[00:00:00] Hello there. I'm so glad you could join me in our new show. And Barry and Joyce Wissell, this is Chris. He's my other half. Uh huh. I have to warn you, he is a psychologist. So you've been warned. No, that's okay. Barry is trained in psychiatry at the University of Oregon. Yes. And I think Joyce was also, he worked in pediatric and psychiatric residents.

[00:00:34] You can, so you, you have a little bit of experience yourself, so you tell us a little bit. Each of you tell us your respective, how you started and, and all about your, what, what you've earned in your life, your degrees and so forth. Because I've met you before, but our listeners haven't. So, if you would do that, that'd be great.

[00:00:58] Well, we met when we were 18 and there's a beautiful story about that. And we both went, we met in college and I transferred schools and I got my nursing license in Columbia university in New York city. And then I got a master's degree at USC in Los Angeles. Barry got his. Medical medical medical medical degree and somewhere along the line, we decided that we wanted to work helping people with their heart and with their relationships more than their physical heart.

[00:01:35] Yeah, more than more than more than the physical. And so from gosh, guess the age 27. That's what we've been doing, doing doing workshops, helping people to open their heart and be at be at peace. Yeah. With themselves and want to share more period. That's basically it. Yeah. I mean, there's so many miracles, you know, that we've written this new book, a couple of miracles and there's, there's so many miracles that we had to record them all.

[00:02:05] But, but how we met had to do with Joyce being, you know, she knew where she was going to school and, and I, in high school, got rejected by every single college I applied to. Yeah. And so I had no college to go to. And in the spring of my senior year of high school, I was called into the office at the high school.

[00:02:31] And there was a man probably around 30. I remember him very clearly. He was wearing this suit with a thin tie. I remember that. And he said, I'm rep, I'm representing Hartwood college in Oneonta, New York. Would you like to join us? And I just was, first of all, he took a pen out and he was holding this pen and he pointed to the table and on the table was an application for Hartwick College, all filled in with my personal information, which I hadn't done.

[00:03:03] And, and. And I said, I thought I was 18 years old. I thought, I guess colleges go around to high schools and find kids who didn't get in. And I wasn't even a very good student. I didn't apply myself. But he, I just took the pen. I said, okay, I signed the, I signed the application and he welcomed me to Hartwood college and left, he gave me, he patted me on the back.

[00:03:36] I remember, and I left, he said, you'll never regret this decision. And that was the last I ever saw of him, or heard of him, or found out who he was. And later at Hartwick, of course, I was guided to Hartwick College because that's where Joyce was. We needed to meet right away. But Joyce heard the story and said, Wow, you've got to go to the administration in Hartwick and thank them for the recruiter, for the guy who recruited you.

[00:04:06] So I went. Never had they ever sent anyone to a high school to recruit anyone. They had no idea who this was. Wow. And I just, you know, I, I actually get goosebumps every time I think about it. All these years later. Was it an angel? Was it an angel? That's what I kind of feel. Right? That's remarkable. I know.

[00:04:35] How did you get into the college? Joyce? Did you have someone recruit you or did you know? No, no, but no, but another another story of. getting into US, USC. So Barry, we moved, we got married and moved to Nashville, Tennessee, where Barry was in medical school. And he decided to transfer to a school, to USC in Los Angeles.

[00:05:00] And meanwhile, I, I had this deep, Deep yearning to go back to school, but I was supporting Barry through medical school. We were just getting by there. There really was no possibility of me being able to go back to school, but I just and I didn't know what I wanted to study. I just knew that I was supposed to be in school.

[00:05:21] And so Barry went and had his, his interview and on the way back, he sat next to this man and they got talking and the man shared with Barry that he had just gotten a job at USC and, and his job was to carefully go through all the applicants and choose 12 people that would be in this very special program led by Leo Biscaglia.

[00:05:51] And we had met him briefly in Nashville. So, so we knew who he was. We didn't know that much about him. And, and Barry said, well, my wife would love to do that. And, and the man said, okay, I'll just let her be the first one. And it was, I got to spend a full year with Leo Biscalia as my, as my teacher, it was.

