



BIOENERGETICS
SUMMIT

How to Heal Using The Breakthrough Code

Greg Eckel, ND, LAc With
Tom McCarthy



Greg Eckel, ND, LAc

Welcome back everybody to The Bioenergetics Summit. I'm your host, Dr. Greg Eckel, and I have Tom McCarthy on the line today. We're talking about how to heal using "The Breakthrough Code," his method that he has discovered with his life on the planet. He's a husband, father, author, speaker, entrepreneur, and inventor, who has owned businesses in the training, software, and financial services and restaurant industries. Tom's clients in his training business includes some of the world's largest companies, Cisco Systems, Microsoft, Salesforce, Wells Fargo, and MetLife. His latest book, "The Breakthrough Code," details his three step system for creating a breakthrough in any area of your life. After his father's death, when Tom was three years old, he struggled for years with fears and anxieties and constant physical maladies. After exhausting traditional medicine and not finding answers, he eventually turned to energy medicine. It was then that he discovered the true mind-body connection that was causing his chronic illnesses that he was experiencing. Over the years, Tom has met many wise and caring healers that have helped him lead a healthy and energetic life. Recognizing that much of the world is still not aware of energy medicine and its ability to help ease the pain of many chronic illnesses, led him to partner with Chunyi Lin, to create Life Force Blessings. Welcome aboard.

Tom McCarthy

Yeah. Hey, thanks Greg, good to see you. Good to be with you.

Greg Eckel, ND, LAc

Indeed, I am very excited about this conversation and your book and your methodology. Always, we hear continual stories of people that really needed to create a process for their own healing and your curriculum of incarnation brought forth this gift that you're gonna share with us. How did you discover The Breakthrough Code?



Tom McCarthy

Well, The Breakthrough Code, which we're gonna talk about for healing today, can be applied to anything. And so I originally discovered it just by watching people who were really successful, people that it didn't matter what they were doing. They seemed to always be able to get the ball across the goal line. And I'm like, what are they doing? How are they pulling off these almost miraculous feats? And then I saw that what they were doing, anyone else could do too. And so I started codifying what I was seeing, and then I like to make things not that complicated. So rather than being okay, there's 96 things that you've gotta do, people go, oh my God, 96, there's three things, and then there's habits associated, but it's really fascinating. And then we apply it in business, we apply it in relationships, prosperity, but it's really cool to apply it also in health, because the concept of "The Breakthrough Code" is shifting reality.

One of my quotes is that the average person is going to conform to reality. Let's say somebody has an illness, the average person's gonna go on the internet, search for, okay, what can I expect from this? Are gonna go to a conventional doctor, that's been trained, okay, tell them that this is what's gonna happen. And they're just gonna conform, right? They're going to basically go along that path. But greatness, which is what "The Breakthrough Code" is all about, shifts reality. It literally creates a whole new reality, and it's not necessarily overnight, but you can do this in every area of your life. And that's really, I think my purpose in life now is to help people when they wake up in the morning, not just accept the most likely possibilities of what could happen in their day, but to really have a choice and go, you know what? I wanna shift reality here and do something extraordinary, whether it's for health or relationships or business. And so that's what fascinates me is how do we do that?

Greg Eckel, ND, LAc

That's awesome, so what do you do? One, you were witnessing and observing this. What do you think gave you the clues to really codify this into the three steps?

Tom McCarthy

Yeah, so I did a summit called the Global Energy Healing Summit. And one of the things that I've become very firmly entrenched in, and I believe in wholeheartedly, is everything's energy, everything is energy. Einstein said everything's energy. And then energy follows thought. When I had chronic fatigue, when I had chronic fatigue back in 2015, so seven years ago, I had a little virus, I didn't get over the virus as quickly as I normally did. And then it turned into chronic fatigue, but it wasn't really that virus that did that to me, it was years of letting my mind kind of be stressed and tension in the body. And then the virus came along at the perfect time when my



immune system was weak, I was traveling all over the world, I wasn't sleeping well, but it was all though, all those years of me, 'cause what happens is energy follows thought. So if I'm going, oh my God, I don't have time to sleep, I don't have this, my body has to consume that thought and tense up. And so my illness, I thought at first, was just something that I needed a doctor to, and I went to alternative doctors, but a doctor to cure from the outside. And there was a lot of alternative treatments that were very helpful, but it didn't get me across the finish line until I realized I've gotta change the way I think, I've gotta change the energy that I'm producing. And that's when I was able to be healed.

