

NERVOUS SYSTEM HEALING CALLS

January 23, 2024
TRANSCRIPT

Hmm welcome for a little orientation. It's January 23rd unless you're in Australia. And I was really feeling into the time of year very much knowing that we are all at different latitudes and longitudes. And so I thought that we might start by doing a little reflection of where we were when we last met and then tuning into even more current time, current place. Generally there's a meditation in here and maybe some shaking and maybe some movement if it seems right.

And at the end I usually have some time for some questions that thus far we've kept the recordings going for. Thank you all for being here. So last time, last time we met was in December. And for many that timing landed between Thanksgiving and bigger holidays that are often with family and friends. And we talked about the three directions map. And I'll give a really brief overview.

This idea that we might start in our normal, we might call our normal stable, sometimes not so much, but we start in a stable place and something happens and we have some activation. And as the activation comes up, we might choose to do something that brings our attention elsewhere, that soothes or distracts us to help bring us back down to stability.

And that could be yoga, that could be meditation, that could be social media, it could be, you know, it could be anything that people would label as good or not good, but their techniques and modalities that we use to just like bring us back down when life is feeling too much. And if we miss that opportunity. So this is just a review of last month,

we might start to spiral into double bind to territory. And if you weren't here last month, please feel free to go back. And we drew maps, we had discussions, you can go back and check it out. But we talked a little bit about the energy of the double binds. And a double bind is often I must, I can't, I must slow down.

The days are darker and slower, I can't, I have seven holiday parties to go to and a hundred gifts to find. I must go faster. I can't, I feel like I just wanna take a warm tub and go to sleep so that I must, I can't. And we talked last month about finding the sacred thirds where there might be something in the middle,

like I could go to the party, but I'm gonna leave early because I do wanna go to bed earlier, right? Just like finding these ways where we honor both things as true and see if there's anything in the middle that can work for us and really liberate us and give us choice. I'll name the last part of that graph, which was that if you didn't go up into looping and if you built conditions over time that whatever triggered you might not.

Like if it comes all the way to completion on the other side of the rainbow, it may be completely complete, it may be extinct so that somebody says something that used to trigger you and you don't even recognize it anymore because you've built the conditions. And today will tap into some of those conditions. But I'll name a few. We talked about pause,

feeling choice, boundary repair, relational health presence. And so I wanna say congratulations. You made it through that threshold. You made it through the threshold of the winter solstice and we're here January 23rd or 24th depending on where you are in the world. And we are now closer to in bulk. And this is one of my favorites. It doesn't have to be your favorite,

it's one of my favorites. So in bulk I am gonna, I'll say a thing or two and then we'll do a little meditation with it. Invoke reminds me of the gestation period that in the northern hemisphere, if you were to look outside, you would see snow on the ground, trees that have no leaves on them. It would seem that everything is almost dead.

So is actively falling in some places. Yes. And in reality there is a gestation going on just beyond what we can see. The

yin, the underneath of the earth is getting ready. I recently had, so it'll be January 30th that it will come out. I had on my podcast Jennifer Fox to talk about in bulk and she described it as as like waking up like the first yawn that you take.

And I just think that that's so much permission in a culture that says new year, new me. She and I talked about it like what if whatever tinkering is in you, whatever ideas of the thing you're working on. And I went and read and relaxed money today too, just some of the more recent comments. So what about the things that we're hoping that we want to do?

Maybe even the feeling that we're not doing it right, we're not sure what it means to rely on divine energy or divine spirit. What if it's just like that dream that you start having when you decide to stay in bed a little longer and you start kinda imagining a possibility, it's almost like a daydream before you wake. If that were the January 1st or the 1, 1, 1, 2, 3 energy of this year,

then as in bulk comes that there's just like, this is just your first yawn. And what I'm saying is if we begin to take some of the pressure off and some of these programs, it's like what was your, like what was your money manifestation? Tell me what happened. Make sure that it's working. And just saying like, what if the process just like nature unravels more slowly and part of the nervous system work is that we might begin to look at nature and the pace of nature and give ourselves so much more grace instead of looking for like,

I'm doing it right, I got the spreadsheet, this is happening, this is the outcome. But that there could be workings going on beyond what you could see at its own pace. So I'll say welcome to almost in bulk deep breath here someone says, can you spell that? And I'm guessing that's for in bulk. IM, oh my gosh, actually I have to write it to spell it.

