

## Pre-Event Teleconference Transcript

January 5<sup>th</sup> 2007

**Conference Host:** Don McKinnon

**Guest:** Mark Evan Furman

**Don McKinnon:** Alright. We welcome everyone to the call. My name is Don McKinnon. I am going to be your host today for the teleseminar with Mark Evan Furman. I met Mark about four months ago and my life will never be the same. After spending years and years in over \$50,000 on self-development courses, I finally found a technology that allows me to rapidly and completely make changes to my thoughts, feelings and behaviors, to really be the architect of my mind. Mark's techniques hands down was better than anything I ever experienced and I have also seen the same types of profound and dramatic results in my family and friends who have begun to study Mark's work.

So, for those of you who are listening to Mark Evan Furman for the first time, you are really in for treat. Mark is a cognitive, neurophysicist and a mental escape artist. Over the past two decades as a scientist, Mark has worked diligently to incorporate 30 branches of science and woven together the most reliable principles and laws from these branches of science. He has established cognitive neurophysics as a new branch of science and it's the science that understands just how the brain and mind work, to effect changes in our thoughts or feelings or behaviors or results and ultimately our reality.

When you drop a pen, it hits the ground every time because it follows the laws of gravity. And a heavier than airplane is able to fly through the air rather than fall to the ground because it works in a harmony with the laws of physics. I have **found** Mark's Mind Imaging Technology works every time because it works in harmony with the laws of physics. So, as a mental escape artist, Mark has taught thousands of individuals to escape from their mind prisons and achieve their dreams. Mark, we want to welcome you wholeheartedly to this call.

**Mark Evan Furman:** Thanks, Don.

**Don McKinnon:** You are welcome. So, one of my first questions is, with regard to your Break-Free Challenge that you set up what – are there any particular criteria for someone to be an ideal candidate for learning the Mind Imaging techniques?

**Mark Evan Furman:** Absolutely. There are three things that I think are absolutely critical for an individual before they come to a Break-Free Challenge. One, they have to have a sense that there is an unfulfilled or several unfulfilled dreams.

The second, once you have identified that you have unfulfilled dreams, dreams and goals that would give your life passion and meaning that you have not yet achieved. The second criteria which is critical is that you have to begin to identify legitimate limitations.

Those things that are preventing you from moving forward on those dreams. Well, those things that have prevented you from moving forward in the past on those dreams and goals. Something that, that blocks you, something that gets new ways, something that you feel every single time, you try to reach that dream or goal. These limitations are limitations that are internal. And I think this is absolutely critical as a criteria for joining the Break-Free Challenge for someone to really get the true benefit that the Break-Free Challenge can offer.

They must recognize that the limitations that they are experiencing that prevent them from reaching the dreams and goals are not external things. They are internal things. Either in the form of a negative or limiting thought or belief, a debilitating or paralyzing emotion that prevents you from moving forward like fear, self-doubt or self-defeating or self-sabotaging behavior like an addiction or bad habit or simply procrastination. That would satisfy the second criteria.

The third criterion for getting the most from the Break-Free Challenge is that if you recognize that you have unfulfilled dreams and goals and you recognize that limitations that have been holding you back in the past from truly turning your dreams into reality, once you recognize this, if you were to be handed a technology that could take you step-by-step through a process that will allow you to escape your mind prison and truly live your dreams. You have to have a sense inside that you would be willing to dedicate yourself to learning that process diligently practicing it like any other skill that you wanted to become good at whether it was playing an instrument or whether it was driving.

Learning the Mind Imaging process is something that you have to become diligent at. You are teaching your brain to do something new. So, the third criteria is that you have to be willing to take the time and put the energy in, take control of your life to execute your free will for the first time and to live your dreams.

**Don McKinnon:** Fantastic. Thanks, Mark. I have heard you talk about the Reality Code and I wonder if you could talk a little bit about that and just let us know how that fits into achieving my dreams?

**Mark Evan Furman:** Well, the Reality Code is a quite interesting concept. It is a layman's way of being able to describe of very complex matrix. So, let me start from the beginning. We have been living by a myth that has been handed down from generation to generation literally for thousands of years of western history. And that myth is that our thoughts control or cause our emotions, behaviors and the results in our life. And you hear this in various forms everywhere, in every walk of life in every part of the world, you will hear parents tell their children, teachers tell their students and people talk to people about the fact that in order to control our behaviors, our emotions and the results in our life, we simply have to think differently.