[00:06:19] It's just the most extraordinary experience and, and I was actually paid to go to school, though we were not that much, but enough enough to support the two of us and I also had a part time job so we were able to get to get by. But that that experience of being with Leo for a whole year really changed our lives because Barry got to know him also.

[00:06:48] Yeah, wow. That's like a dream come true for, you know, I loved I read all of his books. I just loved his message of love. Yeah, it seems to resonate with what you're what you're sharing here. So, so, so you are, you've, you've taken the. The flag and you're continuing on with the journey of sharing that message, because, you know, after all, you know, if you don't have love, what do we have, you know, exactly, really is the bottom of it.

[00:07:21] Yeah, we were, we were so young, we were 20, 24, 23, 24, and his, and we had been trained medically the whole, the whole, the whole time, and never, ever had we experienced. Such the teachings that he was giving and then we just we just soak soak them up so deeply and I feel that the work we've been doing the past 50 years is really so much his spirit is is with us.

[00:07:53] Yeah. Yeah. As. Once you graduated, uh, and how did you, I imagine your, your, the course of your professions took on a different course, you know, than the traditional medical model, so to speak, because what you're introducing or bringing with it is a form of love. Yes, you're actually that. So could you tell us a little bit about how you were able to do that?

[00:08:26] Well, go ahead. So, so we, we, we decided that we wanted not to not to work with people with their bodies so much, but with their, with their hearts and to, to, to really open and we, we started, but the, the medical model was so strong in us, in our, in our heads. Yes. that we started going back into real traditional ways of doing things.

[00:08:54] And we realized we just weren't ready. And we had our first child and then our second child. And in the, in the course of, I don't know, I think it was seven, seven years, we just concentrated on being parents. We concentrated on trying to live from the heart. Barry had one, one day a week, he, he worked 13 hours shift as a doctor, just supported us, not a lot, but it just, just supported us.

[00:09:26] And in those seven years, that was such a great training to take us from being in our, being in our heads, which is what we had been taught for so long into being within, in our hearts. And then we, we tried our work again. We tried to do the workshops again, and it worked. And it, and it, and it's continued to work to bring the energy of the, of the, of the heart of love and light into, into everything.

[00:09:57] That we that we do in our work, the same. Is this the shared heart foundation that you started? Yes. Back in 1984? Yes. Yeah, the same one. It's still after all these years, you're still going strong. We're still going strong. You know, when we. Something, something actually that Leo really taught us was the power of vulnerability to be really authentic with your feelings with who you are and not hide.

[00:10:30] So we bring that into everything we do, you know, all of the retreats that we lead, whether it's couples retreats or singles retreats, it's, it's about. sharing the things that you hide from other people. And as soon as you do that, it makes you more lovable. That's what happens. You know, everybody, everybody becomes more lovable when they're real.

[00:10:54] Right. Well, I know that our listeners would love to hear about your new book. Yeah. Yeah. Well, it's called A Couple of Miracles, and it's kind of a play on words. One couple. More than a few miracles is a subtitle and it's basically our story and especially our story when we were younger and being led to amazing experiences and teachers, including Leo, many other teachers and, and just miracle after miracle.

[00:11:31] So we just, this is our 10th book and actually we really had a good time putting that one together.

[00:11:43] That's really great. Wow. So what is it called? Yeah, a couple of miracles. But when you say that, is that in reference to the two of you? Or is it referring to couples in marriage? You know, what is it? It's kind of a play on words, you know. So, you know, you can say, A few miracles, a couple of miracles, and it's really, you know, our lives as a couple have been a miracle.

[00:12:14] The 59 years we've been together has been a miracle, but, but, but we really wrote it. Not not just about us. We wrote it because we wanted people to be inspired to look at the miracles in their lives because. Everyone has miracles. Yeah. And, and surprisingly people just take it for granted like a, you know, coincidence.