And I have lots of great stories around healing energetically. But I think that there are people that I've had the opportunity to meet that have done extraordinary things, either in healing or in business. And there's three things that really stand out. Number one, they focus, I call it focus on less and then they obsess, but they don't obsess consciously, they're not like obsessive, they put it down into their subconscious. So the subconscious is working on it all the time. And the subconscious is always working on something. But a lot of times it's working on things that are tensing you up, that are actually stealing energy from you, and you've gotta get down in there and really change it. So that's the first big idea. And then maybe we stop there, but I've got a couple other big ideas we can talk about too.

Greg Eckel, ND, LAc

I love it, so definitely, we wanna get to those other gems as well. Well on that component, focusing on less and the subconscious working on it. So is this the concept that you talk about, how we tap into our super conscious mind or how do we put those programs in ourselves? I love it, that component of healing is an inside job.

Tom McCarthy

It is, it is. I mean, if it weren't, then everybody that got the same treatment would all get the same results. But you know as a physician that doesn't happen. I can still remember lecturing in the Middle East and it wasn't to physicians, but there was a very famous pediatrician in the audience. And I was talking about leadership and how people feed off your energy. And she stood up said, can I say something? And she said, when she was right outta medical school, she spent a year on a pediatric oncology ward, so some of the toughest work she'd ever done. But she said the team of doctors started to be able to predict how the patient's outcomes would be, and literally they could predict it right up front. And guess what they were watching? The parents. If the parents were all freaked out and tensed up, they knew no matter what they did, that child was not going to have potentially the best outcome that they could have. But if a



parent were coming in and going, hey Johnny, he can handle this, if anyone can do this, he can, we're 100% behind him, we love him, he's a fighter. Like that energy created better results, even with the same treatment that someone else wasn't getting a great result from. So yeah, it really is all around energy. Now, how do you get down into the subconscious mind? It's not by, a lot of people think it's affirmations saying I'm healthy, I'm healthy, I'm healthy. if you're saying that, but there's no picture of you being healthy. That's being driven down into the, I call it the super conscious, not the subconscious, and there's no feeling attached to it. The subconscious mind just kind of brushes it away. So one of the habits that I teach people to have is I call it, see it, feel it, believe it, and then let it go. So just a few minutes a day, but you've gotta really see it, you've gotta feel it. And that's hard for people when they're sick, to see what it feels like to be healthy and vibrant and alive and to feel it. But when you start to practice it and carve away, you get better and better and better at it. And when the super conscious can truly see it, feel it and believe it, it's almost like you're on the fast lane now to getting your health back.

Greg Eckel, ND, LAc

What do you think the resistance to that is? So we see a lot of chronic illness in the world and that component of not just thinking yourself well, but you're saying you've gotta feel it and believe it, and then have the ability to let that go. So where do you see most people, or is there some patterns that you've picked up through time with helping people?

Tom McCarthy

Well, the vast majority of people, like I said, they get sick, I had chronic fatigue. I could have gone to the internet and go, okay, 'cause doctors are telling me, sometimes it takes years and years and you might never get over and I'm like, screw that. I'm getting over this. And so what I do is I go, who did it? Who had it, who over it very quickly. Found a guy over in London, talked with him, he talked me through how he thought it was the patterning of the brain, less of an issue with the virus, working with the amygdala to get out of fight or flight, creating different thoughts, soothing. And once I did that, I healed. But I think most people are just accepting of the norm, average conforms to reality, greatness creates a whole new reality. There's not a lot of people, there's not a lot of people that are willing to create a whole new reality, you've gotta go in with trust, you've got to believe in things that... I mean, you've done it. You've taken an alternative route in medicine and gone all in. But most people are just playing the game, they're going along, they're thinking the doctor's gotta heal me. I don't really have any power in this equation. And then they just kind of play along and end up in the average.



