. And, by the way, every one of these personality traits are good traits.

Darius: Okay.

Adam: Unfortunately they tend to be traits of people who repress emotions and suffer pain. So what I found in all my years of research, if you have any one of these personality traits - only one - and you suffer pain, there's over 90% chance that you can heal yourself. If you have more than one of these, it's even more likely.

So as I call them off all of you out you can put yourself in that box or not put yourself in that box. I'm going to ask you to be honest with yourself, because this is a time for healing and it's a time you want to be really open and honest with yourself.

So, Number 1 is perfectionist. Now, all of you that just loathe the term perfectionist I will give you another term to make it a little more palatable for you. Very, very dependable. So if you are a perfectionist, if you're very dependable, if you're spiritual or religious, people-pleaser, do-gooder, sensitive to criticism, overscheduled or overwhelmed, slightly compulsive, anyone one of those... Controlling. That's the one most people run from. Controlling especially.

So if you have any one of those and pain, the great news is you can heal your own pain. If you have more than one, it's even more certain that you can do it by yourself, your own healing, your own awakening, your own opening up.

And just to point out one more time, these are great traits. Many of the people who have come to me for *Zero Pain Now* are CEOs and celebrities and real high achievers. It's just that these are personality traits of people that tend to repress emotions. So you can keep those personality traits that are great and just learn how to acknowledge certain emotions.

Darius: I want to look at one of those, which was the spiritual or religious individuals. All of us here are spiritual and we believe in this love energy, we believe in this great possibility, but I've heard you mention that those people... sometimes we as spiritual beings feel like, well, we can't express a certain emotion because we want to express only the emotion of love, and in doing so actually create more pain. Tell me about that.

Adam: Well, it's even a little bit easier than that, Darius. It doesn't even have to be expressed. The emotion has to be acknowledged. So many of us, you know, spiritual people... I've taught meditation for 12 years now. I'm as spiritual as they come. But many spiritual practices unfortunately teach people that certain emotions aren't okay. Love is okay, peace is okay, anger and rage isn't. However, these are emotions that are all part of us and if we really understand spiritually, even, you know, Buddha the great would say if you're angry, whatever, be with it, allow it to come, see what it needs and let it transform. But unfortunately because so many of us have been taught that those are bad emotions, what we do is we repress them. We don't even do it on purpose but we just shove them down and we go on and take care of life. And kind of a metaphor that I use for that so that people really understand is imagine a white light passing through a prism and that white light is unconditional love.

Darius: Okay.

Adam: When you shine that white light through a prism, it refracts into all the colors of the rainbow. Now, the colors represent all your emotions, even fear, anger and rage. Now, few people would have moral judgment against any color, you know - that color is evil or that color is sinful - but we judge emotions as bad. And when we repress these bad emotions, we shut off part of who we are, and when we repress and we don't give voice to them and we don't... This is really, really, really critical. If you remember this more than anything else today. When we don't give voice to our emotions, our brain expresses them as pain. And when we give voice to them, we open up our channels, we open up our blockages and we allow the flow of who we are to manifest.

Darius: Okay. That's a big one. You said when we don't express these emotions, our brain actually responds back by bringing us pain.

Adam: Yes. It creates actual physical changes and the end result is pain. It starts this physical process. Our blood vessels constrict a little bit, there's less blood flow, there's oxygen in blood and it's actually a slight oxygen deprivation that's really at the heart of the pain. Imagine almost everybody out there that's had pain at some time or another has put heat on the affected area and felt a little temporary relief.

Darius: Right.

Adam: Well, The heat doesn't unbulge a disc or unherniate a disc or unfibromyalgia. All it does is increase blood flow for a little while. With blood comes oxygen. That's why some temporary relief. That's also why chiropractic adjustments and physical therapy often will give some temporary relief, because it's moving things around and getting blood flowing.

So the blockage is blood flow. You know, it's sort of like you're driving on a highway, a four-lane highway, and everything's cruising along, and then all of a sudden they're doing some construction and they close a lane. So what happens? Everything backs up. Eventually when you get passed the backup, it opens up again.

So that's really what's going on inside you. It's blocking your blood flow, your oxygen and your energy. But the important thing to remember is it starts with repressed emotions. So the key... By unrepressing the emotion, the blood vessels open up, the energy flows and everything is possible again.

And I want to invite every one of you listening to this to bring all your skepticism, because I was skeptical too until the first 100 people came through my office and healed their pain, because what I'm telling you is not what you've been told over and over and over again, which is why so many of you are still suffering pain.

So bring your skepticism. Just be open to the possibility of you're going to learn something new that's going to open up your life and your channels in ways that you've never dreamt so that you can create the dynamic, amazing life that you deserve now.

Darius: I love it, Adam. We have Tracy from Canada. She wrote in and said: 'This pain is all in my right side. Degenerative discs, arthritis, fibroids, neck and shoulder pain, numbing and tingling in the right arms and fingers, shoulder pain, hip pain.'

Another person – Joyce: 'I have burning mouth syndrome. I have to wear dentures. No one can help me. Plus I'm a phone operator,' so at the end of the day Joyce is literally in tears. 'I want, I want, I want to heal myself.'

Allie says: 'I have feet, ankle and joint pain. Stomach pain.'

Mary Ann says: 'I just experienced the death of a loved one. I have stabbing, random pains in different spots. I felt like I've been hit by a truck. My 12-year-old granddaughter couldn't play soccer.' I guess she couldn't play soccer with her

granddaughter because of these pains all over her body.

There're just literally dozens and dozens of people that are responding about this pain that they have. So, Adam, what are some of the most common diagnosis that people have received and so physical symptoms of pain quote-unquote that have been able to use *Zero Pain* and now become literally pain-free?

Adam: Yes. And, by the way, that number just in the US alone, is 119 million people suffering ongoing physical pain. And the common diagnosis... every one of these are people that have been diagnosed with these, oftentimes hundreds of people that have ended their own pain. Bulging disc, herniated disc, stenosis, scoliosis, fibromyalgia, tendonitis, torn rotator cuff, torn meniscus, migraines, tension headaches, plantar fasciitis, carpal tunnel. The list goes on and on and on.

And, you know, what's amazing about those people's stories or comments that you just read, Darius, is how many of them are having pain in multiple parts of their body. So let's be honest. There's only so many structural things that people could have going on at the same time that could have anything to do with pain. So it would be almost impossible to be suffering from foot pain and elbow pain. These things aren't connected except in the whole that we are, the energetic whole that we are. They're not connected structurally.

Darius: Yeah. And so this one emotional pain, this one emotional situation that maybe hasn't been resolved, hasn't been dealt with, is that actually manifesting pain in different areas of the body.

I want to ask this question. I heard you mention something about blood oxygen and how the brain and neuroplasticity actually give us some interesting new revelations on what pain is and how it's caused. Tell us a little bit about the science behind this, Adam.

Adam: Sure. Well, neuroplasticity is a phenomenal word that's really kind of bandied about these days, and it's very simple. Unfortunately people make it really difficult. It isn't. Neuroplasticity simply means 'experience changes brain'. Experience changes the physical properties of your brain. Every thought, every experience actually changes your brain. You build new pathways, you close off new pathways. All these things take place.

So for people that repress emotions, most of it's been done unconsciously. It's just what been happening. The next thing you know there's all these pain stories you keep hearing about. But once you become conscious of what you're doing and aware of how we're doing it and learn really a very simple technique to uncover those emotions, what happens is you start to build new pathways in your physical brain. That's neuroplasticity.

So what happens is we're automatically... Something has happened before and the emotion would be repressed and it sort of takes this pathway, takes this road in your brain. By doing it a new way you start to build new pathways. The brain is 'use it or lose it.' So the more you do it the new way, the more these pathways take hold.

It's sort of like anybody that's ever been on a sled. And the first time you go down... I'm talking from Laguna Beach, California where a sled has never existed, but the first time down the hill on a sled, you're trying to steer and you're all over the hill and you're trying to get down there and then you go up and do it again and again and again. And what happens is you start to build this groove down the hill and not only does it become very easy to go down that groove, it even becomes difficult to get out of it and to go a different way.