I-M-B-O-L-C, right? Thank you. Hmm. Yeah. So if we can take a moment and finding if possible your feet on the ground or if you're laying down, then really just feeling the weight of your legs where you're laying down. And for me, I can really feel the stability of the floor beneath me. And this is just another condition that I can create over time is to notice again and again the stability that is here.

So I could also notice the stability, the hardness of the seat beneath me. I'm naming for myself. And you please notice for yourself there's also a blanket between me and the solid chair. And from that I'm interested in the length of my spine. You might also begin to tune in question of like, do I have a spine? Is it long?

Is it rounded? In which position do I feel most stable? And a practice that I really love that I would invite you to try on is that if I were to allow my gaze to imagine that I'm looking out at the landscape. So for some of you, you might imagine looking out to a mountain range. And what often happens is if you're looking at a mountain range,

the head will often move back in space a little bit, which takes away the effort of trying to stay up straight. Or if you were to look at the sunset at a beach and you had the vastness of the ocean, the head naturally moves back and the gaze becomes more peripheral. If it's possible to find this place, then noticing your breath while you're here.

So that might mean not looking directly at the computer. Another practice for the nervous system of actually just this practice of widening perception. And then at the same time there's the center of your breath, your spine. And before we go into any more of like an imaginative space, you might even just wanna look around your actual room so that you can have an orientation to present time of you have possible,

or possibly you have walls that are stable, a ceiling. And if you have windows, you might even notice that there are trees and that they have roots that you cannot see that there are branches and that these stable trees are actually

alive inside. And then I'm going to invite you once you really feel like you know, like this is my body, this is my space and I choose.

So when Sarah, when I give you a suggestion for something to imagine, you choose for yourself. If you're gonna try it on, if it feels okay to you, you might begin to close your eyes. And if closing eyes doesn't feel good, you can bring your gaze softly down. You could possibly even look out to nature if that's there for you.

Again, feeling your breath. You could imagine yourself in bed in the deep slumber of the winter solstice, the time just after winter solstice, just before winter solstice. And you feel the moving, the shaking of like almost time to get up, but not yet. And in this liminal space, you begin to imagine possibilities. The possibilities may have to do with something with your work,

something with a loved one, a financial goal. And could you imagine that still in your body you feel the weight of slumber, the ideas of what you want to create may be a spiritual relational time, monetary abundance of any abundance of any of those. What glimmer are you aware of right now? Notice if there are any layers in you around doing it right,

being enough succeeding or failing. And notice if there's any part of you if that's comes up, if there's any part of you that might wanna you know, shake your arms or just ah or let out a sound just to say like, I see you, I hear you. And have that sympathetic mobilization. Sympathetic mobilization is mobilizing any incomplete, intelligent, self-protective programming and allowing it completion.

There may be even with a hands just like kind of like a pushing out. Like you could imagine these thoughts and just like pushing them out and away from you. So you really begin to sense into your body, do I wanna keep kind of just pushing the thoughts that aren't mine, the ideas that don't belong to me? Do I have any energy that I wanna shake out?

Any sound that needs to come out? Ha. And if you need more time for that, keep going. And finding myself ready to come back. There's a little bit of like joy and exuberance just for the movement, thank you movement, knowing that I'm not rid myself of any part of myself, just energy that's pent up energy that is making my capacity more stifled that I could free that up so I can actually really be with what's here.

And so you begin to feel that movement moving through you. You have the glimmer, the idea and maybe you could take, so we imagine Jennifer Fox says that on February 1st, February 2nd of in bulk, that it's at first Jan of the day. And so we might take that just first big inhale and stretch. And for me this big inhale and stretch is just like,

oh, that's all I've had to do so far. Like we were already surviving before we set the goals. You're here and we get to have a glimmer and there's some belief we could even look for, like use our reticular formation and a brain stem to say, show me examples of how things are working on my behalf behind the scenes as well. I'll keep showing up,

but in right time, right pace, if you have a pen and paper, I'm going to ask you to take some time to jot something down. And before we do, I'd love to share a vision that came to me years ago before I was about to give birth to my youngest child. I had some anticipatory anxiety around what that postpartum might look like.