Greg Eckel, ND, LAc

That component you're giving me chills with that statement of it really is that empowering of the individual to realize their greatness and that they have that creatorship or that responsibility within them. And so what are some of the obstacles for people in that in realizing their greatness. It can be really hard to imagine, I don't have any energy. Tom is telling me I have to envision this greatness or this new life, but I can't even, it's like, you're just in the soup so to speak, or your head's under the water. What are some of the things that get in the way there?

Tom McCarthy

And I've been there too, 'cause I remember I first had it, I felt like a 98 year old man, I literally could walk two or three steps. And that was about as far as I could go, I would be in bed like 14, 15 hours, and I would get up and I would just be no energy. So it was scary at first. And I think fear is a big obstacle for most people. I look at illness though differently now. When I look back at chronic fatigue and I literally, I thought I was dying, I did not know what was going on, it was super scary. but it was one of the best learning experiences of my life. And had I not had that, I would still be on that path of just driving myself into probably an early grave potentially. So I think illness if you look at it as an opportunity, which is hard when you're suffering and in pain, but if you look at it as an opportunity to learn and to grow and to use it to catapult yourself to something bigger and better you're way ahead of the game.

My son was a college basketball player and he played at Harvard. He had one year where he was hurt, so he registered the year, he wasn't able to play, he had a concussion. So he had a fifth year of eligibility, which after he graduated from Harvard, he went to school called Rice. He showed up, I mean, he had pain in his hip, pain in his knee, they're treating it, it's not getting better. And he got a little bit better. He went out and played in a game and he played well. But then the next practice he comes in and his back goes out. And so they took him into one of the top hospitals in Houston, they did an MRI. The surgeon said, you've got one of the worst herniated discs we've ever seen in a young person your age.

They said, we need to shoot you up with, I dunno, cortisone or whatever they did. So they brought him back in, they put him under, shot him up, it wasn't that much better. And then he was in his little kitchen in his apartment there cooking and he twisted, and his back went out again. He couldn't walk. I told him about "The Mind-Body Connection," and a guy Dr. John Sarno, who you're probably familiar with. And literally he listened, all he did, he changed his thinking by listening to John Sarno's book, "The Mind-Body Connection," just three times over two days. His back, 'cause they wanted to bring him back in and consider surgery, shooting him back up



again. His back pain went away. And to this day, this is like three years later, gone. Now does he have a herniated disc? Yeah. But wasn't why he was having the back pain. Also, he had skin, he had acne into his early twenties. He was trying everything, diet, everything, and it wasn't working. It was bumming him out. Once he got the mind-body connection, all that went away. So I think people's level of thinking of what's possible like greatness shifts reality, 'cause it doesn't know limits. But most people are living inside a limited way of thinking, a limited way of living their life, and that's what stops most people.

Greg Eckel, ND, LAc

It does, it's abdicating that responsibility to others or what the norm is. And illness is not normal. That component, I'm curious on your ideas of illness, 'cause you said they're different now than they used to be. And this component of mind-body connection is such an important one for folks and our listeners and viewers, this is a really important conversation because it can provide a way out or a new possibility, a new reality. How do we not get into a blaming the individual in an illness? Because there's fine line in here between a, I created this and/or I'm responsible for my illness, versus I have an illness and potentially I can create a new reality out.

Tom McCarthy

I think illness, honestly, most people don't think if it this way, but I think it's a gift, it's a gift. It's gonna shift your life if you use it well, it shifts. I'm a very different person. I've written books, I've been a speaker on motivation and leadership for 30 something years. But I'm much different than I was, even though I thought I was pretty evolved in 2015, I'm much different now, I'm much more, I don't know, man, just more in the flow. And that happened because of this gift I was given where I got knocked on my ass for eight months, but I just used it to learn. And whenever I felt fear, I just would learn, I would put it into learning and seeing myself healthy. And I came through it with so much more knowledge. And it was hard for me too, and I'm a motivator. I write books and I speak all around the world on this topic, but it was hard. I think you've gotta get through that point of just saying, all right, somebody come fix me, people can help.