And your brain's the same way. So once you understand the mechanism, what's really going on and causing your pain, that repressed emotions are starting this process and once you start unrepessing the emotions you're taking the sled down a new route. After you do it x number of times that's going to be your default route. So you get to have all the same qualities you ever had before - spiritual and all these wonderful things - but now you're aware, you're conscious. I'm going to use that word 'conscious' over and over again, because you are conscious of what's going on and what you're feeling. And then once that happens, that's all it takes. The blood vessels open up, the flow gets started. The emotions that are repressed, there's a purpose. I call this 'diversion pain syndrome'.

Darius: Diversion pain syndrome. Okay. I've never heard of that before. That's from hearing you talk. Okay.

Adam: Yeah, the purpose is to divert your attention from some unbearable emotion, normally anger and rage, to something physical like pain. That's all that's going on. Your attention is being diverted. So once you start consciously paying attention to your emotions, once you uncover the emotion that's been repressed, everything opens up and the pain goes away, because when you acknowledge the emotion there is nothing from which to divert. Boom! Game over.

Darius: Wow. Diversionary pain syndrome or diversion pain syndrome.

I want to ask this question, Adam. How many people's pain is actually from this diversionary pain syndrome?

Adam: Diversion pain syndrome. Again, all the years of experience, 97.4% of people have been able to use *Zero Pain Now* and become pain-free. And I'm not touching, I'm not surgery-ing, I'm not medicating, I'm not touching in any way. So I'm seeing it at 97.4%. So the bottom line is that if all of you that raised your hand and probably, just for the record, if you looked at those personality traits, any of you listening, and you had one or more, it's even a higher percentage that you can likely heal your own pain.

Darius: Yeah. I want to share something that just came in from a few others. I want to go through the personality traits very quick, because I've got an extended list here. A perfectionist is someone who's trying to improve himself, right, Adam?

Adam: Yeah. Well, perfectionist... just for the record, it wouldn't be okay to have certain emotions because you wouldn't be perfect.

Darius: Right. Or trying to improve. It's like: I've got to get over the emotion of anger. I've got to get over the emotion of fear because that's not my complete self. I've got to be this abundant person. I've got to think positive, right? That locks in a lot of pain.

What about the spiritual person? I still want to understand how does someone being spiritual actually have the potential to contribute to more of this diversion pain syndrome?

Adam: Because, again, remember the purpose of diversion pain syndrome is to divert your attention from some unbearable emotion to something physical like pain. So if I'm spiritual, anger and rage is a dangerous unbearable emotion. It is not okay - at least in certain circumstances. I'll give you an example. I'm Mr. Spiritual. I'm a perfectionistic guy. I have almost everything on the list.

Darius: Right.

Adam: And there was one time I was playing squash, which is a game like racquetball, and I took this big backhand and all of a sudden my back seized up and it was absolutely harrowing. Now, anybody else would have been to the doctors and start to hold medical thing. But I knew what was going on, so I walked around this wall and I started doing my own process on myself and I realized that it's not okay. All of a sudden I realized I'm furious with my wife, whom I adore, over some miniscule thing, but it wasn't okay. That emotion wasn't okay, because I'm Mr. Spiritual. I don't have a... Angry? No way. Not me.

And once I got it, the pain disappeared. I walked back around the wall, I picked up my racket, everybody's jaw dropped and I went back on the court.

Darius: Okay, what about the do-gooder, because this is another...? I mean, the do-gooder is somebody that wants to do good in the world. You know, we talk about awakening a billion people. I mean I'm a do-gooder. I'm one of the... Of course, actually yesterday I had some back pain so, that's exactly that's exactly what...!

How does this affect the person who wants to do good in the world? Why should they have physical pain?

Adam: Remember we're talking mostly anger and rage. So what could be more enraging to your unconscious mind than people need that help after all; that all the work you've done you still have x number of people to reach a billion? What could be more enraging to somebody that helps the homeless than that there are homeless?

Darius: Right. Right. Okay. The dependable person and the people-pleaser, the person that wants to make others happy. Again, I feel like I want to make people happy. I want to be dependable. Why would they get pain from this subconscious, unexpressed anger or frustration?

Adam: Well, if you're the people-pleaser you want people to like you, right? And don't you love being around angry, rageful people?

Darius: No.

Adam: Exactly. So that stuff has to be checked.

Darius: Wow. Wow. We just got this in from Jean. She says: 'I've got fibromyalgia for 25 years, degenerative disc disease, cluster headaches, shoulder bursitis, pain in my feet. I feel body-slammed before I even wake up in the morning. I'm 50 years old. I haven't been able to work for 10 years and I can't do much of anything. Everything hurts. I quit taking medications for the pain because it rarely helps and I know my body doesn't want any more medicine and garbage in.' She says: 'I'm so empathetic. I feel I pick up a lot of energy and a lot of stuff in addition to my own.' She says: 'Reiki helps a little bit but only while I'm doing it. Absolutely nothing has helped, nothing at all.' And when you hear that, Adam, what are your first thoughts?

Adam: Well, Number One, devastated. Number Two is I just want to... I didn't catch that person's name, but I want to tell you is the...

Darius: Jean.

Adam: Jean, the garbage in are the emotions that you're shoving down and holding onto. That's the real garbage. So by opening up, by looking at those emotions, by acknowledging them, by allowing them to be there, and that's... You know, there're a lot of people that would rather jump out of an airplane than acknowledge the rage that's down deep inside of them. But here's the beautiful thing. By acknowledging it, it's almost... Again, imagine a volcano and it's been crusted over for a long time and the pressure builds and the pressure builds and the pressure builds underneath. That's the stress, the tension, the anxiety, all those other things that are building up inside of us. But once it blows, the top blows off, everything sort of comes out and then it settles down again.

Now, that's the way... It doesn't necessarily have to explode, but when we allow that out, when we allow that flow, when we allow the energy out, what happens is it isn't there anymore. Then we get to feel great. And once you understand how and once you use the neuroplasticity and build those new pathways, you don't have to crust over again like a volcano, so it never needs to come back.

So anything that comes up, you are aware of your emotions - okay, you know what? I'm angry at that. Okay. That's it. It's just an emotion. Now it's gone. Now I can go back to joy and abundance and feeling wonderful.

Darius: Okay. I want to ask this question about what you call the Path to Pain, because a lot of people here... I'm getting a flurry of questions. 'I've been doing spiritual work, I've been working on myself, I'm even a healer. I bring healing to the world, yet I'm still in pain.' And it's really tough and I don't blame people to understand why they're getting this pain. So let's talk a little bit about the Path to Pain and how it can begin.

Adam: Sure. And again traditional spiritual work actually in this case works against it rather than for it, because traditional spiritual work is going to be focusing on love and peace and all those wonderful things. And healers... I would say 20% of my clients are psychologists, psychiatrists, MFTs and doctors. And they all say the same thing: 'I'm a blank. I don't have any repressed emotions.' And half-hour later they're pain-free.

So the path to pain is really... There's two ways how this works. There's a scientific explanation and an energetic explanation. So I'll get to those real fast.

The path to pain is the scientific explanation. This is a psychophysical activity. Okay, what the heck is that?

Psychophysical means it originates psychologically in your brain and there are actual physical changes. We have this all the time going on in our lives. You're driving on the highway 80 miles an hour – Darius, you drive too fast. 80 miles an hour and you almost get in an accident. What happens? Your blood pressure soars, your adrenaline shoots up, your cortisol... There wasn't a real physical trauma. So this is the result. There was something psychological that created all these actual physical changes in your body. That's a psychophysical reaction that happened all the time. I suspect a lot of people listening right now, if Darius said: 'Okay, boom, you're in charge of this call right now, start asking questions,' your stomach would churn and you'd get cottonmouth and anxiety and all these other things. So these are actual physical changes taking place. So psychophysical activities happen to us all the time.