[00:12:34] That was a coincidence. It's something that happened. But it's, it's really a miracle. People have so many miracles in their, their lives. And that, that was our hope that people would start, start to feel all the special things that happen in their lives too. You know, we, you know, we run into what you'd call miracles too.

[00:12:57] People say, oh, it's a coincidence, right? But, but in, in our lives, we, we say, oh, well it's a synchronicity. And it's like, it was, it's a part of the, the, the, the bigger plan per se, you know, at least in our lives. But I love the, the, that you actually go and, and say it's a miracle. And, and ac actually, when you really think about it.

[00:13:17] And you're open to it. It's like, my God, how did that happen? How did, how, how did these, these things happen? And it might seem very small, but it can have a profound effect. Like it to be like a, you know, like a rock in the water creating these. He made those ripples. Okay. All right. Like meeting, meeting a stranger on an airplane.

[00:13:40] Yeah. Which changes the course of our lives. Yeah. Then, then we've become totally involved who inspires us to change our lives completely. Yeah. And, and, and Carolyn, your, your story is such a beautiful miracle. I, you, you probably don't know this, but I, I attend this very large church in our community, and it's the minister for about five or six minutes talked all about you.

[00:14:11] He showed a picture of you, and he showed the picture of you as Zuzu on the It's a wonderful life. On the wonderful life, and how you then, I forget the circumstances, but you You lost track that that was actually you until you were more grown up, right? Yes, yes. Yes. I was 40 when I saw the film. Wow. Wow.

[00:14:35] Wow. And that, and that's, and that's, and he's. He said, and, and then she realized that that was, that that was you, that little girl was actually you. And that, that must have been such a miracle for you. She always knew who, I always knew I was in the movie, but I just hadn't seen the movie. So, you know, I, and when I saw the film, that's when I realized that it was such a beautiful vehicle that everyone could use and need at Christmas time, for sure.

[00:15:10] And year round. So that's when I kind of got on the campaign trail. And from then on, I, you know, do appearances and promote the film as much as I can. Because. Touches so many lives and I get mail all the time about miracles that people have happened to them, and I believe in miracles. So, you know, it's, it's blessed, but I'm just surprised that he talked about it.

[00:15:36] He talked about you and he in the most inspiring way. And I mean, you, you would love to, to, to have been there showing pictures of you as, as Zuzu, the little girl. And then, and then somehow I got a picture of you. Right, right now. Yeah. And everyone was very inspired, but Carolyn, you still look like Zuzu. So, who is your pastor?

[00:16:08] So, yeah, so it's called the Twin Lakes Church. It's his name is Renee Schlepfer. Oh, okay. Twin Lakes Church, Santa Cruz. It's a, it's probably one of the biggest ones around. And if you ever wrote to him, he'd be probably so happy to hear from you. Oh, my goodness. We've done a lot of work with pastors who have been inspired by her.

[00:16:33] It's wonderful life or. And so we just didn't know if we maybe knew him personally, but it doesn't sound, I'm sure he would love to know. He'd probably invite you and then we'll meet you in person. Right? Yeah. But can I, can I share, can I share another total miracle that it's about? It's about Leo. Okay. I know you're into Leo Vescalia and we are too.

[00:17:02] It was our first teacher, but when, when we were very close with him and we lived just a few houses down from him, I had a dream one night, and it was a dream about Leo, and this is in our new book too, and in the dream, Leo was in a very large room in the center of a room, it was all dark, I couldn't see anybody else except Leo, and he was at some kind of altar, and he was trying to, it looked like he was trying to kindle some kind of a little light.

[00:17:33] And in the dream, the light started growing and it was, it became beautiful and bigger and bigger until it exploded into this blinding, bright white light that I couldn't take. And Joyce said, she was sleeping next to me. I sat up and I screamed. And I woke her up because I couldn't take that magnet, that magnitude of light at that age.

[00:18:05] And I thought, what an amazing dream. A couple of days later, Leo came to visit us in our little apartment. And I said, Leo, I have to share this dream. I had, and I shared the dream. Leo sat up straight. And his eyes bugged out and he said, you, you're kidding that couldn't that's never ever happened to me.