And I went into this altered state with a guidance of another and I saw this underground cave beneath a tree in which a woman was stirring a pot and then it was to be released. And the only important thing was that nobody touched this pot until it's ready. Which means it's very much like making sauerkraut. The earth creates cabbage, we harvest the

cabbage,

maybe we tend to it, we have what we harvest and we cut it up. This could be the work that we say we put in. And you can imagine that the salt and the fennel seeds that you add in, you squeeze it up and the water comes out and you put the salt and fennel seeds in. You can imagine those are your intentions,

the things you wanna do and relax money. But then you cover it up with some breathing holes and you put it aside. This is like the month of January where you might think that you have intentions. There are, you do have intentions, there are things that you feel inspired by. So this session might say, could there be grace that it doesn't all have to happen at once.

That if you can have the inspiration and by February 1st that you're just taking that first yawn towards it. And that in the meantime the sauerkraut, somebody asked in the chat about the divine energy is my supply. That that's just one resource. That's the magic of cabbage turning into a fermented product that will then create all this like miraculous bacteria for your gut, right?

It completely transforms by by you not touching it anymore. And you do continue. You continue on your day and you continue on. But what I'm offering is that the energy of the earth right now is that underground things are gestating. The sauerkraut is, is fermenting. And up here in a few weeks, the only way you'll know that there's life going on behind what seems dead is that if you were to tap a maple tree,

the water will start running. So the offering I would like to make for you, and maybe this is a little different than a guided meditation, is a practice that Jennifer Fox taught me back in 2018. It's not a radically wild practice, but it's the idea of writing yourself on invo, which is coming up in a few weeks. So we could do it now or do a practice round.

Now writing yourself a letter that you'll open up in 2025. And you might say, what does this have to do with nervous system healing? Or maybe it's obvious that one of the conditions that we create in that three directions map to create a bigger range, a bigger capacity. One of the conditions is self-love, self-care, kindness, presence. I just named quite a few conditions.

And so the letter that you write to yourself would be as if you were writing to your most beloved friend. And maybe in there there might be something about pacing. And the theme today, having to do more with pacing and the miracle energy that is working on our behalf behind the scenes that we can't always see right away. And so we'll take about six minutes,

so it'll be about like 36 or 37 past the hour. And TaKisha, maybe if you could play even just a little whatever you were playing when we came in, that was really nice. Hmm. The question is, what am I writing to myself? So such a great question that you would be writing to yourself possibly goals or visions for the next year so that I might open it.

And as they might say, Sarah, thank you for being so kind to yourself this year. This year you had so many beautiful opportunities and you really heard your nose before you said yes. It was such a beautiful thing to witness. And as you clarified your no so much energy came to you. And it may be more specific, I'm more of a non-specific generator.

So it may be specific with friends, family, spiritual money. The one thing is that it's kind and filled with compassion. You can begin to let the words fall away or even put a dot, dot dot if you'd like to continue. Or you could ignore me and just keep going. You could put me on mute possible on zoom. Ooh the timing.

So great. I love when the music lines up just right. Thank you Isha. So again, the purpose of that writing exercise, it's more of an allowance of this exhale of right timing, support, compassion, highlighting again that we can do all of the shaking and the tapping and the hugging and the releasing. But the things that will build our resilience over time are the conditions that I've named.

And so taking time for those pauses and that space for choice and healthy boundaries and relational health. So I'm gonna close out by reading a poem by Judy Brown. It was recently brought to my attention by a dear friend of mine and I used to read it all the time back when I taught lunches of yoga classes. It's called fire. What makes a fire burn is space between the logs,

a breathing space, too much of a good thing, too many logs packed in too tight can douse the flames almost as surely as a pale of water wood. So building fires requires attention to the spaces in between as much as to the wood. When we are able to build open spaces in the same way we have learned to pile on the logs, then we can come to see how it is the fuel and absence of the fuel together that make fire possible.

We only need to lay a log lightly from time to time a fire grows simply because the space is there with openings in which the flame that knows just how it wants to burn can find its way. Yeah, the poem is called Fire and by Judy Brown. I can type that in. Yeah, I think, I think a lot of us need this poem and this reminder this time of year when there's been such a rush and the energy is still slow and we're still in gestation time.

