

Hey everyone. So it is the 3rd of June. It is the year 2025, I believe, and it's our wrap up call for our SBSM, our SmartBody SmartMind round. As some of you know, this is our 17th round, and for some of you, this is your first round. So I'm curious for those who are here, was this your first go? Was this your second, third, fourth, fifth, sixth, seventh, eighth, ninth, 10th, who has been here since before, when it was not called SmartBody SmartMind? I'm curious. Let me know. Lots of first timers. Third, second. Second. First. First time and I'll be back. Yes, fifth, fourth. So we've got a little bit of everything right? A lot of newbies. Fifth, third, someone said, I've stopped counting. That's probably smart. Sometimes I stop counting too because this work travels with us, and I really hope, I hope in my heart and guts and my vagus nerve. You all know what that is now, that you take this forward. What I'm going to do today in this call is we're going to do some housekeeping. We're going to do a little neurosensory exercise.

I might speak a little bit about where I feel we are humanity wise with this work, and then we'll have an intention. We'll set an intention for going forward. Thanks everyone for saying hello. We're at about 92 people, 93 people on the call. So first of all, just a reminder that there still is one more Q and A in June, later in June. Seth is doing that one as a little addition, so there's still something to attend live. We're adding that. In moderation - so I'm going to do some housekeeping while we get people in here. Moderation continues for another month, so ask your questions, if you have them. Keep working on the content. There's been a burning thing, a question in your mind, in your body, and you keep saying, Ah, I don't need to ask that, or That doesn't seem that important. Really follow the impulse, right?

Use that impulse biology and ask the question if you can. Don't ask the question on the final day of moderation. Get in there. Now, the next three weeks. Of course, if you put a question in on the final day, we'll do our best to get to it, but if you can get your questions in sooner rather than later, whether in the threads around specific lessons, to Seth in the Q and A space, or the general questions. As of now, there should be on your site, on the SBSM site, what's called a post SBSM tab. Maybe you've seen it. There's a whole slew of stuff in there. What was my grandma's favorite word? Slew. There's a whole bunch of stuff in there in ways to practice, continue to practice. Now for some, you're still working on the labs, so work on those, but no need to ignore the post SBSM tab. You can still go and see what's there. There are some new lessons in there as well, and some suggestions for what to do next, and that might be more for those who have gone through the rounds a little bit. I always try to recommend, if you know that you've got specific traumas that you haven't worked through yet, that might need some support, seek out a good somatic practitioner, connect with some of our team members, the

moderators. Some of them still have room, I believe, in their private practice for online sessions. Maybe someone lives in your area.

There's something about needing to have sometimes in-person support for the things we're working on. Even good body work. Maybe you have old injuries, that you need to get some work with the muscles and the fascia. Maybe you need to relearn how to do a movement, and sometimes even therapy can be really important to talk things out, right? The key is that you're going into these connections, getting support with your nervous system brain on board, right? Listen to what feels right, seek out people that you feel good with. If someone doesn't feel good, listen to that. I really want to make that statement. If you start working with someone one-on-one and something just doesn't feel right, and it's not just your trauma, it's something, I just don't click with this person. It's okay. I want to really give you that permission to not go and see someone again, and I say that because I listened and heard people - their people pleasing comes in. Has anybody done this? I don't want to cancel that session because I don't want to disappoint the therapist or the practitioner or the physical therapist. Don't worry about it, right? You're hiring them to work with you. You don't have to make them feel good about themselves. So that's a little bit of a hint in finding new people to work with.

So one person asks. Any advice for those in the world who don't have access to in-person SE? Yeah, that is a difficulty right now. It's a real difficulty. There's not enough of us. There's not enough of us who are doing, I think, solid work that are around in person. So this is where finding someone online is helpful. That can be a good way to start. The other thing is if you have a good body worker in your area, even finding a really good acupuncturist and a good craniosacral therapist, a good osteopath, even a good massage therapist who is open to working with you and helping your body with movement. It could even be a physical fitness trainer who is there to help you learn how to be in your body and exercise more. There's a lot of ways that we can work with people. So again, it all comes down to, yes, what is available around you, and putting the intention out there.

I find that when I put out an intention to try to find who I'm looking for, those people eventually show up. So really that could be a mini intention for everyone. If you know you need help with a very specific thing, be very clear in your directions to the universe. It's like, I really need to find this person and then listen to when that person might come through. Yeah, yoga therapist, again, nothing wrong with yoga therapy. That can be a really wonderful way and they understand emotions. They should, should be trauma informed. They shouldn't be pushing you to do a pose. You want to work with your body where it's at and then have guides. Okay, so the

post SBSM tab is on the site. The other thing I'll mention now, that you are all alumni, the site will remain active and available to you 24 7. So when we start another round in September, SBSM 18, anyone who is new in September, so this is not you guys, but anybody who's new only sees lab one and then lab two, lab three, but now everything is there for you.