So what happens is it originates with these repressed emotions. That kicks off the physical process in our autonomic nervous system. Autonomic nervous system handles urine, handles orgasms, handles all these automatic functions that we don't try and do - we couldn't even do them very well consciously - one of which is blood flow. So the blood vessels constrict, there's a little less blood flow, as I described earlier, there's oxygen in blood, so less blood is less oxygen, and that's what's really causing the pain at the end. Unrepressed emotions. Everything opens up and the pain goes away. So that's the scientific.

On the energy side, the bottom line is the repressed emotions go down. So instead of shutting off blood flow they shut off energy. They shut off movement. There's a blockage there. And it takes opening up that block... And we all know what energetic blockages do. They keep us from being vital and enthusiastic and able to accomplish everything we want to accomplish.

So fortunately there's a technique to get rid of it, but often even some of the most great... I'm in love with EFT and tapping. I do it every day. I did it before this call. But unfortunately even acupuncture and acupressure and tapping and things that are great for pain management will temporarily open up, but unfortunately they typically won't end the pain once and for all, which is so many people who have done that have kind of come through *Zero Pain Now*, because I go back to what I said before. If you don't give voice to the specific emotion that's repressed, your brain will react with pain. I didn't say that as easily as I did the last time or as gently, but the bottom line is the emotions you don't give voice to your brain will express as pain. So part of the process of you healing your own pain and getting your vitality back is to give voice to the specific emotions.

Darius: Wow. What's incredible to me - and I'm looking at different people who have used this. In 28 days somebody got rid of 66 years of back pain, a pain that was with them for 66 years.

Another person, migraines went from a 10 down to a 1 very quickly and now two years they have been completely migraine-free for the first time in 10 years.

Hip pain, back pain. We're going to hear about different... even a skin condition and things that are happening physically, because there's some really interesting things. If you've dealt with a grief or something that happened in your life, you're going to see how it can actually come forward as a different type of condition. You may not even be aware of it. And actually we have someone who wanted to share this. We have someone named Carol Allen, who is wonderful. Carol, are you there?

Carol: I am. Absolutely. This is my favourite thing to shout off the rooftops, so I really appreciate. And for anyone listening, I'm not a business partner of Adam's. I have zero hidden agenda today. I'm just a raving fan, because Adam's work has been such a gift in my own life and such a gift in the lives of my clients and friends. And I'm exactly the list that he rattled off.

I used to do massage. I do Reiki. I spent 10 years working with people on pain and they were all the sweetest, kindest, nicest people. My best friend has had fibromyalgia forever - just what that woman wrote about - and she's a school teacher and a therapist and the best person on the planet.

And so my friend had this huge success story. She told me about Adam. He brought Adam to a party that I threw. I instantly adored Adam. I was primed to be open-minded about this, because obviously I'm a weird, woo-woo girl, right.

Darius: Right.

Carol: But more because I'd read a book on neuroplasticity. I read a book called *The Brain that Changes Itself* and there was an entire chapter in that book about the fact that pain seems like it's in the body but it cannot happen without a signal from the brain, and that sometimes there's a loop that goes on between the brain and the body and the signal that occurs that gets kind of screwed up. And this occurs in people who, for example, have amputations. They'll have a missing limb and it'll still be in pain or it will still itch or it will still tingle and they'll be up all night unable to relieve the missing limb's agony, because they can't scratch the itch, they can't move it in a different position. I mean, can you imagine?! And what this book described was that there were these brain exercises people could do to interrupt the signal from the brain to the limb and the pain would instantly stop. So I was already really open-minded...

Darius: Carol, really quick. That to me is like... I think if my arm was in pain and says: 'Okay, just cut off my arm. I don't want to deal with the pain in my wrist anymore.' But you still have the pain even though the arm's not there because...

Carol: Can you imagine?!

Darius: It's actually starting in the brain. I mean, that just blows you away.

Carol: Right. Right. And so when Adam told me: 'Your pain isn't from structure. Yes, you had a whiplash in your twenties, Carol, but you are not in your twenties anymore. It was a very long time ago. Injuries should hurt for about six to eight weeks, even a

broken leg. That kind of pain is healthy and normal and happens to all of us, but if it's a year later, 5 years later, 10 years later, it's not because of that injury anymore.'

And so what was so cool is I started using Adam's work in my own life. So suddenly... you know, I mentioned I'm a German shepherd. Suddenly I didn't have to do 80 million exercises a day anymore. I never use them anymore. Suddenly I don't run to the chiropractor all the time anymore.

But here's my crazy, amazing story. So I have this weird allergy that I get from time to time. I've had it for years. It manifests as a skin rash. And normally I can go to like this weird, energetic allergy lady and she does this wacky abracadabra stuff over my body and – poof! - it's fine. And then a year later it comes back slightly and I go back, I get another abracadabra session. It's called NAET. It's like this crazy desensitization system and it's so cool. And normally that keeps it completely in check.

Well, last year at the end of the year suddenly my allergy came roaring back big time. And I mean I got like this swollen face. I'm hot. I'm itchy. I feel like my face is really, really like blowing up. And it's so uncomfortable. I don't even care what I look like. It's the fact that I want to really rip my own face off.

So I'm like, 'Oh, okay, I have to go back to the weird allergy lady.' I go, it doesn't work. I go back, it doesn't work. I go to the guy that trained her, because he's like *the guy*, it doesn't work. I think: 'Okay, well what could this be?' I do all this research. I read about how candida can cause weird allergies. So I do a two-month candida cleanse. No sugars, no grains, no dairy. I mean, I'm dying. I'm living on celery, right? Doesn't help. Then I'm like: 'Wow. I must be so toxic. It must be my liver.' So I do a 10-day juice fast. I see that documentary *Fat, Sick and Nearly Dead*. I got totally inspired. I do a 10-day juice fast. No relief. All day every day red hot, itchy, hideous face, and I keep thinking about Adam. And I'm like: 'Oh boy, I got to call Adam.'

So I called Adam. I go: 'Adam, could this be diversion pain syndrome?' And he says: 'Carol, anything in the body can be diversion pain syndrome.' I said: 'But Adam, everything's great. I've had an amazing year. I'm so happy with my husband. We had a beautiful holiday. Everyone in my family is fine. My friends are fine. My business had its best year ever. I don't get it The only thing I'm pissed off about and freaking out about is that my face is on fire.' And he said: 'Do the process.'

So I learned the process from him. I have some of his materials on how to do it. I went to bed that night. I laid in bed and I went: 'What am I feeling?' And at first I was like: 'I don't know...'. 'Okay, what am I feeling?' And instantly I felt this intense sadness. And I said, 'whoa! What am I sad about?' And this gut-wrenching grief, Darius, overwhelmed me. I mean, like a 12 on a scale of zero to 10 and it was over these beautiful, lovely pets that I had that had died two years before.

And my self image - because I'm not spiritual girl - is I don't grieve because it was God's plan, right?

Darius: Right.

Carol: It was their time. It was meant to be. I had nothing but love for them. They had nothing but love for me. They had beautiful lives. Everything was all good with the universe. Like kumbaya sistemba, right?

Darius: Right.

Carol: So I don't grieve. I've never been a griever and I have this self image that I'm superwoman and that when things happen it's God's plan, right? BS, okay? I'm human. I'm attached. I'm emotional. I love deeply and loss is loss.

Darius: Yes.

Carol: And loss is killer. And so my face was showing my loss. And I had a 3-minute cry, okay? Doesn't sound like much but it was like the Hoover Dam. I mean, it was like this gusher for 3 minutes and the next day my face rash was still there and I was like: 'Crap!' The next day it was gone.

Darius: Wow.

Carol: And it has been gone for eight months. And now...

Darius: Wow.

Carol: Like, you know, everyday now. Because the thing with this you can't do the process once. Life is life and your nature and your programing is to be super person and to over give and overdo and over please and never allow yourself to have a bad day, you're still going to be that person. And the good news is you don't have to change anything. You don't have to quit your stressful job, move away from your crazy family, break up with your insane spouse. You don't have to change one thing. All you have to do is let yourself feel. That is it.