This is a huge problem from a scientific standpoint with that belief. From a scientific standpoint, if something is truly a law, it operates all the time. It's predictable. Just like

you said, if you drop a pen, it's going to go down. Every time you drop the pen on the earth, it's going to go down because of the law of gravity. We can predict that every single time we drop that pen, it's going to go down. The same consistency should exist in the cause-effect relationship between thoughts and behaviors. If in fact, it's true that our thoughts cause or control our behaviors. Now, obviously, we know from our own experience and experience with people in the world that, that relationship is not consistent. If it were, we can simply say, I am going to stop smoking and then stop. We can simply say, I am going to lose weight and then immediately execute the behaviors that will do that. We can simply say, I am going to stop procrastinating and I am going to open up that business and make a million dollars this year and do it, if our thoughts really did control our emotions and our behaviors and the results in our life. Every time we thought a thought, every time we set an intention, it would simply be as consistent as any other law in the physical world. But it is not. It is truly a myth. This is not the first of all the myths that have been propagated through history. Unfortunately, because of the limitations of conscious awareness, there are many myths that we come to believe is true.

One of the ones that I use all the time in the Break-Free Challenge to help people see how easy our senses can fool us is the idea of the relationship between thunder and lightning. Ultimately, every one of us has looked up into the sky during a storm and we have heard thunder and we have seen lightning. And as soon as that happens as a child, we form our belief like we do about everything in cause and effect. And because the thunder in our mind comes before the lightning, as a young child, we form the belief that the thunder is causing the lightning because the law of cause and effect says that the cause has to come before the effect. It must precede the effect. .

So, as soon as anything that comes before something else and occurs fairly consistently is perceived as actually causing that thing. But of course, when we take our first introductory course in physics, we realize that there was something terribly wrong with our thinking. We were thinking through the illusion of our senses, through the illusion of our conscious awareness. In physics, we start thinking through models and the first model that we start to think through is mathematical model of velocity.

And so, in physics, we learn that the speed of light is 186,000 miles per second. And we have also learned that the speed of sound hobbles along at a mere 1,200 feet per second. While that presents quite a problem because if the sound is so much slower than what we see, then actually, our senses were wrong and the lightning must actually becoming before the thunder. And in fact, that is correct. However, we still have the problem.

Even though the lightning now know we know through the mathematical model comes before the thunder, it does not mean that the lightning causes the thunder. So, whether we believe that the thunder causes the lightning or the lightning causes the thunder, we are wrong. But we form that belief because of the consistency between the two things, lightning and the thunder and because of which one we perceive comes first either by using our senses or by using mathematical model of physics. In truth, neither one causes the other.

Like in many areas of science when we investigate the laws of nature deeply enough, we come to find that what actually causes both of them is a third hidden phenomena. And the third hidden phenomena to make it as simple as possible. It's simply a disturbance in the electromagnetic field of the atmosphere caused by gyrations in movement in that atmosphere. Those disturbances cause electrons in the atmosphere to be pushed to their excited state and as they are pushed to that excited state, they absorb an enormous amount of energy. Once those electrons fall back down to their ground state, they release all the energy that they absorbed. And when they do that, of course, energy from electrons as we know from physics, becomes photons. And photons are the light that we perceive, so, we see a lightning strike. That lightning or the photons then heat up the air around at a 54,000 deg. F. And that heat immediately causes a shock wave or compression wave in the atmosphere which reverberates at 1,200 feet per seconds throughout the atmosphere and we hear that when it contacts with our ear drums as sound or as thunder. So, when we dig deeply enough into the laws of physics, and into the laws of neuroscience, we realize that our perceptions were wrong. Our consciousness was providing an illusion and that illusion was leading to a cause and effect belief.

The question arises, why is understanding cause and effects are important in science? And the reason for that is the moment we understand what truly causes something else, we have the potential to be able to predict it and influence it or even create it. And today, now that we know how thunder and lightning are actually caused. We can create it in small microcosms. There is nowhere that the laws of cause and effect are more important or more intimately significant to us than when it comes to human beings and the relationship between mind, brain behavior and the results of life.

If we continue to hang on to the myth that our thoughts actually control our emotions and our behaviors and the results in our life, then we are going to continue to try to make lightning out of thunder. And that's never going to happen. We are continuing to operate on the illusion and we are going to be frustrated as we have always been. The key is to dig down deeper into science and to understand more fully the laws of physics and neuroscience that apply to the mind brain relationship and to look for the hidden third cause.