So if you want to continue working on lab seven or lab five at any point in time or lab 10 or go through the old training calls, everything is there. Nothing disappears. So now that you've got that access, the status that you have is you can bounce and do things and choose what you wish. Of course, I do recommend still moving through the modules as they are designed. So of course there's nothing wrong with peeking ahead and dabbling in what might be later in the course. You've got to find your impulse there, but it is structured in a very intentional way to build capacity. We want to work with, I'll just give an example. We want to work with opening up the diaphragms and the joints and the breath and the orientation before we start getting into, say, healthy aggression work, because it's very difficult to get strong, organic, free, healthy aggression.

Those say anger responses out if we're really collapsed and really tight in our pelvis or in our solar plexus area, which is the area of kind of the lung and the guts, we're really stuck in our shoulders or in our throat or in our head, if our eyes are still very rigid and not able to orient very well, doing healthy aggression work is not so easy, right? Like a lioness who's roaring or protecting her cubs, doesn't do that. With her eyes closed, she's alert, she's open, her pelvis is open, her sound is open, and that's why when you hear these roars, they go through you, they put your hairs standing up on your arms. So again, just to note that there is a reason why I've structured the lessons in the way I have.

That's all you really need to know about access to the program. For those of you that haven't, say, gone through the 21 Day Nervous System Tune Up that is now there on the site for you to click. And if you want a different format, a different slight structure of lessons, there is some stuff in the 21 Day Nervous System Tune Up that is unique to that tune up. So you can also go through that. You literally press a fun little button and it pops you into the email sequence and then you get access to that course. Some of you came in through the 21 Days, so you can also go back and go through those modules, but if you want to get our daily prompts and emails, you literally click on that fun button in SBSM and it starts you on the sequence. Next thing, if you have any trouble finding something, if for some reason your password doesn't work or you go to the site and it looks funny, our sites, knock on wood, rarely crash, but that happens. If you're like, why can't I get in? Just email us. Please email us. It's very easy. It's just

support@irenelyon.com. Please don't DM me on Instagram or Facebook. I might not, I probably won't see it. So utilize our support team. They're there Monday through Friday to answer questions, and if you email on a Friday night or a Saturday, just give them some time and they get back to everybody by Monday.

That's my housekeeping. Real simple, real simple. What I will suggest is how can you really see this work as a lifestyle? Now I'm going to tell a quick story, then we'll do a little neuro, actually, we'll do a little neurosensory exercise first. So let's get into some attention and intention and feeling into your system. So as I've been talking, have you been noticing the ground under you? So that might be a little quiz. Did it come out of your awareness or were you able to stay connected to yourself while in your more cognitive brain? Again, this is that multitasking awareness, this ability to stay in cognitive connection, thinking, brain listening, reading, even if you're watching a show and can you still feel that sofa under you? Yeah, or the kitchen chair under you, or the bed under you, or the ground under you, if you're outside.

So really connect to that environment. It's always around us. There's always some pressure point, unless someone is doing this in outer space where there's no gravity. But I think I'm going to make a hunch that all 107 of us here are on planet earth and we're under the influence of gravity, and so there's something drawing us down. Really make use of that. That can be a wonderful resource, and let the body, your body, it's not about collapse, but it's about just feeling that little bit of contact with earth. And then for some of us, we might be in a home, in an apartment, maybe we're at work, or maybe we're in our car. Just be aware that under that is the earth, the actual dirt of the planet, which is so important for us, grows our food, has minerals, trees, dig into that earth, give us oxygen.

Water comes up from the earth to give us hydration. Simple stuff. So just tune into that. For some of you, it might be a resource, this concept of nature. It's always there. That is a truth. Oxygen, always there. As you get more attuned to your biology and your interoception, it's possible that you start to notice these days when oxygen gets a little low in a room, there's too many people in a space, if you haven't opened the window in a while to let fresh air in, so just revel in the fact that that air, that oxygen, the earth, it's always there for us. This is our planet. So we get to take in its goodness and in turn we like to treat it well. That's one thing that happens when we become more regulated. We start to take care of things a bit more, at least I hope. I know many of you have said over the years that as you get more attuned to yourself, you start being more attuned to taking care of your plants better. You start to have an urge to

---

take care of things outside of you in a different way. So just sense that connection. It's hard to litter when you know this work. It's hard to be irresponsible.

So just again, connecting to that gravity, that ground, that sensation and notice what your breathing has been doing. Have you been noticing your breath? Even though I've mentioned oxygen and air, has it been in your awareness that that is just happening? It's always happening. It's another given. As long as your heart is beating, your body wants that oxygen, and it also wants to expel the waste products of metabolism, we need to inhale and exhale. So just sense that simplicity, and as you sense that simplicity continue to sense that ground under you, and that we're all on the same planet. Strange thing to say, but it's true.