But a lot of us aren't good at that. It's scary and it doesn't fit our idea of who we are. But I have shared this now with so many people. I have clients that have literally gone from having such severe back pain that they couldn't drive for three years, they were on the worst pain medication that made them barely able to think straight. They did Adam's videos and read his book and within 24 hours they were pain-free. And I'm not kidding you.

I have story after story after story like that. I saw a friend recently. He just had shoulder surgery. He's had years and years and years of shoulder pain because of quote-unquote 'a baseball injury' that forced him to quit baseball. And I said: 'Oh my God, how did it go? What happened?' He said: 'You know, it was crazy. They got in there and they couldn't find anything.' They couldn't find anything. And I said to him: 'Wow, you know, there's a whole other way to think about pain.' And he actually said to me: 'Yeah, it's probably emotional.' He *knew*.

I had a friend last night. She's had migraines all month. She had to miss a party I threw. She had to miss a seminar another friend of mine's having today. I called her last night at 11 o'clock. I go: 'Why are you having migraines?' She goes: 'You know, I've never had it like this.' I go: 'What's going on with you?' She goes: 'Carol, I'm so heartbroken about my breakup last January. I can't get over it.' I go: 'That's why

you're having migraines.' She *knew*.

So I don't want to take over your whole show here, but I could talk for days about this stuff. This is like the secret of the universe.

Darius: Wow.

Carol: And again, I do Reiki. I was a masseuse for 10 years. I almost became a chiropractor. And I've never gotten the mind-body connection like I get it now, because of what Adams' doing.

Darius: Wow. Incredible story, Carol. And, I mean, the thing that I'm just so blown away by is you just coming on wanting to share this. That's incredible. And you being, you know, a very advanced spiritual person; done a lot of work. This still had a huge amount of relief and new possibilities for you.

Carol: Yeah.

Darius: So thank you. Thank you for sharing all of that.

Adam: There's 3 steps to this, Darius.

Darius: And that's what I want to go through, the steps. We had a bunch of people - 'What are the steps?'

Adam: First is to understand what doesn't cause pain. You know, almost never structured. By the way, I had a meeting with... There's a study I quote over and over and over again. It's been replicated many times and I was lucky enough to be able to spend some time with the person who created this study that was done in 1994. That's how far we'd known about this. Done by Hoag Hospital and the Cleveland Clinic and published in the *New England Journal of Medicine*. If it gets published there it has to be totally peer-reviewed.

They took 98 people who have never had back pain and they gave them an MRI.

Darius: Okay.

Adam: You know what they found? Two out of every three people who have never had pain have bulging discs or herniated discs yet they've never had pain. Two out of every three. Replicated over and over and over again.

Darius: Wow.

Adam: So what you have to see is that these things aren't the cause of pain. They're normal aging. If you looked at my head it's filled with gray hair. That's normal aging and it's benign. So doing surgery or taking drugs for most of these structural abnormalities will be just as silly as taking it for my gray hair.

I guess I want to comment a little bit on the medical approach and why it can't work, because these are great people... And, by the way, for my private programs I only take referrals from doctors. You know, everybody gets referred across. So I'm not anti-doctor. Unfortunately when it comes to pain - I hate to say this - they've just

blown it. And here's why.

If I was to take your car and we were to take your car and take every part apart. Take your car completely apart, part by part and put every part on the driveway and then bring in a great mechanic to take every one of those parts and put it back together, they'd be able to put the key in, turn the key and your car would start. That's the way cars work.

Darius: Right.

Adam: But if I took your dog and I cut it up into 200 pieces and I put all those pieces out on the driveway and we took the greatest veterinary surgeon in the history of the planet and put your dog back together, it's not going to bark.

People and animals are different. We're not cars. The standard medical approach is to work on a part that is showing an affect, and that's not what we are. We are wholes. We are holistic. It's the mind-body dynamic.

So by treating a part, we're strictly treating a symptom. We're not going to the cause. And that's why your doctor and your surgeon and your pharmacist and your chiropractor and your acupuncturist and your physical therapist... Great people, but that's why you could only get temporary relief, because they were working on a car part rather than you whole.

Darius: Makes complete sense and it's totally in alignment with what we feel here at the You Wealth Revolution, what we know.

Let's go through the steps. We've got a few questions. One lady, Christa, is asking: 'What are the steps, Adam? What are the steps to get *Zero Pain Now* and get to that point? How does it work?'

Adam: It works very simply. It really is three steps.

Darius: Okay.

Adam: I want everybody whose listening to this to know you're getting the secret source. Because people leave these calls think: 'Gosh, he's holding back the secret source.' No. You may need some support but I'm going to give you all the secret source right now.

Darius: Wow. Okay. Wait, let me take notes. Everyone, get your papers out and if you've been listening, we've got three steps. I'm going to write these down, because my wife gets migraines and I want to really... for her I'm ready to bring this to her. So go ahead, Adam.

Adam: So Number One is to understand what does not cause pain. So when people use my program whether it's in private programs or the books and the workbooks and the DVDs, most of it is really teaching. I'm not a scientist. I'm not a guru. I'm not a doctor. I'm not a healer. I'm a guy who spent lots of years learning about the connection between your brain and your body and your pain.

So just like that stat I just gave you - 98 people – MRI - all these things don't cause pain - replicated University of Minnesota Department of Orthopedics - study after study after study after testimonial after testimonial after story after story.

The purpose of all these things in the program is to get you really understanding what doesn't cause pain and what does. Isn't structure; is diversion pain syndrome and how it works. Because when that happens you'll believe it. Many of you listening to this now are now really full believers; others are partial believers. Beliefs change. So everybody needs a certain amount of facts and convincer strategies to be filled up so that you believe it.

So, Step One is what isn't causing pain, what is causing pain so you believe it. And then the final is a very simple process. And Carol gave you about half of it. I'm even going to make it more so for you.

When you know if repressed emotions start this, it's unrepressing the emotion. So by asking yourself right now what emotion am I feeling, you will eventually be able to end your pain. There will be people on this call - not very good for my income - but there will be people on this call who will during this call will do this in their head and their pain will go away.

Darius: Oh my gosh.

Adam: Most people need support and, see, you can't really use the cure word, but the fix, the cure, the ending of pain really is in understanding. So the reason *Zero Pain Now* exists is because most people need to be really overloaded with information and stories and techniques and support so that they can go there, because your self-image is on the line.

Darius: Right.

Adam: Who you have trained yourself to be, this web you've created of who you are for your entire life, is on the line. So a lot of the time it would be easier for you to go hot tar a roof on a 120-degree Phoenix afternoon than it is to acknowledge you're angry at blank for blank.

So it's really the support. But that's the technique. That is the secret source. Repressed emotions starts the cycle physical activity. Unrepressing it is how it goes away. The question is how much support you need or don't you need to get to that point.

Michael – boom! - it went away. Carol had been through it. And these are people that had the luxury of having one-on-one time with me and they got it and they knew it. But most people, just for the record, most successful *Zero Pain Now* clients they never meet me. Maybe they get an email in one of the programs or a few comments but more than anything else, all of you listening, this is doable on your own.

Darius: Yeah.

Adam: You can heal yourself. You can open yourself up. You can thrive yourself, because it's simple. When you learn how to... When we were little kids, we were in school,

we're learning how to add. A teacher taught you and it seemed like a miracle. How could...? Three digits long. How does this happen?

Well, a teacher taught us how to do it. We went home, we worked on it a little bit, we struggled a little bit, maybe we went back and asked the teacher a few questions and all of a sudden we got it and what seemed like a miracle really became simple, because you knew how to do it. So this is the key.

Darius: Okay. We've got a few questions coming in. One of the things I heard you mention there was after you go through the emotional release one of the steps is actually go out and do some of the different activities. Actually go and live your life and live the life that you've always wanted; do the things that you wanted to do, because you actually have to show yourself, right, that that pain is not structural anymore, that that really you are beyond it now. Tell me about that.

Adam: Well, it was never structural. So it's not become pain-free and then move. It's move while you're becoming pain-free. Because if there's nothing structurally causing your pain, anything you do to try and keep yourself from structurally causing pain is actually limiting you.