As I have done that over the period of two decades, the hidden third cause has revealed itself in much the same way that the hidden third cause of thunder and lightning revealed itself. Both are matrices, a matrix. Both in a sense are caused by hidden invisible influences. Thought, emotions and behavior and the ultimate results in our life are not caused by each other directly. But they are caused by the very shape of our mind, the very shape of space time geometry of our mind. Our mind has a shape just like everything else in the universe has a shape and that shape for most people who cannot reach their dreams and goals is a mind prison rather than a mind palace.

The Reality Code is a code that is based on four parts and that helps us in the Break-Free Challenge in a very exciting, very fast pace, very fun way to be able to take these laws of neuroscience in physics and turn them into a picture that we can see. The Reality Code literally unlocks a picture of the space that our mind occupies. It unlocks a picture of the

very shape of our mind and the moment we see that picture, our brain begins to realize how to navigate that complex territory and get from where we are and where we want to be. That is a Reality Code.

**Don McKinnon:** Awesome. So, what makes it so difficult than to what are some of the things that -- I mean, I spend a most of my life's stuck, what is it about the mind prison that makes it so difficult to get out?

**Mark Evan Furman:** There are a couple of things. One of the things that I mention to people when I talk to them about a mind prison and one of the things that I say very frequently inside a Break-Free Challenge is, there is only one thing that is worse than being trapped in prison for your mind. And that is being trapped in a prison free of mind that you did not know you were in. A prison from which therefore you have no urge to escape.

So, the most pugnacious aspect of a mind prison is that it is absolutely invisible. It's invisible to the touch, it's invisible to the taste, it's invisible to the sight and sound. You feel it when you smack up against the limitation that prevents you from reaching out just far enough to achieve a dream or goal. You feel it every time you smack into a debilitating emotion in response to something that you want to achieve, something that you want to do, have, or become. But you feel it at a very intuitive level. We feel it almost with the sixth sense with something internal. We don't feel it externally. So, in part, the invisibility of the maze is what makes it so incredibly difficult to escape because it is so invisible. That most of us don't even realize that we are trapped inside of it.

The second reason why it's so incredibly difficult to escape is that, it's built upon three components. All of your mind is built from three basic cognitive building blocks. The first, our thoughts. The second, our emotions. And the third, our behaviors. Those building blocks are very simple building blocks. However, when you put hundreds and hundreds of each of those building blocks together and you put them together in very complex configurations which you end up with, is a very complex maze, a maze that you have to walk through to get from where you are, to where you wanted to be every single day. To navigate a maze that is very complicated. Without being able to see it, it's just like trying to be in Disney World.

And you go to Disney World, you want to see all the incredible attractions there. And you go up to the first map and you are very excited because you know the map is going to reveal to you, every thing that you want to see and do in Disney World. But the problem is when you go over to the map, you see only an X on the map and it says, you are here. But it doesn't tell you where anything else is. So, you are completely lost in this labyrinth, or this maze where everything you want is in there but you can't get to it because you don't know where it is and you don't know the pathway leading to it. All you know is where you are. And this is the same way in our mind prison. When we bump up against the limitation, all we know is where we are. When you bump up against a habit that you can't break, when you bump up against an emotion that hold you back like fear, anger, grief or self-doubt, all you can see is where you are. You can no longer

see where you want to be. It's invisible and certainly you can't see the pathway between the two or the distance between the two. So, we give up.

**Don McKinnon:** So, why isn't it enough for me just to intend or to be motivated by a speaker or to be inspired by something and just visualize my dream and have it manifest?

**Mark Evan Furman:** What you are really asking is the old – age old question. Why isn't positive thinking and will power enough, why can't I just intend to do something and make it happen?

**Don McKinnon:** Right.

**Mark Evan Furman:** The reason for that I began to elucidate before is that thought does not actually control our behavior. Thought does not actually control our emotions. It does not have direct control, it appears to have control but when a person goes to a casino and they play a slot machine, and they pull the lever of the slot machine 50 or 60 times, and on the 50<sup>th</sup> or 60<sup>th</sup> time, all of a sudden, a bunch of coins dump out. It appears that we had some control. Bottom-line is that, the chances of us pulling the lever and getting the money out was nothing more than a preset probability. No different with the thoughts and behaviors. It's just no different than a probability that a thought may indirectly lead to a behavior or emotion.