Even if we talk to off world travelers and other beings and other galaxies, we're still all here, right? Nothing wrong with saying hi to other friends, but all of us here are here on the same sphere, and I think that's pretty cool. And yet we're connected by this interesting thing called technology that allows us to connect. So as we connect to this ground and we sense this air and we appreciate this metabolic exchange, and we simplify and slow down our thinking, we get more biological. I like to think that we're lighting up the earth a little bit with goodness.

So notice that and just know that you've got neighbors, even though you might never meet some of the folks here, we're all, we really are connected through this work, and the stronger our biology becomes, and the healthier our biology becomes, the more we treat the world better. Others, things, plants, pets, children, souls, just kind of feel that connection. How could you even use the peers that you have here? Even again, like I said, even if you never meet some of the folks here, and that's probably going to be the case for most of us, you can still kind of have that internal knowing. There are other people, there's other people out there.

What are your eyes doing? Are they open? Are they closed? Can you see the people on the gallery view? You might have me on camera, or maybe you have the gallery. I always have the gallery open, so I like seeing everyone who's here, at least on video, seeing the different backgrounds, seeing the movement, those who are just having their lunch or their dinner or drinking something. Yeah, letting emotion come through if it's there, letting smiles come through. If it's there, following that impulse, I'm just blending in some of these basics, following that impulse, I, yeah, letting your body move if it needs to move, does it need to get more comfortable? Do you need to open up your spine or your pelvis or your legs into a different position?

---

Have you noticed that as you move through the labs and the lessons that you're a little more attuned to what your body needs? Is that true? I hope it's true. Are you finding that your relationship with food has shifted, maybe hydration, your bodily needs of going to the bathroom? Just really appreciating these things. Gratitude can be really simple. It could just be, thank you kidneys for letting me create urine and pee with ease. Seems silly, but it's not. Someone said, I'm not peeing every hour anymore after three months. Wonderful. That shows there's better regulation in the bladder in the way that you take in hydration.

I always thank my kidneys as much as I can when I'm peeing and it's not painful. Same with pooping. If I'm really in the script. Our digestion tells us a lot, how can we thank our digestion for taking in nutrition and getting rid of the waste? For some of you, you might still be working on that, but just know that there is this world where that improves, and it comes as the survival stress, as the regulation improves, as the capacity gets bigger. A healthy baby is a healthy baby if it poops and pees a lot and eats well, right? It's that simple in us as adults. So getting back to that core regulation is so important, really honoring your impulse to eat foods that maybe you've never considered, or to not eat foods that aren't good for you anymore.

And yeah, someone said there might be symptoms that come up that are signs of the system moving through stress. Old survival stress might come up. Just yesterday I had some body work done on areas of my body that I'm still working on, my neck, my shoulders, from all my accidents as a teenager and a 20-year-old and a 30-year-old. And rather than jumping right back into work after this session, I just laid down outside and my heart just started racing, and I knew that was going to come because when I was in the bodywork session, I could feel tingles going through my legs. So something was moving out. And so just know that when you have maybe spikes in adrenaline, and I taught this, we taught this in the course and the training calls, Seth will have spoken about these things that you might feel, a spike in fight or flight, or you might feel a little freezy.

You might feel yourself going into some collapse. But the question is, can you just notice it and go, oh, wow, I'm sensing what maybe I didn't sense after that accident, it's coming out. I can guarantee you when I had all these whiplashes as a young adult, an older teenager, I was not processing my stress. At the end of the day, I can guarantee it. So now as a 50-year-old, it's coming out. So just remember that in order to heal and to grow capacity and to restore regulation, we're going to have to experience some of the stuff that we trapped inside. This doesn't mean that something is wrong. If you feel a spike in your heart or a bit of a flare of pain or a lot of a flare of pain or your gut goes off a little bit or the sleep's a bit wonky, in my

---

experience, the key then is to keep connecting to the ground. Honor what's coming up, resource yourself, if need be. Move the energy out, follow the impulse.

All these things. Yeah, someone said irritation pops up for no reason every couple of days. Irritation is anger's cousin. That's a sign to me that some healthy aggression is starting to come up. You're not as frozen anymore. Things might be bothering you now, whereas before you're just like, oh, whatever. But sometimes the ah, whatever can be a freeze, right? Dreams, people have said dreams are going to shift, processing things that we haven't known. When someone tells me I don't really dream or I know I dream, or no, they'll say, I don't think I dream. Chances are the dreaming is there. It's just not in your awareness. So sometimes dreams get more vivid.