So my definition of success is little or no pain, resumption of all normal physical activities, and the absence of fear, meaning fear that you could do something to harm yourself.

So the important thing... It's not only that it's important to get yourself at... When you decide you're in charge, but you get yourself back into normal physical activities. It's not only important afterwards; it's a critical part of the process, because this is changing you psychologically. This is changing how you think. So if that disc, if that meniscus, if that tendonitis, if that fibromyalgia, if there's nothing structural causing it, you have nothing to fear.

By moving, yes it may hurt... One of the other times... I told you I've had pain three times. Again I'll go back to the squash court. I had a horrible case of tennis elbow. I mean, I could barely lift the fork to my mouth. And there's nothing I'd rather do than eat so that really was painful. But every day I went back and I played squash and it was... I mean, I was almost in tears because I'd swing the racket and it was like somebody whacking me on the elbow with a hammer.

All of a sudden that pain disappeared and it never came back, but I knew, since I knew that it wasn't structural, that if I kept playing I would quicken the amount of time it took me to get better.

Darius: Yeah. Creating in essence like a new neural pathway that does not have to hurt, that this pathway doesn't exist anymore where that pain was residing in that deep rut.

We've got a lot of questions coming in. Debra and then we've got Colette and many others. I want to jump to Colette. This is a great question I think will touch on a lot of people. And send your questions in to youwealthrevolution.com/now. This is your time to really just move beyond this and look at the amazing filling life that you want. This is why we have Adam here so let's use this time.

Collette says: 'Question: What if the emotional pain is from something that is ongoing from a real present situation?' – meaning, Adam, it's happening to her right now. Like the thing is still there. It's not 10 years, it's now. 'Will the pain not go away until the existing situation changes?' That's Collette's question.

Adam: Collette, that is a fantastic question and it has nothing to do with... You don't have to change your husband, your wife, your spouse, your job, where you live, your house, your kids. Repressed emotions start the process. All you have to do is unrepress the emotion. When you do, the pain will go away. You don't have to change things in your life.

Now, you may... certain people... you know, you become more aware of what's really bothering you. One of the great byproducts of this is if you have problems setting boundaries, you will be an expert after *Zero Pain Now* because you're going to be tuned in to things that bother you and things that don't. But the bottom line is you don't have to make lifestyle changes to become pain-free. You might want to change things to have the great life but not to be pain-free.

Now, one thing that's really important to know, Collette, just so that you know, because clearly you know something's going on in your life. The emotions that you know about are not the emotions responsible for your pain. By definition, repressed means out of your awareness. So it's as if they don't even exist right now. When your pain goes away, you'll know you got the right emotion. But absolutely you can use this process no matter what's going on in your life. It's even the best time to use it.

The other thing is these can be situations that happened this morning or 60 years ago as long as they're still creating emotion today. It doesn't matter when the situation, the event, the person, whatever it is happened.

Darius: Okay. Wow. I'm getting chills. This is funny. Whenever we touch on a big truth or something that really changes a paradigm and I feel people getting it, I get these chills. And so this is my goosebumps moment.

Big question from Carol, and this is a great one. What is the relationship between disease and pain? And I've got just something I want to say about this. I at least have this knowing that if we don't get to these underlying unresolved emotional issues, they may start out as some kind of pain but many times they can move into a dis-ease and I'm sure probably that lack of oxygen and that lack of flow and all of that begins to impair the body. Adam, what do you say about that?

Adam: Well, one of the most interesting things is I would say 90% of people that I have dealt with at *Zero Pain Now* who have had gastrointestinal problems... Carol mentioned irritable bowel, chronic constipation, acid reflux, heartburn - all these host of things. 90% of people that have those... They didn't come for that, but after their pain went away I would get a call three weeks, a month, two months later – and, by the way, my no matter what it was disappeared.

Anxiety issues gone. Stress issues gone. There's no question... I only have a 119 million Americans to work with on pain, you know, but anybody could find out. There

was a tremendous study done in Germany with... I think the number was 40,000 cancer patients. By the way, I'm in no way saying that this is the cure for cancer. But they studied I think 40,000 cancer patients and every single one - not 39,999, but every single one - had a significant emotional event one to three years prior to the onset of symptoms where they felt hopeless. And you know what they pinned it on? Repressed emotions.

Darius: Yeah. Yeah. They are connections that we are discovering that we know spiritually that science is slowly starting to move into. But here's the thing about it. If you're feeling physical pain and you know there's an unresolved emotion around it or you're feeling any sort of discomfort or just not joyful, just not feeling good, then why let that unresolved emotion rule your life? Why leave it there when we know if it stays, if it's not released, if it's not resolved, it's only going to create an imbalance? That imbalance could just be physical pain or it could be something beyond that, which would be disease. Either way we don't want it, right? So it's just not something we want, right, Adam?

Adam: Yeah. It feels like a ton of bricks weighing you down. It's really, really hard to win the marathon of life when you're carrying a bunch of bricks on your shoulders. It's about lightening yourself up and opening yourself up and creating this amazing life that's yours for the taking anytime you want. It's really... I can't say... It's about vitality, it's about energy, it's about growth, it's about expansion. And repressed emotions are blockages to that. And you've got the key and the key is real simple. All you have to do is open up what's there.

Darius: Let's go through real quick. There's a few people asking about three steps, so I want to just... even if it's one sentence each. The first step would be what, Adam?

Adam: Understanding what does not cause pain. Structural abnormalities, in my experience, 97.4% of the time had nothing to do with the cause of pain. They're benign normal signs of aging. Number One.

Darius: Okay. Number Two would be what?

Adam: What is causing pain? Diversion pain syndromes. Psychophysical activity creates changes in the autonomic nervous system, blood vessels constrict, less blood flow, less oxygen – boom! – pain.

Darius: And then the third step?

Adam: Unrepress the emotions.

Darius: Fascinating. Okay. And we talked about how to do that. How you can ask the question where... you know, how do you ask that question of yourself. If you missed that you'll want to go back and listen to that - how you could actually, many of you on this call actually, release pain now.

Really quick. I want to talk about one of the things that you mentioned, which is help and support, because I think for a lot of people getting help, especially the kind of help that your team and you can provide, is a huge thing. Tell me about some of the ways that we could get help to really make this a real pain-free life. Tell me about

that.

Adam: You know, the more understanding... This is one of those cases where more is better. So when people use *Zero Pain Now* whether it's private programs or typically programs like you're offering in this program, it's a wealth of information and support. We hold you, we cuddle you – we meaning my trained staff and I - and we take you through.

So I don't know... I hope this is... Just to give you the answer. When the program that's being offered here, you know, it's the *Zero Pain Now* book, it's the *Zero Pain Now* workbook. It's three DVDs, all supportive. There's a 5-week online course. There's telecalls and webinars for a year. There's daily email support. It's about helping you. We hold you.

I want to make this really clear, Darius. I take personal responsibility for every *Zero Pain Now* client whether they're spending \$15,000 on me personally or \$297 to use a program. It doesn't matter to me, because my dream is 10 million people pain-free. And I can't reach my dream unless I help every one of you end your pain so that you can spread the word to your friends and your coworkers and your whatevers.

So it takes a lot of handholding sometimes. Most people need some help. Remember, if you've had pain for a while you've built up this kind of structure. You've built up this self-image. And what I'm telling you, by the way, is impossible. Those emotions aren't even there because they're repressed.

So every one of you knows yourself. You know how much support you need. You know your success rate in the past of things you've done. And if there are times when you haven't been successful you know that more support will probably help you do better.

And one of the really nice things about *Zero Pain Now* in general is you get to choose when you do *Zero Pain Now*. It's not like you have to make an appointment with the doctor, the chiropractor, the physical therapist and get in the car and be there at a certain time and come back. You choose when you do it. You get the freedom over your time, and *Zero Pain Now* is really on-demand pain relief.

So it has to be done. The process doesn't do itself. Even though we guarantee the heck out of this, you still have to do it. So don't hang on that guarantee. Only do *Zero Pain Now* if you're... It's not for everybody. It's only for people that really want to become pain-free, that want to get their vitality back, that want to have a dynamic life. That's what we're here for. That's who we're here for.