But the ultimate fixing, you've gotta do, And this brings us probably to our second big idea, which is you've gotta upgrade your story to upgrade your life or upgrade your story to upgrade your health, let's call it. And so inside of us we have, we've got belief systems that we picked up from our parents. You get sick, you need to take medicine to fix it, right? That's the way I grew up. You got sick, you went to a doctor you're like, please fix me, please fix me. And you really were at the mercy of somebody and they weren't as well trained as you or other enlightened physicians, they would just prescribe or whatever it is. And now I think because of people like you



and the things that you're doing, we have so much more potential to not only just heal but to evolve and not even get as sick as we used to. So yeah, I think we gotta clear out the junk. And all of us have memories, thoughts, belief systems that if we don't clean out, they're causing this internal stress, because they reside down in the subconscious, the super conscious. So you gotta clean that out and there's ways to do that, clear out traumas. And then you've gotta bring in the ways of thinking, the ways of feeling, the belief systems that you want. But it is important to clear out, I just call it, let go of your old baggage we're carrying around. 'Cause if you put good beliefs on top of crappy foundation, it doesn't work.

Greg Eckel, ND, LAc

So you make that sound so easy. So how can we let go of old, emotional and traumatic baggage?

Tom McCarthy

I just did some things on Instagram where I did I think seven or eight different ways, but there are treatments you know like EFT, tapping is one. A friend of mine, Alex Lloyd wrote "The Healing Code," "The Healing Code" is another one, it's a book that they can read. Even just things that are simple. I play this little mind game sometimes where something comes up that I don't want to have, and everything's a mind game, in life, everything's a mind game. We are the story we tell ourselves. That's how we show up every day. If we say, I'm not good at this, then you show up and you're not good at it, right? But if you shifted to what I used to not be great at this, but now I enjoy it and I'm getting better. That becomes who you are, that's your story. And so what I like to do is make sure, oh, so this whole game that I play is I create a little mental shredder, like a paper shredder. And literally just can close my eyes or without even closing my eyes, imagine a belief being like a piece of paper just being shredded into a million pieces. Now why does that work? Because the mind thinks in pictures and feelings. And so if I give it a picture of this time when I failed and I was miserable and it keeps popping up, but now I run it through the shredder a few times, the super conscious goes, oh, you don't want us to have that anymore, and it starts to let go of it.

Greg Eckel, ND, LAc

Got it, so it takes some work.

Tom McCarthy

It does.



Greg Eckel, ND, LAc

And some discernment, right?

Tom McCarthy

And that's the other thing. Yes, you've got it, that's the other big thing, Greg, is discernment, really taking some quiet time and saying, what the heck is causing this stress? Or what do I need to learn from this illness? Why am I in this situation? What's the belief system? What's the stressor that is laying inside of me that I can get out? Look, if we get the stressors out of our bodies, the body does what it's supposed to do, it heals, but the stressors keep it from executing at the level that it could in its healing.

Greg Eckel, ND, LAc

So people may be walking around, running these programs, unconsciously, I would say not probably, they are. So how do you suggest in the process, is that a piece of the process that you write about in the book, on uncovering these unconscious programs?

Tom McCarthy

Yeah, so when we start to think about how we think of ourselves and how we think of life and how we think of health and all these things, somebody that's always feeling like they're running behind, running behind, they're gonna be rushing, they're gonna be hurrying, they're gonna be creating stress. They're more likely for all sorts of diseases and illnesses and mental issues because of that story they have in their head. So once they recognize that, and that was one of mine, by the way, I was always running and feeling like overwhelmed. And I don't feel that way anymore. I had to change that feeling. I still get a lot done, but I don't do it in a way where I'm feeling overwhelmed because I saw how that was draining my energy. And then I'd be in bed for a day, because of my thinking, that's the thing, it's because of our thinking. Now there's lots of other types of things that play a part, environmental toxins, genetics.