So I'm so glad it was useful for some of you. I think maybe what we could do is just kind of a coming to a close of that session and I'll take questions. So I think it might feel nice and again you have choice, but for me it would feel nice to take a nice deep inhale and then exhale, perhaps inhaling even raising your arms up to include the arms and exhale,

giving a little twist and looking around and seeing if there's anything pleasurable around you that you can notice. And coming back up towards the center with a big inhale and exhaling orienting to the other side. And again, anything pleasurable available, coming back towards center and shaking out anything that feels like it needs shaking out. Ha hmm. Thank you. Someone says I am in a launch and this poem is so helpful,

not force the emails and the conversations. Yeah. Beautiful. Yeah. So Wendy, you have a question about the double binds? I am taking questions and I just want to see Jessica's hand is up and before I take any questions. Yes. So Jessica, Lynn Curtis. Is that okay? Great. I saw that. I saw your question first.

So I'll take that and then I can go to the double binds. Great. Do you I I put it in the chat. Do you want me to ask what it is? Yeah, That would be great. So everybody can hear. Okay. So this is a common thing that happens like anytime I'm in a meditation or like doing any sort of physical clearing work is I'll have like a big convulsion in my stomach and like sort of shoot forward and then I'll often have like a series of tremors or like little convulsions or something.

Is that like a normal thing that bodies do when they're getting rid of feelings or, or you know, clearing experiences? Yes. So I would consider that a sympathetic mobilization. Okay. And I think that it can be a really healthy thing. I am often with clients as it's happening. And so you could be the judge of yourself of is there somebody who's steady who could sit there and stay steady?

As I have these convulsions, I sometimes will have the person lay on the ground and sometimes like if it's an on off, I might say like, can you squeeze even tighter so that it's like voluntarily overriding the vol, voluntarily overriding the involuntary and release. And sometimes it's even just like, do your legs want to shake? So I might, and if the person has the capacity to be with it,

and I don't know you really, but if the person feels like they have the capacity to be with it, then sometimes and I'm there with them and I just have such deep trust in the body and that too often we're trying to be calm and we're trying to hold it all together. And so when we have a space that feels safe, there can be this like wanting to mobilize,

but the other part that's like, you must keep it in it, it will be too big, it'll be too much. And it's not generally conscious, it's just happening. So sometimes I'll have a person lay on the ground and, and then like the arms could be up or the feet could be up and just like shake anything that wants to come out.

And that way that there could be like some relaxation in the core muscles that are convulsing, right? There's some support for the back. And you don't have to lay down either. It could be that being upright is exactly how you like it, but I wanna tell you that you're not alone with that. And that sometimes when people feel safe enough, that is the most intelligent thing that the body can do is to release.

'cause it's, it can be an energy drain to be holding onto unfinished patterns, unfinished flight patterns, unfinished fight patterns that live in the body and were not completed at the time when the thing first came up. And you might not even know what the thing is and you don't have to know what the thing is. Okay, thank you. Yeah,

you're welcome. And the next question was from Wendy about the double binds. Yeah, Hi Sarah, Where are you? Hi. Hi. Okay, so Where did that come from? I see you here. I'm Okay. So in the middle of a launch for my business, my parenting educator feeling so much calmer this time than last time, but I definitely had like a trigger yesterday that a month ago my nervous system felt like it handled really well and now it like kind of got triggered by this person again.

And I guess my question is when the double, when you realize the double bind is there, 'cause I'm just obsessed with this concept and it really makes sense to me. But it's like I, so an example today is like I, it's like I wanna just relax and let my emails and the challenge video lessons do the teaching and the converting. But it's like I must,

but I must like kind of hound the people who haven't opened emails and watch the lessons because if they fall too far behind, they're not gonna convert and, and it feels very like pushy. So my intuition is like to relax, but, but the double bind is like, but you can't. And so can you remind me of our process when we realize this and we just wanna relax the nervous system?

I just wanna say like, so first as soon as we want, like, I just wanna say this happens to me, I don't wanna say all the time, but it happens to me where I'm like, I really don't wanna have this feeling in my body 'cause my mind just knows here's like the evolved way to feel, but I'm having this and we don't get to bypass the body,

right? The body is actually intelligent and it's so if I hear you it's like I want to relax, I can't relax, right? And so just saying like, okay, that's true. I really do wanna relax. If I don't relax they won't sign up. Not as many people will sign up. And then you might, you might open your hand and like what does it mean to relax?