Darius: Yeah. Well, I want to talk about what you have to help people, because one of the big things that I loved about what you said is you want to help them. You want to cuddle them and help them and move them into this new way of being, because for a lot of us it is a new way of being. Like I know for my wife, who's been dealing with migraines for a very long time, it's going to be a very new way of being. She needs the support. She needs the complete shift of energy that can come from people who have done this before, who are masters at this. It's something I could tell her, but she needs to completely change that energy in herself. And it's totally possible. It's

not hard. It's something though that support is immensely valuable for her.

And that support is going to be at youwealthrevolution.com/adamnew.

And I want to say this is one of the first times this is being released to this conscious community so really this is one of the most groundbreaking discoveries. It's one of the things that we pride ourselves on bringing to people here at the You Wealth Revolution. It's at youwealthrevolution.com/adamnew.

Now, Adam, you said \$15,000 is what you have charged for the value of this. And, I mean, pain is this horrible thing that can stop us from so much of life, so it's truly priceless to have no pain. Why did you decide to offer this picker package for the folks here at the You Wealth Revolution for much, much, much, much, much, much, much less than that? In fact it's \$297, which is way less than \$15,000. Why did you do that?

Adam: Because my dream... Every morning I get out of bed with one thought on my mind: 10 million people pain-free.

I'm 52 years old. I can only do so many private sessions. I can only do so many private programs. I have very limited time for that. So the only way that I can reach my dream and my goal is by helping millions and millions and millions of people end pain. So I need to make it easy. People originally came to me and they said: 'Look, Adam, not everybody can afford 15,000 bucks to get pain-free.' So what I did was I distilled the best parts, the most important parts, into this program, because if I'm going to reach my dream I need to help you end your pain. I need to help you get your life back.

And I had a client that told me... if it's okay...

Darius: Yeah.

Adam: She goes: '*Zero Pain Now* isn't about being pain-free.' She said: '*Zero Pain Now* is about so that.'

Darius: So that?

Adam: Yeah. I said: 'What's so that?' She goes: 'Well, I got rid of my pain so that I could play golf again and I could play tennis again, so that I could go out and I could be with people again, so that I could connect with people, so that I could get my self-esteem back.'

She said, '*Zero Pain Now* isn't about being pain-free. *Zero Pain Now* is so that you get your self-esteem back.'

And here's something really interesting. When I tell people the benefits of *Zero Pain Now*, that, yes, it's about little or no pain, resumption of all normal physical activities, absence of fear, it's also when I guarantee this to everybody, at least one other area of your life also has to improve.

Darius: Okay.

Adam: And what you'll find maybe the gastrointestinal problems. I had Annie, this beautiful attorney, who ended her pain and she called me three weeks later and she said: 'Now I understand when my husband says something I don't like, I realize it and I can say: 'Hey, that doesn't work for me.' So our marriage is stronger.'

I had a guy who owned an \$18 million engineering firm. Once he started getting in touch with his emotions he realized his partner... He hated his partner. He bought him out. The company went from losing a \$100,000 a month to making \$3 million a year because he became aware.

Setting boundaries. You know, many of you who aren't good at setting boundaries it's because you're not in tune with your emotions and you don't realize that when a Person A does certain things it really bothers you. So side benefits over and over and over again.

This is about a whole life change. Yes, it's pain and getting rid of pain, but this is opening up to the great life. This is about you wealth. This is about expressing all of who you are and claiming the enthusiasm and the vitality and the great life that you deserve.

Darius: 97.4% of people have seen success with this. Is that guaranteed?

Adam: 97.4 is a fact. The guarantee is if you don't like it and you don't... You know, do it. Don't buy it and not do it. If you're going to get this program, you're going to invest in it, just spend a little time. It's on your time. 20, 25 minutes a day for a few weeks is all you're looking at. That's a lot less time and probably a lot less money than you've already spent.

You still need to do it. So if you're going to do it, if you really want to get pain-free, absolutely. It's fully guaranteed. You know what? If you don't get the results you want, send it back. But don't go in it with that, because again you're starting this psychologically in your brain, so you want to be determined.

When you're going through the process and you'll be reading the *Zero Pain Now* book and I talk about Rambo and that Rambo toughness, wherever anybody's seen that movie. So that's the way you want to go into this, knowing that there is nothing that's going to stop you from becoming pain-free so that you get everything you want in your life.

Darius: Yeah. I want to go through what's in the program. A lot of people are asking: 'Okay, what's in it? What's this support look like? How does it work?' I want to go through that. One person said: 'Wow, Darius, you're absolutely right when you got chills. That's when I got it as well. Unconscious emotions are it.'

And that is exactly what we're talking about. The program is *Zero Pain Now: A Breakthrough* and it is at youwealthrevolution.com/adamnew. And there's a video there from Adam as well as a lot of videos from people who have been able to use this and experience *Zero Pain Now*.

The first thing they get is a *Zero Pain Now* physical book, is that right, Adam? And that's something they actually get shipped to them so it arrives in the mail?

Adam: They get shipped to them and anybody that doesn't gets an instant download copy. Nobody has to wait.

Darius: Oh, good.

Adam: Whatever you get physically you get instantly download so that if you start now you start now.

Darius: So you get both. And then you also get a physical workbook that you're going to get instantly, but also you're going to get the electronic version. You're also going to get through the mail the physical version.

What's the point of the workbook? Tell me about kind of how that is used.

Adam: It's critical, because, again, it's another way that even with not my direct input that I'm helping you go through the process, because what the workbook is doing is it's setting you up. It's setting you up to be able to kind of churn up a little bit so that the emotion that's down kind of out of awareness somewhere, hidden around someplace will pop. So it's asking you this question and that question. It's kind of like me being there asking you these questions to help you uncover what's there with tips and advice and exercises. It's not just a workbook. It really is a valuable, valuable tool for you to use to uncover the emotion and get on with it.

Darius: And this the process that you were taking people for \$15,000, so when they're actually getting the workbook it's like they're getting the exact questions and things that you would take people through for that price, but obviously it's not that much at all.

Adam: There are pieces of this that are in this program that frankly I have never included in any program other than the \$15,000 sessions before this. This community's special. What you do is special. A billion people awakening is special. And I decided to just let everything go because if there's a crowd of people that I want to help that will pay it forward, it's this group. So I'm here for it.

Darius: Yeah. I love it. They're also going to get three DVDs. These are video instruction training, which I love, because it really helps us to instill this. There's a client session DVD and this is where actually you see an entire session with an actual client and you'll see this person become pain-free from start to finish - what was done, what to do, what not to do. So you can do this on yourself. It's literally like learning the whole thing in a different way. And then the *Banish Your Pain* DVD. Again you're on it Adam, the *Banish Your Pain* DVD step-by-step. What are you presenting on that DVD?

Adam: That DVD is me asking you those questions...

Darius: Oh my gosh.

Adam: Right now what most of you are feeling, and taking you through the process as if you were in my office with me.

Darius: And the thing I want people to get is we've got a chance to go through this, my team and I, and my wife's going to be going through it tonight. This is a little bit longer.

There's certain things that you need to do. So while we could try to begin doing some of it on the call there's some very specific things that need to be done and you could see there's a lot of attention to make sure that the right things are asked in the right way and that you're getting the right response.

So that's what the DVD is about and that actually, Adam, stimulates like a one-on-one session, right? So that's basically like a private one-on-one session but through a DVD.

Adam: Absolutely. The point is to help you through... By the way, it doesn't take a lot of time. The important thing is that going through the process... I spent years and years researching exactly the right way to do this, so I beg all of you to do it exactly as written. And if you do, your chances of success skyrocket, because it's written a certain way, developed a certain way to take you through a nice gentle ride to freedom.

Darius: The program is *Zero Pain Now*. We had a question from Susan. It's at youwealthrevolution.com/adamnew.