[00:18:28] But he told me for 3 nights in a row. He dreamed that he was in a large room and it was dark and he was at an altar and he was trying to create light for people to see. And he was at this altar and and he didn't know all three nights. He didn't know if anybody was seeing it and he was feeling sad. And on the third night of his dream was when I had my dream.

[00:19:01] And we just sat there in stunned silence because that's what kind of a miracle is that two people independently having the same dream light And it's about and it's about light and it's about receiving the light It's about receiving the light and he felt so gratified that someone got it Someone got it not amazing story That's an amazing story.

[00:19:30] It really is. I know. I'm just kind of sitting here and then too. Uh, you know, and that, that sounds like something that Leo would do. Because his whole message was reaching out to people. He wanted people to get it. You know, and oh, my gosh, that's a beautiful story. I know. And you know, again, you know, people would say, what an amazing coincidence.

[00:20:03] No miracle. And he was going through a period of recording. All of his dreams, you would have a dream and wake up recorded at the exact time. And you, you even, that's why you knew is the same day. It was the same day and time. Yeah. Yeah. Wow. I was going to ask you about that, you know, do you, do you write these down, but you answer the question, you, you're actually voice.

[00:20:30] Like a tape it or, you know, like, no, no, no, no, no, we don't, we don't, but he was, Oh, are you talking about Leo? Yes, he was, he was, he was, he trained himself to wake up after each dream and he wrote it. Yeah. Yeah. At that point he was, he was really into Jung, Carl Jung. Yeah. And Jung really. And symbolisms. Yeah.

[00:20:54] Right. Right. So, so what about yourselves though? How, how do you. And, you know, what, what's your process? For documenting your inspirations, your dreams, you know, your things that you share, there's 10 books with a pen and paper or your computer in the beginning, it was all pen and paper. We wrote the 1st, 3 books.

[00:21:23] On those yellow pads, you know, we just rode and crossed out and changed things. But now of course it is on the computer. Yeah. And, and we, we talk about things and so, and we help each other to read, to remember, I think that helps a lot. Did you have some inspiration or guidance to show you that you wanted to have these retreats, because that's.

[00:21:52] That's where you share the magic. Yes, it's true. Um, well, I remember, I remember we were in Portland. It was during, during my psychiatric residency. We went to, I think it was a New Year's Eve party. And people are all drinking and getting drunk and we felt there's so much missed potential here, so much that could happen by, by really having heart to heart conversations.

[00:22:25] And so that was like a key moment right there. And then there was a workshop, a Gestalt therapy workshop in Los Angeles. After we were having real, we had some real challenges. I had an affair with Joyce's best friend and Joyce left the marriage and, and it was really painful, really painful. And what, while we were trying to reconcile and heal, we, I was training as a Gestalt therapist and I thought, okay, let's go to a Gestalt therapy weekend workshop.

[00:23:02] And we went to the workshop, people took my side. They, they felt. And they, they looked, the judge said, how come you can't share him sexually? It wasn't what we were needing to hear.

[00:23:19] We, we left that workshop because it wasn't working for us, obviously. And in the parking lot outside, we said, wouldn't it be amazing if we could do workshops that would actually provide real safety for everybody. , you know, not take sides, but just take the side of love. Right, right. That, that was important.

[00:23:44] Yeah. So, so we had done, we're still doing a lot of spiritual work, a lot of, a lot of meditation and yoga, learning from different spiritual teachers, and we, we wanted to do our work that would, that would bring all this spirituality in, into the work of. Psychology into the work of, of people really looking at their, their past wounds, their, their, their childhoods, their, their hurt.

[00:24:11] So it, it wasn't just from the psychological standpoint, it was also bringing this, this higher power, this light. And when, when we started, after the seven years, that's, that's, that was our whole focus was to bring spirituality into every single. that we did without it being religion because people are so turned off by religion.