What would that look like? Is there an engaged relax? Is there like, what is it that I really desire? You can start just like asking questions about it and then like I have to, or they won't sign up. Is that true? And if people who sign up are only people who I have to hound, are those the people I want in the program?

Well I must make the money. I like you kind of keep going back. You can go right back and forth and see the truth in them. There's a part where I'm pausing, but I'm just like, hmm, can I put another thought that's slightly, it's like nervous system and it's slightly not just around like codependency. Like you don't wanna, I'm guessing you don't wanna be

parenting the people who sign up for your course.

I mean that's kind of what it sounds like. Yeah, I want, like I for sure would love a higher level of people and the way we've done this launch this time is to like pre-qualify people. We were offering a free trial, but the free trial takers are really low. But those, those people are amazing. Those are like the people we want.

So it's like trusting that we're doing the right thing. Whereas like the nervous system is like, no, you're not, you messed this up. You did something different. You shouldn't just stayed with what you were doing. Now they're not opening emails, not they're not engaged 'cause you like that's, but yeah, I'd love the higher level of people who are just committed and want this.

Yeah, I would just that keep asking questions of like, I find it really helpful to do it with my hands, okay actually from this to this and then look at it and first say like, I will look at you to see the truth that is here to not bypass you. And then you're looking for nuance within the truth to see if there's any place in the middle that feels like both get to exist.

And often it's an option that we would not have seen if we were only looking at it like this. Yes, that makes so much sense. And why do I wanna cry? I mean I'm a big crier, but why does this make me wanna cry? That's just part of the process, right? Okay. Yeah. For me, I think it's when,

when all parts of us get to be seen and validated that that usually isn't the way, and I could only imagine, again, I don't know you that in the parenting work you do is that's probably also exactly what you're trying to let kids have that experience. And so if someone is giving you that experience or you give it to yourself, then you're getting your,

like, you're getting your gift back for yourself. Yeah. Thank you. Thank you. All right. And then I saw Kayla next. Hi. Hi, thank you so much for this. I wanted to build on the double bind. I got a lot out of the last interaction you've had with Wendy and but like what do I do if I'm in like a quadruple bind?

Because I feel like I relate so much to that feeling of like, I have to do this, but I have to do that and I, I feel like pulled in so many directions so often of the time that I end up feeling like I'm just sort of floating through and I finally will make a choice and do the thing, but I don't feel like I'm fully present to it because I'm wondering if I should have done the other thing.

And, and I think it's partly like how I manage my schedule. Like I'm okay, this is, I wasn't expecting this, but there's a part of this question that is like, do you have any like nervous system tips for like managing like your schedule and your Google calendar and your to-do list and stuff like that. This is where Kate is genius,

this is Kate's genius is scheduling and those types of tips, I would say like go through her content because this is, I mean she is right the schedule queen and I think that her scheduling is purposely trying to include nervous system. I will just tell you what I hear because we're not doing like full on private sessions here. So what I can just hear,

what I intuit as I listen is inviting in the pause and I don't say that in a condescending way. I hear momentum and stacking. So it's like, it's a double, it's a quadruple, I make a choice. And then I wonder about the choice and, and the speed and the pace and inviting, like when you feel that first I'm like,

I, I'm feeling two things as I say that, which is like, I feel how helpful the pause can be, but if when you take the pause, you feel a lot of energy actually like getting up and jumping around, like jumping around and shaking and dancing and moving. So notice like when I ask for a pause, if your body's like no,

then it might be like movement first until there's a natural. And as you're making choices, my teacher always say it says it's a no until it's a yes. So we've talked about a few things about how we can start looking at the nuances, but allowing your body to be a part of it. So the momentum's building, do you need to jump up and down,

up and down to get more momentum out and to let it express itself before there can be a pause to hear if it's a no or a yes. That's super helpful. Thank you. Yeah, you're welcome. I think I saw something from pma. pma, I would love to hear about any other in both practices to consider practice for this time of year.

I really enjoy the writing practice. That's the one I got. Yeah, that's, that's the one that I use. And for me it is just such a sign of hope. We live in Maine, so we actually do tap our maple trees and that is just another sign of like there's sweet water, like the idea that there's sweet water running behind everything that seems barren for me to imagine this time is like we're just getting to the yawn is so much permission that I didn't need to go and you know,

kill some new like exercise goal I had or weight or money or it's just like, oh, the seasons tell me that actually I'm just approaching the first yawn of waking up in the morning. So those are the things that are helpful for me now. I don't have too much more from there. Your body move, your body moves you when short wisdom is heard.