And you could see that very clearly when you have a NeuroPrint in front of you which has been elucidated by the Mind Imaging process. Without that it's very difficult to see the relationship but when we intend something or when we think something, we want something bad enough. What we fail to realize is those things that we want, most of them have been triggered by outside events and is triggered by things that we have been taught religion or things that we were made to feel through advertisements or through marketing or through education or through our friends or through our parents.

Many of those things that we think that we want, they have been given to us triggered parts of our NeuroPrint, parts of our Neural net from the outside. We adopt those and we incorporate those thoughts and then we try to use those thoughts to be able to control our behaviors, our emotions. But of course there are conflicts. We have conflicting thoughts, conflicting behaviors, conflicting emotions because we have incorporated many many different thoughts, emotions and behaviors from the outside world.

We get in to the same problem that we do in trying to effect lightning with thunder. If there is no true direct physical relationship between thoughts and behaviors, just like there is no true physical relationship between thunder and lightning, we can try all day long to make thunder create lightning and that's not going to work. But every once in a while thunder and lightning will occur together we might have the illusion that we have done something. Problem with positive thinking is that you have to think about it.

The reality is the same time problem exists between thoughts and behaviors as does between thunder and lightning. If you apply physics and simple mathematical models to

it, you realize that the speed of the Neural net, the subconscious thinking that we do, a subconscious feeling that we do and the subconscious behaving that we do, it's many many hundreds of times faster than conscious thought. And so, there is no possible way. In fact, the nerve cell can fire in one one thousandth of a second and so a message can be carried from the bottom of your body to the top of your body and back down again hundreds of times before you even become consciously aware that you are thinking something or doing something.

Perfect example is what we tend to call a reflex. You pull your hand away from hot stove that wasn't even on but was on minutes ago. And you pull your hand way from that stove in milliseconds. Before you ever realize consciously that your hand was hot or that it was burning, it's only after you successfully pulled your hand away. About a half second to a second later that you realize that your hand was burning. If we waited for conscious awareness to tell us that our hand was burning, our hand would be on the hot stove for near a half second to one second and literally would be melted to the stove we would be burned down to the level of the bone if we had to depend upon conscious thought to direct our behavior.

Same thing with when we drive. Initially, when you drive, you are learning so many things consciously. And then, through the first couple of months of learning how to drive and doing everything in a sequence, we eventually our brain goes through condensing programs and then learns to execute all the behaviors in parallel not in sequence. So, we can do hundreds of things while we are driving without ever even thinking about it.

And then, one day we were driving at night and we can barely see and then we feel ourselves slam on the brake and just after to the car stops, comes to a screeching halt, we realized that a ball just rolled in front of the car and a child was behind it. Had we waited for conscious awareness and an intention to stop the car, we would have literally driven over that ball and that child.

**Don McKinnon:** So, like your analogy or example of the thunder and the lightning. The thunder is so much slower it couldn't possibly be creating the lightning.

**Mark Evan Furman:** And the same thing with unconscious thought or unconscious activations of our Neural net and our conscious thought, emotions and the things that we realized or we are experiencing. What's actually happening is similar to what happens inside a computer. When we have a computer which is a bunch of transistors, and silicon chips and on/off switches, in order to interface with that computer, we have to have a programming language and we have to have some kind of tools of interface so, we need to have a keyboards that we can tell things and we need to have a CRT monitor, so, we can read out the product that what it does.

What's happening in conscious awareness is very similar to the way we look at a computer screen. Our conscious awareness is reading out decisions hundreds and hundreds of decisions that have already been made by the Neural net in response to an event, in response to the environment. It's reading out a half second to a second later

what's already been determined. What is already been perceived unconsciously and the decisions that have already been made about behavior unconsciously. We literally seeing ourselves in the act of doing it. We have the feeling of what already happened. And we have the perception of what has already been seen and responded to an unconscious level. And it's reading out -- our conscious awareness is reading out literally, hundreds of decisions that have already been made by the Neural net.

And our life, our whole life experience or whole results that we get in life everything that we achieve or don't achieve comes down to decisions that we make in moments. Thousands and thousands of decisions that we make in split seconds that determine the fork in the road that we travel down.