[00:24:40] Yes. They, yeah. But, but to bring spirituality without even saying it. Mm-Hmm. without labeling it. Right. Yeah. Being, being open to everyone's path or even if they don't have a path. Right. Just being open to where, wherever people are, but help helping them to. understand this, this, this greater presence that we can, that we can all tap into for, for healing and strengthening.

[00:25:06] So that's been, yeah, that's been so exciting and it's still so exciting. We're, we're going to be 78 soon and we have no intention of, of retiring because We love, we love our work so much. We love, we love to see people let go of burdens that they've carried sometimes their, their whole life and, and open up to, to their worthiness and their, their, their, their beauty.

[00:25:39] I'm reminded, I'm reminded of. We once had a, a young scientist come to our workshop and he said, I just want to make it clear to everyone. I don't believe in God. I am not spiritual. I don't want to hear anything about that and why are you here? No, but what we did, we, we did what we always do, which is help people to become truly vulnerable as a group.

[00:26:07] Ooh. As we were doing that, each person was being more and more vulnerable. This man, this young scientist, later, he said, first he was blown away, but later on he said, this is my first experience of God. He felt, he felt something so powerful touch him just by people being real, right? Beautiful. I know. You know, in, in my, in, in, in my own work, you know, I, I think what, what I, what we talk about is, you know, the balance between the mind, body, and spirit, and usually people are very, you know, cognitive, but a lot of times they're disconnected from their bodies and, or they're disconnected from the spirit, and it's very difficult.

[00:26:54] To, I mean, to find the avenue to find a way to draw them in to talk about that and to be able to entertain them. But what you're talking about is vulnerability. It's kind of like the part of. Being able to draw that out to be able to talk about. Yeah. Where do you go from there? You know, to, you know, how do they, how does that evolve?

[00:27:17] I, I, I'm very, very interested in that piece of it. Sure. Well, how does, how does it evolve from. Let's say they come in and they are closed up, closed off, they sense that there's something there, maybe they do, maybe they don't believe in a higher power, but through your workshop, through talking about being vulnerable, That something evolves from there.

[00:27:44] Yeah, you see, if that same person or couple came to us, we also work individually with people, of course, but if that same person, um, we try to work with as a one on one situation would be more difficult to open, but in the context of a group where other people are actually modeling their deep vulnerability, it's contagious.

[00:28:11] Yes. Yeah, it really is. And that's what opens people's hearts. So yeah, I mean, I think probably until we die, we're going to keep doing this work. So we, we, we recently did a workshop with 25 50 people. And usually they're, the workshops are much smaller, and, and we debated, can we do, can we ask all 50 of these people to, to be vulnerable?

[00:28:41] Is that, that just seemed like a daunting task, and we decided to do it. We limited it to one minute each, and of course it was a little more than that, but each, each person was vulnerable, each person. And it was, I mean, we all got tired I mean, honestly, it was, it was a long, it was a long experience, but it was the best experience because at the end when, when people were sharing their, their gifts, they, they, I mean, I don't know, so many people stood up and said, I have felt so alone, like I'm the only one with this going on inside of me and now hearing from everyone else, I realize I'm not alone.

[00:29:30] And, and that's, that's a really beautiful, beautiful, beautiful thing. Some of these things are very deep, like, like being molested as a child, right? And finding out that there's so many others in the room who've had the same experience. That really is powerful. And for couples, you know, to, to, to really understand your partner's vulnerability, it, it helps you too.

[00:29:55] To, well, first to understand them so much better and it helps, it helps two people to, to grow even, even so much closer. Yeah. So, so can you give us some information about how people can find information about your retreats and, and get a hold of you? Yeah, it's our website. Shared heart. org, shared heart.

[00:30:22] org and one more time, one more time, shared heart, shared heart. org. Okay. Okay. Yes. So, where do you hold these retreats? Or do you hold them all over? Well, well, we used to before the pandemic. Oh yeah. We would hold them all over the United States, Canada, and also in Europe. We worked 20, 21 years. Years in, in Germany.