But even if you study, which I know you have, epigenetics, we can have certain genes that make us more likely for disease. But through our thinking, we don't have to turn those genes on. And so energy follows thought, everything is energy. Your body's just energy. A blockage in your cardiovascular system is a blockage of energy. A tumor is just energy. And when we shift energy, everything could change. The same way that the shift had to make that tumor, that had to shift from healthy tissue into a cancerous tissue, it can switch back. Now I'm not saying just do everything energetically. I mean, some people have done that, it's been very successful. Our third big idea is pack your day with effective action. When you change your story and you've got the



right focus, your mind knows what you're going for, it can see it, feel it, and believe it. You get rid of the old story inside of you that is blocking you. And by the way, I think that's a lifelong process, 'cause we always have crap inside we gotta get rid of. You put on a whole new story that you really are starting to feel through repetition. And then what happens, you're guided. The right people show up where you can take really effective action. You meet the right physician that can guide you through this process and maybe do some supportive treatments, in addition to you working on your mindset. But effective action is the last piece. This is what a lot of people do in health too, I think, and I was somebody that I have to admit did this, I would go, all right, I need vitamins, and I'd have 50 vitamins in a day and that wasn't good. My liver's having to consume all this. And then I'm like, hey, why am I not feeling better? I was like overdoing it, it was a bull in a China shop. We need effective action. We need to take good actions that will get us to where we need to go.

Greg Eckel, ND, LAc

I love it, so that component of making those actions more effective, they call that in Chinese medicine, the formula or the direction. So rather than that shotgun approach, it's that focusing of the energy through thought, really produces the chi or the energy movement. That is powerful, thank you for that. So tell us more, is there any other components of that equation that you wanna share here, those are the three big...

Tom McCarthy

Those are the three big ideas and I have habits for each, and another one on upgrade your story, upgrade your life, the other thing is a lot of people will start the process of getting a healthier story in their mind, of who they are. Actually myself growing up. I was always having aches, pains, colds, I was an athlete, played football. I thought I was just like, okay, I've been hit a lot, but I didn't think of myself as healthy growing up. I was always getting ear infections and having this or that or the other. I had to shift my whole story on the health of my body. I thought, hey, maybe my body's just not that healthy, and so I had to shift that story. And then once we start to shift a story in whatever it is, that somebody is cancer free or whatever, and they just saw an x-ray where they have cancer.

And now they're saying I'm cancer free, and they're taking whatever treatment, but in their mind, they're cancer free. The challenge is, are they gonna stick with that? Are they gonna do it for a day? I'm cancer free, they're like, whoa, what if I'm not, what if I'm just deluding myself? And so one of the things you have to do is you have to stick to your story no matter what, you really have to stick to the story, you've gotta give it time to develop. Every thought you have has



an impact on your body. But if you just think it one time that I'm cancer free or whatever it is that you're trying to heal, that's not gonna get enough momentum. And what'll happen too, actually, I just saw a testimonial from some lady that talked about her one year journey to get rid of it. But she stuck with her story throughout all these even setbacks. Where most people go, all right I tried that, it didn't work. You've gotta be willing to stick to it. Now does that guarantee you're gonna get the result? No. But it increases your chances phenomenally, and you've gotta do it on faith and believe. 'Cause sometimes the evidence is not gonna show you that you're even moving in that direction yet, because it hasn't gotten enough momentum. So that's a big show stopper for some people, is they go if I can see it and feel it, then I'll believe it. But no you've gotta do it with blind faith in the very beginning.

Greg Eckel, ND, LAc

Any suggestions for, that is so true. And sometimes, you know, get these initial signs to say, are you sure that's what you want reality to be? Because I'm gonna show you this X, Y, Z, where those doubts and fears start to creep in, which is I think a natural process. But what do you recommend? Do you have any suggestions for folks that are here in the interview with us around, well, what do you do, what do you recommend when those doubts, fears show up?

Tom McCarthy

Yeah, so one of the things people have expectations and most people's expectation is if I do this, then I'll be healthy in a day or two. And that's a little bit unhealthy. I think they have to believe in the end result without dictating how quick or fast you're gonna get there. And that is a talent that can be developed, but most people don't have. We live in a society where we want it right away and advertisements promises that. But shifting tissue and shifting energy can take a little bit of time, especially if you spent 15, 20 years kind of molding it to where it is now, where you don't like it. I'm not saying it takes 15 or 20 years, 'cause with focused effort and the super conscious working on it.