**Don McKinnon:** So, if I am understanding correctly because of the speed of our conscious awareness, because of the window of consciousness, the size of it, let's say, I am not able to consciously think fast enough to react fast enough to the subconscious programming that already exists in my brain.

**Mark Evan Furman:** Exactly. And the simplest way to say that is whenever conscious programming and conscious intention comes into conflict with unconscious programming, unconscious programming will always win. The main reason it's a thousand times faster.

**Don McKinnon:** Alright. So, if that is the way that it is right now? How does Mind Imaging assist us in being able to overcome, let's say, that limitation, it sounds like that's really the laws of physics you are describing, conscious awareness operates at one speed, subconscious awareness or programming operates at a different speed, so how does Mind Imaging technology allows to overcome that inherent situation?

**Mark Evan Furman:** That's excellent question. There are couple of ways in which Mind Imaging technology makes this possible. First of all, it's important to understand that in order to program the brain, you have to understand the programming language of the brain. And the only way that you can understand the programming language of the brain is you have to crack your reality code and see a picture of how things have been assembled of the actual shape or the cognitive architecture of your mind.

Remember, thoughts, emotions and behaviors and the results in your life are all an effect of a hidden cause and the hidden cause is the very shape of your mind. Very much in the same way that we now understand gravity. Years ago, when Newton discovered the laws of gravity, he was able to mathematically compute how planets would revolve around each other but he didn't understand why they revolve around each other. He didn't understand why they didn't just fall into each other and crash. He didn't understand why he was seeing what he saw. He simply was able to mathematically predict some of the things that he saw.

Einstein came along. And he said, well, there is a third hidden matrix. It is a very shape, space time geometry that is causing the planets to appear to be revolving around each

other. When in fact, they really just traveling in straight lines in a curved space time. Because they are traveling in straight lines in a curve space time, they appear to be revolving around each other. So, he elucidated , the fabric of the universe had a shape and that shape controlled all the behavior of the planets. Its the very same way was Mind Imaging. In order to know what to effect, you have to know what the cause is. You have to be able to see the actual shape of your mind which I call mind prison. And then, once you can see the shape and you have given the programming language of the brain, the way to change that shape, so that new thoughts, new emotions, new behaviors can emerge in a proper sequence to be able to be an alignment with your dreams and goals. It is then that you have the control to be able to achieve those dreams and goals, to be able to turn those dreams into reality.

So, Mind Imaging allows you to see a picture of something that's totally invisible. The bottom-line is we cannot effect something that we cannot see, something that we cannot feel, something that we cannot taste or touch. We can't effect something that is invisible to our senses, we have to build some kind of model of it to be able to effect it. And then, we have to figure out what is the cause inside that system. Mind Imaging helps us to do that.

**Don McKinnon:** Great. So, as you have mentioned the criteria before, so, for people listening and will be listening to this recording later, if they fit the criteria to have dreams, unfulfilled dreams and goals, that they know that some of their limitations are self-imposed and if they are committed to using a technology that could rapidly transform their limitations and allow them to achieve their dreams that they would use it. So, if they fit those three criteria, what do they need to do to be prepared for the Break-Free Challenge?

**Mark Evan Furman:** There are few things they would need to do to prepare. First of all, you need to go out and secure your code breakers tool kit. And your code breakers tool kit contains four very simple but very critical items to be able to construct a model of your mind, the first is a sketch pad. Simple artist sketch pad that you can get almost in any art store or office supply store and it should be a fairly sizable pad about 18 X 24 is the size that I recommend.

The second are fine point colored markers or extra fine point colored markers are the best. I like to use either the Pilot, extra fine point razor or the *Sharpie* super fine point or extra fine point or the Staedtler triplus but there should be at least four colors to choose from. And there should be extra fine point markers. The third thing that you will need in the code breakers tool kit is a calculator and it's can be a very simple four function calculator that just adds/subtracts/multiplies and divides. And the fourth thing that you need is a stop watch. And it could be a simple digital stop watch and they can be purchased for many of them for under \$15 today different office supply stores or sport supply stores. A stop watch that will read out seconds and fractions of the second. So, that's the code breakers tool kit.