One person had written in – Carolyn. It was really pretty interesting. She was a yoga instructor. She had read every book by Deepak, like many of us have. She's done regular massage. She's actually a Professor of Psychology. She was a 'yogi' – quote-unquote – and - I'm not sure I am saying this right – the passiner mediator – and yet she had studied every cause mental of physical maladies for years... Still having challenges. And her husband said to her: 'You're going to need a hip replacement one day.' She snapped back and said: 'No, God will heal me.' But she still couldn't do it.

Once she began the *Zero Pain* program, she had an awakening. She realized she had emotions like rage and she let them go. They were being suppressed. That was causing her pain. And now she says – quote-unquote – 'the pain is gone. I headed downstairs and realized that even upon exertion going down the stairs I had no pain. It's a miracle.'

So the truth is even if we've been doing work, even if we've been doing spiritual work like I've been trying to do on my wife, there are things that if we can really do the way Adam's teaching I believe we're going to have huge, huge transformational changes in our life in dealing with our pain.

Adam, the other piece - and this is again how specific you want people to really get this and do this right. Item 4 are support videos and they're literally 28 daily support videos. So for 28 days they're getting support to make sure they can do this right again and again, correct?

Adam: Every day. This is a 28-day program even though most people are pain-free way before. If you change something you do in your brain and your pain goes away, well if you went back to doing the things the old way the pain would come back. So we're back on neuroplasticity again. So we want to do it long enough.

So every day. And that coincides with the workbook. You haven't mentioned the online course yet – sorry, I'm jumping ahead.

Darius: It's okay.

Adam: So once you start every day... Video 1 corresponds to Workbook Day 1. Video 2 corresponds to Workbook Day 2. Everything is coordinated just to allow you to kind of luxuriously go through the process.

Darius: I know it's hard to give people like an average amount of time and everyone is different. I mean, we're all as unique as the flowers in the field and, you know, we're just all beautifully unique. But what's the average amount of time you've seen for people to begin experiencing like a decrease in pain once they start this?

Adam: See, everybody's so different. I know you know that. But some people see a decrease of pain in... Let's say it's the 28-day process. So it goes down and down and down and somewhere around Week 3 or 4 the pain goes away. Other people it's instant Day 2... There is decrease; it's just gone.

Other people - the rare exception - and it's very rare... I had one person that took like 45 days. But you know what? They get to keep going. They get to support every day, whatever it was, because there's a... By the way, in the workbook - I don't even tell people this - but every day in the workbook there's an email address to send an email update. Every single one of them gets read and if need be gets commented on to help you through the process.

We don't even talk about that, but that's one of the most valuable parts of the process and every single... no matter how many thousands and thousands of people, everyone gets read and if there's something that we see that we can help you with you're going to get a comment back.

Darius: We had so many people every day when we do our calls, they write in, you know: 'How can I solve my chronic pain, my migraines, my health challenges, my back pain, my TMJ, the challenge that I'm feeling, my bad hip?' And we had to really address this and we know there's an emotional cause, we know there's a root, we know that there are changes in our brain structure and chemistry that can promote this healing, can promote this pain being gone. So for us we had to bring Adam on.

It's at youwealthrevolution.com/adamnew.

Now really quick I want to move... People are asking about... There's more here. There's the *Zero Pain Now* telecourse calls and then there's the *Dynamic Pain Relief Program* online course as well. All of these is included in the special package.

First, Adam, the process, the telecourse calls, what is that about?

Adam: Again, getting together... This is access to me.

Darius: Okay.

Adam: Every month we get on and we do these calls – either webinars or calls. But bring your questions. This is direct access to me. Not one-on-one, group-on-one, but the bottom line is I stay until every question is answered.

This process has worked for... Thousands and thousands and thousands and

thousands of people have already used the linguistic-only process to become pain-free. Your only job is to allow it to work for you.

Darius: Okay. Okay.

Adam: And the online course... We created this whole online site and as soon as you register you get a password. Every Monday you get about an hour-and-a-half of videos – more and more and more information. That kicks off the whole course.

That was a very recent addition. So way more information. And again you'd sit wherever you are. You watch the videos. There's some audios. There's downloads. Just more information for you and it's another hour to an hour-and-a-half of me every week speaking to you where you typically are in Week 1 and Week 2 and Week 3 to help you through the process.

This is an insane amount of support for a little investment. And, by the way, I get how tight money is these days. I get that. And the reason that I took all these thousands and thousands and thousands of dollars worth of stuff and did it, frankly, for such a low price is because I need to help you so you can help me. We're in this together. I can't get to 10 million unless you heal your pain.

Darius: Yeah. The program is actually 94% off and there's even more things included here and all of them are just more loving support, more ways that you're touched and held so that you apply this in the right way.

94% off actually. It's \$4,772 value. It is today and at You Wealth Revolution \$297. And shipping and handling is included so it's \$297. You're going to get things in the mail. You're going to get access. You're going to get sessions in group. You're going to get a lot of help to make sure you can do this. And it's guaranteed. There's a 30-day money-back guarantee. So what I would ask, though, is just in the spirit and cooperation of high energy, if you decide to do this do it and do it with an open heart, because you deserve to be pain-free. You deserve this.

And if you're not even sure, go to the page. There are some wonderful success stories. There are some wonderful miraculous things that have happened and you're going to want to read and see and experience those.

Now, Adam, we've got a couple of questions that I want to ask and I think there's some pretty important ones. One person - Lynn - is asking about panic attacks. And this is something that, you know, there's a repressed emotion there. It may not be manifesting as a physical pain but it's an emotional pain. What about people with panic attacks or emotional pains that are manifesting? Can this help release those emotional pains?

Adam: There's no question. Remember the panic attack is just a feeling. Prior to the feeling is what's going on and what we're doing mind-body before. So I didn't discover the process. This process came out of spending 10, 12 years helping people get rid of panic attacks and anxiety attacks and fears and phobias and all these other things. So clearly the panic attack... Frankly, I used to get them myself, which is what started me on this whole... By the way, when you get the program and you read my story... When you read my story at the beginning of that book, you're going to know

that you can do this, because no matter what's going on in your life you are not nearly as screwed up as I was before I started going through this process and developing everything. So believe me, you will know that this works for you.

So, yeah, panic attacks... There's obviously stuff being shoved down. And the feeling of a panic attack for those that have never had it... You feel like you're going to die. I used to own an airplane. I was flying an airplane. I got a panic attack. I thought I was going to die sitting alone in that airplane going through that. So I know how you feel. I guarantee you this process wasn't designed for panic attacks. It was designed for physical pain. But I promise you that you can get rid of those absolutely and feel wonderful.

Darius: Alright. We have another question from someone coming in. Now, we've gone a little bit long but I wanted to make sure we get to everyone.

This is Diane and it's a really interesting question. We may not know the answer here. The answer may be you want to give this a chance for your healing. She says: 'How do I heal a plastic surgery that I got and there's a sore on this surgery that wouldn't heal and it still hasn't healed? It's been four-and-a-half years.' So it's like an unhealed sore. It reminds me kind of that breakout that Carol was talking about and the skin issues. But what's going on with something like that?

Adam: Again, I don't give medical advice.

Darius: Right. Right.

Adam: There is clearly no reasonable... and I suspect that if she had plastic surgery she's been to the doctor and they haven't been able to do anything for it. There's clearly no reasonable medical reason that somebody would have a sore for four years. So just imagine what could be going on inside and again I'll guess and it's not fair I'm going to stretch it a little bit. But anger and repression, all that stuff. Imagine the volcano and all that stuff way underneath, but it's so far under you don't even know that it's there. That's what repressed is. So clearly manifesting as a blemish, as a sore, as a physical anything would be very, very likely.

Darius: Okay. We've got another question: 'How can I benefit even if I don't have any chronic pain in my body but I have emotional pain?'

Adam: Well, absolutely. It's because... you know, here's the old thing. We've all heard of it. Most of us have taken a zillion courses. What you resist persists. So the whole process of *Zero Pain Now* is about unleashing and uncovering and allowing the flow to flow through you. So what you have down to the emotional pain is strictly stuff... It's like glue when it's held down and repressed. And you're typically not doing it consciously. You're not doing it on purpose. It's going on in the background.