The super conscious can process 40 million bits of information a second, it works really efficiently, but it does take some time to heal an illness. And it took me six, seven months, I mean, I was getting better all along, but it didn't take me years and years and years. But I had to hang in there 'cause there was some days I'd feel I'm great and I'd go out there and I'd do something, and then boom, like what happened? But I didn't lose faith, I knew I was learning something all along the way. And I think if people think of illness and I know this is tough, 'cause sometimes it's like they have an illness where someone says this could have a severe impact on your life. But if you look at it as a learning experience and you have faith that you can have an



impact on your body, through your mind and through your actions and then you just trust and you surround yourself with good people like you that are supportive and have ways to help. I think people are gonna find miraculous things happening for them.

Greg Eckel, ND, LAc

I wholeheartedly agree, so thank you for that. That is said with conviction and actually knowing, from your experience and all of the folks that you've helped this far. It's nice to get that momentum and the confidence when you speak the words out because you have seen it in real life. So thank you Tom for that, that is beautiful.

Tom McCarthy

Yeah, you're welcome.

Greg Eckel, ND, LAc

Tell us more about your company, The Life Force Blessings.

Tom McCarthy

So my friend, Chunyi Lin, is a qigong master, and I've learned a lot about energy from him, he's amazing, he does distance healing, and just can really move energy where you feel it, it's really cool. But years ago, what I had seen was someone had told me they were a billionaire and they said that one of the reasons they felt that their company was so successful, was they had made contributions to a monastery where there was some Tibetan monks, and the monks who meditate every day, and are really energy masters, they were sending energy, prosperity, people getting along well, every day to his company. I'm like, all right, how do I do that for my companies? And I couldn't find anybody to do that. Then my friend Chunyi did an event with some Tibetan monks, where it was seven days of blessings, and he would lead a little meditation, and the monks would chant. And when they'd chant and meditate, their energy is coming off them, like gobs of energy.

And Tibetan monks have been studied where they'll put a Tibetan monk out on a glacier with just a little loin cloth on, and it's below zero, where you and I will be like, what the heck? We wouldn't last a second. But they just meditate out there. And then they take cold towels and they lay them on them. And the heat they can generate through their energy will actually dry the towels. So anyways, I said, Chunyi, let's start something where more people can have access to having the monks send energy, send blessings. And so Life Force Blessings, that's what it is, we literally, and that's our website, lifeforcelessings.com, but we've got these amazing Tibetan



monks who I'm going to see this weekend. And they're just such beautiful people. They really devote their lives to uplifting humanity, but we make contributions to them, and they're sending this energy out to families and people. Not just for healing, it could be just for happiness and joy or whatever you want. So yeah, that's a company that we started last year.

Greg Eckel, ND, LAc

Very beautiful. Well Tom, any last closing remarks that you would wanna share, maybe putting folks into action on this plan here?

Tom McCarthy

Yeah, I would just say "The Breakthrough Code" to me is about living a life without limits. And I know because we really are, we're two things, we're this energetic, spiritual being that's in a human body. And when we get too stuck being in the physical world, there's lots of limitations, this can't happen, that can't happen. And then if we get too much in the nonphysical, then we're not enjoying all this great physical stuff that we came on this planet to experience. But I think we need to keep one foot in both, And that's a little bit difficult. Sometimes I over rotate to the physical, sometimes I over rotate to just wanting to meditate all day. And we have to find a balance of both. But when you have that balance of both, you could really shift reality in your favor. 'Cause reality has shifted in the non-physical world first, One of my quotes that I have in the book is everything is created twice, first inside, then outside. And so when you realize that, you've got tremendous power over the reality that you're gonna experience in your life.

Greg Eckel, ND, LAc

Well here's to greatness, thank you, sir.

Tom McCarthy

Yeah, great being with you, Greg, thank you very much.