The second thing that needs to be done to prepare is, you have to start thinking about two critical things. You have to start by opening up a journal and write down some of your most important dreams and goals of your life. And the reason that this process needs to be started before the Break-Free Challenge is simple. When we as children are told that we can achieve anything that we set our mind to but we are not shown specifically how to do that. We set dreams and goals and then we fail. And then we set some more and then we fail. And eventually, we get some very bad, very negative feelings associated with that. That prevent us from even setting dreams and goals. We stop doing it because we could become conditioned to failure, we form an internal prediction that says, well, if I attempt to set my mind to this dream or goal, I am going to fail anyway so, why should I try? And so, by the time we become adults, we have failed so many times to reach our dreams and goals then we think why bother? Why set something, why set ourselves up for failure?

So, it's really important that you start to approach the dreams and goals process as if there were absolutely nothing holding you back as if there was nothing in your way. You need to start thinking about "what do I want to have, do and become in my life before I die", that would give my life meaning and significance. That would give my life purpose. That would give my life worth. So that at the end of my life I can look back after achieving these things, say, well, I lived a great life, I lived a life of purpose, I lived a life of passion. We need to start thinking about that process now because if the first time people start thinking about their process is to Break-Free Challenge, that becomes very very hard for them to break the conditioning. And to begin to go through that process, in an intense one day workshop, if something that really needs to be thought about in detail before hand and when I asked that question, it flows a little bit easier.

The second thing that you have to pay attention to are the limitations that reveal themselves as you start to think about those dreams and goals because undoubtedly in a Break-Free Challenge what will happen is as soon as I ask people to start to focus on their dreams and goals, will have this internal dialogue that that starts chattering in their head and tells them all their limiting beliefs. You can't do this because so don't even bother writing it down. You need to be open to hearing that to listening to that voice and jot down those things at a limitation, you need to know consciously what your limiting beliefs are. You need to know them so you could begin to tackle them, so, you begin to see how they fit into the mind prison and where they cause you to get stuck.

Also, a lot of negative feelings come up when people set dreams and goals. Again, because of this constant failure in their life to achieve the dreams and goals, that they have in their lives. So, you have to know what those feelings are. What are the things that you believe are most likely to prevent you from achieving those dreams and goals. What are the thoughts that are most likely to prevent you, what are the beliefs, what are the emotions that hold you back, would debilitate you. And what is the behaviors that hold you back. What are the self sabotaging or self-defeating behaviors or habits or addictions that prevents you from living a life of your dreams.

Those two things are very very important to start to think about before the Break-Free Challenge so that once you are there, it begins to flow and flow easily so that we can take that knowledge and then use the Mind Imaging process to create a NeuroPrint or picture of your mind prison. And so, that we can teach you to escape in the short amount of time that we have in that intense work shop.

**Don McKinnon:** Fantastic. Well, I don't know if there is anything else that you would like to say, Mark, I think that every one who wants to attend the Break-Free Challenge should go to your web site which is [www.mindimagingtechnologies.com](http://www.mindimagingtechnologies.com) or [www.markevanfurman.com](http://www.markevanfurman.com) and you can register for the Break-Free Challenge in your area and also review a lot of material that Mark has on the web site as scientific papers, several of the scientific papers are there, your amazing book, the neurophysics of human behavior is there and your presentation at the University of Arizona Toward a Science of Consciousness, power point presentation is there, it's a very rich body of information at the web site. So, is there anything else that you like to say in closing Mark ?

**Mark Evan Furman:** One of the most important things I would like to say is, if you haven't experienced a Break-Free Challenge and drafted a picture of your mind prison, then it absolutely is something that you must do. It's a liberating experience. It is so exciting to be able to literally interact with the very cause of your thoughts, emotions, and behaviors and see your dreams come to reality. There is nothing that gives the people or myself, a greater high than to watch people achieve their dreams and their goals because they have truly understood the cause-effect relationship. The most exciting thing to me about the Break-Free Challenge is that within 30 to 60 days of finishing the Challenge, I receive tons of e-mails that indicate to me that at least one of the life goals and dreams that people have set on that day have already been achieved. So, do it.

**Don McKinnon:** That's amazing.

**Mark Evan Furman:** Tell your friends about it. Tell everybody that you know about it. Just do it. You have to experience that there is nothing else like it.

**Don McKinnon:** Let's say, in my experience is that's absolutely true. Thank you again, Mark. Thank you very much and thank you all for joining us on this call.

**Mark Evan Furman:** You are welcome.

To listen to a Podcast of this teleconference or to get more information about **MI** or the **Break-Free Challenge** go to: [www.MindImagingTechnologies.com](http://www.MindImagingTechnologies.com)