The greatest, the life-changing... If anybody who does this process - and even for weight loss - there's a million reasons. Why do people overeat? We all know that it has to do with shoving down emotions. Okay, this entire process is about uncovering emotions. There is no need to overeat. You know, the next time... eventually this will be *Zero Fat Now* as soon as I've helped my 10 million people become pain-free.

So yeah, emotional pain is about allowing it to flow through, being with it long enough for it to go through. The process will take you there as long as you allow it to happen. It's simple and it's safe. It's safe, it's safe and you're safe going through this.

Darius: One person's asking: 'Should we be skeptical, because this sounds like almost too good to be true?' What's your feeling? I'm sure you've heard that before many times, probably from people who've done the program later and come back said: 'Wow, I was skeptical and it worked.' What's your feeling on that, Adam?

Adam: Yes, yes. You would not be human or at least normal human if you weren't skeptical. It does sound too good to be true, because you know what I'm telling you? – that the earth is round not flat. When whoever said that at the beginning or that the earth revolved... Copernicus or whoever it was that said the earth revolves around the sun and people thought they were crazy.

Of course be skeptical. I remember when Bill Gates said: 'Everybody's going to use email someday.' You know, they laughed at him.

Darius: Yeah I remember that!

Adam: Yeah. So course be skeptical. It does sound too good to be true. It sounds like a miracle. But here's the thing: it isn't. When you understand it, you realize it's rather nuts and bolts and it's just this simple. It's just you didn't know that 9 times 4 is whatever... 9 times the... 36.

So once you understand it, you can just do it. So yes, be skeptical, but if you're in pain, if you're suffering, are you willing to suspend skepticism? Be it but just suspend it enough to give a full effort and allow it and be determined? This is about mindfulness, consciousness and determination. You put those three things together and you're going to kick butt.

Darius: Yeah. And I think loving yourself, because it's allowing yourself to express those emotions, to let them go and to be complete, to be whole, to be totally and fully you.

It is at youwealthrevolution.com/adamnew. It is *Zero Pain Now*. We've had a bunch of people already starting the journey. It is a \$4,772 value - probably one of the most highest valued things we've ever offered here. At 94% off it is \$297 and a 30-day money-back guarantee. You use it. Give it everything you have. Believe in it and be in love with the truth that your emotion and the truth that you are a pain-free being. You are a full expanded infinite being.

Pain does not belong in your body after a certain point. If you've cut yourself, yes. If you've burned yourself, sure. That's there to tell you move away from the flame, move away from the hot stove, right. Take that arm, get that broken bone repaired. But if it's chronic, if it's continuing on and on and doesn't end, if it's disabling you, if it's immobilizing you, if it's taking away your spirit and taking away your joy, your fulfillment, this is not you, this is not who you are, this is not who we are - you know, my wife and the migraine, that's not her.

So I want to get started, we're going to get started. I hope you'll join me at You

Wealth Revolution and help move this cause forward. And there are details, there are things you need to do and do them well, and you want to get the support and the love from Adam and his team. It's at youwealthrevolution.com/adamnew.

Quick last question, Adam. Anything else that you want to share or for that person who really feels like: 'Adam, I've had so much pain I just don't believe it's possible for me.' Any thoughts or anything that comes to mind when someone just has quit believing it's possible for them?

Adam: Absolutely. And I get it. *Zero Pain Now* and I am always the last resort. Everything they've done, everything they thought they've done, everything. And the reason it's the last resort is because when you do it, it works.

So are you willing to take a step? You know, the Buddha said: 'A journey of a thousand miles begins with a step.' Are you willing to take a step towards wholeness, towards healing, towards vitality, towards recovering, and allow something to work?

If you're willing to do that, I'm going to be there. We're going to be there. We're going to hold you. We're going to support you. We're going to love you. We're going to care for you and we're going to help pull you to the finish line so that you can put your hands in the air and you can feel so great and know that you've done it, because there are a lot of people that need you to be pain-free – your parents, your kids, your families, your friends, your coworkers - because when they see you do it they're going to have hope. You're going to be the example of what it's like to be successful.

Darius: Yeah. I shared yesterday I was picking up one of my 11-month-old boys – or actually a year now - and I had this little sharp pain in my back. And instead of being present on my son and what he was doing it was like I was feeling this pain and I was just banishing myself for having the pain, thinking: 'Why do I have this? Oh gosh. It's going to get worst. What's going on? Why is this sharp pain here? I shouldn't have this pain. I do all these healing work.' And I was so disconnected from just the experience of being with my one-year-old son that I realized how much of our life we give up to pain. So I certainly want to use this as well, because I don't want to be in that space.

So just for any of you, you know, it's really about being able to connect to life and be more connected. And I love that.

And one last thing that came to my mind is I think about all the prayers that we do here and people offering into to the prayer circle that they want healing and they want their life to get better. And I think that many times that happens just instantaneously, miraculously, and other times there's a vehicle that God brings forward, a vehicle that, you know, if we take this vehicle there are bigger and better things that can happen, there are tools and there are skillsets that maybe we need to know so we can enrich other's lives, so we can go down our journey and become more enlightened and more empowered.

And this process of understanding how to heal yourself is like that. One of these

tools can be something you use again and again, that you share with family, you share with friends, and God may be asking you to be bigger in that sense so you can be the light for somebody else. And it just kind of came in through that last bit that Adam said. I just sort of felt that energy come in. So I just wanted to share what was coming in to my awareness.

Adam, any final words? I know it's gone super long here.

Adam: You know, I want to thank you and everyone of you. I want to thank you. I want to honor you. I want to bless you. I want to tell you that I absolutely love you and I am here for you. I'm rooting for you. I'm a coach. I'm a cheerleader. And I promise that if you will go all in we will do everything to help you have the life, the abundance, the wealth, the vitality, the enthusiasm that is your birthright. And I just want to thank you all for letting me share some of my time with you and connect with you.

Darius: Wow. Fantastic. Well, thank you, Adam, and thank you to our guests as well that we had that have been just such great proponents of this – Carol Allen and also Michael Milnik for sharing this. And thank you, everybody, for sharing. You know, we talk about these emotions, we talk about this truth. I want you to really get now this movement. This revolution is coming at full steam. We have doctors like internist Dr. Gene Lavine, surgeon Dr. Boris Borgiani, who's saying this is the root. The emotions are the root. There's just something that you can use to remove pain.

So the revolution is happening and so we're just so glad to bring these tools to light so more and more people can experience it. It's at youwealthrevolution.com/adamnew.

And for everybody here thank you, Adam. Thank you for all of our guests and thank you to all of you. I'm just going to do a quick check to see if we have any other questions or anything else.

We had one person with migraines who says they are going to do this and definitely take part in this. Another person just wrote in and said: 'I don't have any chronic pain right now. I want to make sure that that stays away.'

So I want to thank everybody – Diane, Collette, Angel, Cheryl, Sharon, Debra, Judy, the hundreds of people on the call for being a part of this webcast. Much love. If you're interested in going deeper go to youwealthrevolution.com/adamnew.

Alright. I want to thank everybody. I want to just say this. Whether you're here and you are going to go deeper or you're not, I want you just to be present to the truth that we've heard now stories and fact and situations where people have reversed things that seemed irreversible. What does that mean in your life? What does it mean to what we all believe, that we all gathered here today to do? What does it mean?

It means this to me, and I'll share it if you want to listen. It means that we're more powerful than we can even imagine. It means that we have abilities to heal, to transform, to change things that even medical science may believe can't be changed; that we are divine; that we through our amazing systems, through our amazing signals called emotions and our ability to be fully present and express

those and love those can change our life, can change the world. To me this is a very amazing day, because it tells me once again what I know again and again, that we are by our very nature divine infinite beings of light.

Let's bring that light forward. Thank you for tuning in. Continue to share. Continue to be a part of the revolution. We are changing the planet day by day, person by person.

Much love. We'll see you on the You Wealth Revolution session. If you want to go deeper and get Adam and his team's help you can go to youwealthrevolution.com/adamnew and be pain-free now.

Much love. We'll see you on the next session.