Okay, and I see Ms. Reen, did I say that right? Please feel free to correct me. I just see a hand up. No. Okay. All right. Anybody else have any questions? I missed it. You'll have to put your hand up. Awesome, thank you Wendy. Hmm. What do you recommend around choice overwhelm situation?

Meaning like there are too many choices to make. Is that what you mean by choice Overwhelm. Okay, so I'll start with choice overwhelm. I don't know that there's a simple answer. I don't have a simple answer for choice overwhelm. I sometimes find, and this is kind of a bigger thing, that with choice overwhelm, there's a possibility that we may be micromanaging many things and that it would be a time in which having other people hold hearts if it's possible or other things being held that when there's choice overwhelm,

oftentimes it's at where there's like a control portion of not releasing some of that for other people to do. And then there are maybe, I don't wanna say the sillier answers where people are like, well Steve Jobs wore black all day. Like that was his outfit so he never had to make a choice on his outfit. Like there are like many little things that could also happen.

And I would also look at if there are areas that, any areas that could be put down, which I know is a choice, but say you could put down one area in your life or one thing or hand it off to one person or just say, actually I won't do that project, I won't engage with that, that that one choice might eliminate having to make 20 other choices.

I feel like it might be able to fall into Kate's 80 20 that she talks about a lot. Just thinking about that as a possibility and mod. Am I saying that? I'm just like, Yes, it's like a airplane mode. So mode on the airplane. Mode mode. Okay. Got it. Thank you. Thank you For thinking like my question.

Yeah, so I've noticed that in the past when I was creating action in my business and momentum before doing relax money, there was always this like controlled part of getting it going and creating the result. You know what I mean? And ever since I started to integrate my nervous system, I feel so relaxed that there's not this rush of like getting things started and moving the needle forward.

So I'm curious to know like how would you navigate this new way of being to create the same kind of result as before?

Is it clear the, my question, are you, Are you afraid that if you don't have the same fast energy that you won't get results? Yeah, exactly. It's like a release of control and yeah, I feel less in control of like what kind of results are coming in my business and things like that ever since.

So I'm kind of wanting to move into this new way of being, but I'm not sure what to expect and how to embody, embody this correctly. Yeah, I wanna say that as I was practicing moving slower, even talking slower, I had this feeling of am I going to die? Like will I be able to survive if, because I was a college athlete and I then when I left the college world,

I moved into doing research and development for sports training facility where I was just like, yeah, I'll work 80 hours a week. Like let's do it. And then like, sure, I'm gonna slow down and then like creating a yoga business that suddenly I'm like going all over doing tr like. And so to really slow down, I've had that same question and that same feeling.

And I think a similar fear of will the motivation still be there? And what I wanna say from my experience, it's like if a well is dry, we might be surprised at just how much filling the well is going to need before it starts overflowing. But in the nervous system map of health, there are ranges of speed where there's actually fast health,

right? So oftentimes maybe next month I'll do, I'll do this map. So oftentimes we're living in the global high intensity where you're always out of your range of resonance and you're always just go, go, go, go, go, go, go, go, go, go. And your body isn't invited along. But there is a possibility that as you keep working with your body and your nervous system,

that fast health is part of the wave that you're gonna experience. And in the same day you could have fast health and then you could go read a book, go for a walk, and then you could take a call and do a sales call and you know, and it could gets to go up and down this river of life without necessarily being that you're living out of your range all the time,

but you think it's normal because it's all you've ever done. And so when you first drop into including your body, it can definitely feel like, will I survive this? So far, so far I've survived, survived it and, and and, and it's so great because the things you choose are gonna be things that really align with you. It's gonna be like the impulse will arrive and the impulse will arrive.

Okay, thank you so much. You're welcome. All right, we are at time. Thank you so much. I am apologize for any questions I did not get to. I might, I might. No promises, but if you write them in the chat and relax money, I might get to it. Other people might have thoughts or say like,

me too. I experience the same thing. So I would recommend using, you know, using that community board. And thank you all so much. Happy in book. Oh and that letter you can read like in a year from now. Bye bye. Bye bye.