[00:30:50] Oh. And, and in and in Norway and in, and in Italy. So it was far, yeah. We never got to Africa, unfortunately. Sorry. Sorry, Stella. Yeah. But a few people from Africa did, did come to the, to the ones that we did in Europe. Uh, but then with the pandemic, so we, we've retired from that and, and now we do mostly retreats right here in our home.

[00:31:14] And then we travel close. Yeah, close to our home. We built, we built our home 30 years ago with having retreats in mind. So the living room is a giant, giant space. And 5 couples, no, no, no, no, no, no, no, no. 25, 25 couples was that Esalen down in big Sarah. Yeah, where do you, where do you reside near Santa Cruz, California?

[00:31:43] Okay. Yeah. And we're up in Mount Shasta. You are? Yes, we're in Mount Shasta area. You know, we have it right in front of us here. Wow. And I heard you telling a story. I think that's a story that you're only allowed once a year to tell. And, you know, that was a miracle. That is. You took your walk. Oh, you heard the mountain.

[00:32:08] Yeah, so you get our weekly videos. Well, yes. Yeah. So I told it on a couple of weeks, a couple of weeks ago. Yeah, that's an amazing. I know it happened right, right up in Panther Meadows on the slopes of Manchester. Yeah, should I tell it briefly? Oh, yes. You have to get permission though from. I'm just, I'm just wondering, don't we only have five more minutes.

[00:32:33] Oh, yeah, I don't know how we're doing time wise. Don't worry about it. Okay. Okay. Well, listen, the video, I don't know if the video could be used for the story, but, but I tell it in more detail, but the synopsis was, was just about walking past a man who was lying by this little stream in Panther Meadows and, and I was walking by on the trail.

[00:33:03] Okay. Okay. Okay. And I had the strongest intuitive, like a prompting, strong prompting, go sit right next to him. And how, in my mind, I absolutely rejected that, right? I said, how could I possibly sit next to this man who may be meditating? He may be sleeping. He may be whatever. And I'm going to sit next to him and he's going to think, Oh, something's weird here.

[00:33:34] Stay away from me. But instead, and so I came that close. To walking by, but the prompting was too strong and I had to give in and I went and I sat a foot away from his head. He sat up and he looked at me and he told me like, it was like, he didn't skip a beat. It's like, there was no shock or surprise. He just sat up and said, I've been here planning my suicide.

[00:34:04] And I prayed one final time is if there is a God help me. Send me help. The next moment is when I sat down. And we talked and, and I just was with him and he, he was just blown away that God answered prayers that fast. Okay. And, and he said, you know, I get it. There is a God is absolutely certain and I don't need to kill myself.

[00:34:41] Wow. Yeah. Just, just imagine had I not listened, right? Had my mind won instead of my, Prompting from my heart. But how often do, do Any of us walk by that man and don't listen to that. Yes, exactly. Or how often do we get even a little prompting? Like, somebody's name comes into your mind or thoughts and you haven't you haven't been in touch with that person for a long time, but their name comes in.

[00:35:16] And you just, Oh, okay. It's nice. The name came and you go on with your life instead of doing something like calling or texting or whatever, you know, your name just came to me and I just thought I'd reach out and it could be the same thing. I was just planning my suicide. Anything's possible, right? Sure, yes.

[00:35:40] You know, another, another beautiful part of, part of that story is, so we, we had our first child, so this is quite a long time ago, 47 years ago. She was just a baby, and we were living in Malchester, and every other day, One of us would watch our baby and the other one would go and spend the whole day on the mountain, climb up as high as we could, not to the top, just sit and meditate.

[00:36:07] And just, you know, we were, we, we were praying for a miracle. We, we thought, you know, someone would appear. I don't, I don't know what, I don't know what, what was, and Barry had spent the whole day praying, asking for a miracle and I think he just kind of felt tired or something. And anyway, he was walking. No, I actually felt, I actually felt discouraged that nothing momentous happened.

[00:36:33] Right? All I felt was some peace. Yeah. Which now I consider is a miracle. So he was, so he was walking down and the beautiful story of this. of this man. And what we got from that is that being in service to other people, that's where the miracle can really be. You know, as we, as we give ourselves and our, and our hearts, that's, you know, rather than looking from, from the outside, but it's in Actually being in, in, in service.

[00:37:04] And I think that's why we never want to retire because being in service and helping people is, is really the most beautiful, most beautiful thing. Even as you can see, even just talking about it gives us so much energy. Yes. Yes. I feel the same way. I think I'll probably just, you know, I go as long as I can.

[00:37:27] But that mountain does that something to you, you know, and you were talking about how it just has this incredible magnetism and strength and, and I guess the question I have for you is, what was the intention? What was your intention by by manifesting a miracle? What, what, what is it that you were looking for?

[00:37:50] You mean me up on the mountain? Yeah, at that point, yeah, it's like you're Oh, you see, we had a teacher back then, and this was long ago, and there were these That's okay, you don't have to apologize. All right. No, no, Mary, it's, it was a beautiful, it was a beautiful Okay. And I'll tell them. Okay. So, so she, so people were having These amazing experiences up on, up on the mountain.

[00:38:15] They were, they were seeing saints. They were seeing angels. They were, they were getting, they were getting messages. And this, this woman, our, our, our teacher, who is very beautiful. Her name is Pearl. She really encouraged people to go up on the mountain and, and have one of these experiences. And so that's, that's what you were.

[00:38:37] Yeah. To see one of these. Saints, I mean, people really were having these experiences. Not so much now. I mean, I haven't heard of anything like that now, but yeah, that was, that was our intent. So, so the, the point is, I was trying to have a visit from an ascended master. Okay. And instead. I got to be an ascended master for somebody who needed help.

[00:39:04] Yes, which was so much better. So much better, yes, yes. Well, thank you so much. You've told us some really wonderful stories, and I'm sure that you're going to continue. As long as you can, which is what we're doing to it's, you know, it's such a positive touch to give to the world and we need it so badly right now.

[00:39:33] So, thank you for all that you do to help make this a better place to live in and help your fellow man. I think it's just absolutely. Wonderful that you do that. I use that word a lot.

[00:39:50] And you're doing this, this show, you're doing it together, right? This, yeah. Nice. Nice. Never worked together before. Wow. Well, I mean, in this, in this, this venue, But you see, there's, there's a magic to working together with your partner. There's, there's, it magnifies the energy and people are desperate to see healthy couples help models of healthy relationship.

[00:40:20] Yeah. They're desperate. Yeah. So you're, you're doing a lot more than, than your, than your, than your show. You're really, you're really modeling to people that the two people can be in love. Yeah, that's true. Yeah. Well, well, you know, she has her, her, her calling, which is being Zuzu. Yes. And in my calling in, in, in being a therapist, so, you know, we just, but at the same time we come together as a couple and work together, so it's for, for, for us, it's, it's like the perfect.

[00:40:54] This is perfect for us, how it's worked out. Um, and he's very strong and he can carry my suitcases . Oh, that helps. It helps a lot. That helps. Well, you gotta have that in a man, . Yeah. And, and, yes. So for me. Joyce carries my suitcases. I'm kidding. I'm kidding. I go, Oh my gosh, you have a bad problem. I completely understand that.

[00:41:23] And we have a lot of people that come to see me and it's nice to have a backup like Chris, because he can, you know, talk to the people and a lot of them come when they're on their last leg because they love the movie so much. And of course, Suicide is a huge issue in the film and a lot of people share their stories and it's nice to have a professional on board for that.

[00:41:50] Yes, that's great. That's great. Yeah. Well, thank you so much for joining us and I wish you the very best with all your treats in your new book. And I hope we'll get to see you again soon. Yeah. Okay, good. Yeah. Good. Yeah. We'll, too, we'll stay in touch. Thank you for, for doing the work you're doing and thank you for what you're doing.

[00:42:11] Yes. Touching many lives. Yeah. Okay. CIA to you . Bye-Bye Santa Cruz. To you, . Bye-Bye Byebye.