So coming back to that ground, coming back to the environment, sensing your breath, seeing the space around you, noticing if the orienting is better right now in your time of day, with your ears with sound, or your eyes tired, or are your eyes alert. So listen to that element of what feels best right now, and you sense your spine, your skeleton. We've worked with that a little bit with the Feldenkraisian lessons, moving the pelvis, sensing the head, sensing the body and space, going forward and back. So I'll finish up with, it's not so much a story, but it's something that I wanted to share, and then we'll put an intention out there, and then we'll wrap up. So as I start speaking a bit more, we go a bit more theory, a bit more heady. Your job is to just keep up this connection to the ground as you bring this information in.

Yeah, someone said, after doing diaphragms, I can't wear uncomfortable bras anymore. Only comfy cotton tops. Yep. Sorry, guys. That might not apply to you, but you might notice that you can't wear tight clothes in the same way. Anybody else noticing that? It's very difficult for me to wear anything that resembles a bra. I'll be really honest, unless I absolutely have to. But yeah, the moment you start to feel your space, you can't wear pants that are too tight. You can't cram your feet into designer shoes anymore. You need toes that are free. You need breathing room. A lot of the clothes constrict us. I think there's a reason why cultures that are in more connection, have flowing fabric.

So it's a different reason to burn our bras. That was a thing in the seventies, wasn't it? Now it's more of a health reason, this ability to find expansion in our chest, in our heart, in our ribs, in our gut. So what I wanted to share was, I was being interviewed the other day on a podcast and someone, one guy asked Irene, why is this nervous system work so misunderstood? Because right now there's a lot of information out there that is not giving the full picture of what it means to heal our nervous system. And some of you might know that some of you

might have experienced other programs and courses that didn't give you quite the blend that you've received in SBSM. This doesn't mean that other things in other courses cannot be good and valid, but what I'm noticing is a lot of people are confused, not so much you guys, but others on the outside, because they're just being given a little bit of the story.

So the question the guy asked was, why is this work so misunderstood? And the other person asked, why does it take so long to heal the nervous system? Why does it take so long? Why can't this happen in a year? And so I kind of answered the question, those two questions together. And so I wanted to share that all with you, because sometimes when we're in it, we forget the bigger picture. So I wanted to end with a bigger picture. And for me, the reason why this work is so misunderstood is because we have symptoms and ailments. You might have an illness, chronic illness, we might be diagnosed with a mental illness, we might have an attachment style that we know we need to work on. We might have trouble asserting ourselves, setting boundaries. We look at these things as problems, troubles, and so in our classic world of say, I'll use the example of medicine, there's nothing wrong with aspects of medicine.

I wouldn't be able to walk if it wasn't for orthopedic surgeons. I probably wouldn't have a lower leg. True story. Aspects of medicine are great, but because of how we've been trained to see a problem as something that has to be treated or fixed, we think that trauma is a problem that we have to fix or that dysregulation is a problem we have to fix. And maybe there's some truth to that. Yes, if you're not digesting food properly due to dysregulation, yeah, we really want that to be fixed. But the way that we approach it is very different from having a broken bone and getting it fixed by the orthopedic surgeon. We have to see this regulation, that we're wanting to grow this capacity, that we're wanting to grow, not as a problem. That has to be because if we have that mentality, we're looking for an endpoint, we're asking, how long do I stay on this?

Just like if you might need to go on a course of antibiotics, which have a time in place, you don't take them indefinitely. You usually take them for 10 days to two weeks depending on the thing, and then you finish it, right? So for this work, there is no end date. What I will say, there's a point though that you have more regulation. There's a point where you don't need to think about this stuff because it's become wired into you. So I use the example about how yesterday I found this spike in my heart rate after some body work that's an old little boulder. If I go back to the swimming pool and swimming pool, beach ball analogy, I still had this old

---

boulder. Still do. I'm still working on it from all my old injuries, but my system is regulated. The gut, the immune system, the hormones are working really well.

So we can have a really lovely window of tolerance and regulation even, but still be working on old shock traumas. For some of us, we might need to be in that process of building up our regulation because of early and developmental trauma. So each person here is going to be in a different category depending on your history, what you've done, your circumstance, all these things. So just know that the journey of this work is something that continues. Just like heaven forbid if I get into an accident, I'm going to deal with that accident very differently than if I had that accident in my twenties. And because of that, because of how all of you know now to take care of yourself, say after an accident or a stressful event or an injury, your recovery time will be much faster. Doesn't mean it won't be painful. It won't be a pain in the butt. Maybe you lose someone, that's terrible, but you'll know how to process it in your body so it doesn't stick.

I hope that makes sense. So you're not keeping these boulders and beach balls in your swimming pool. So what I mean by all of this is the reason why I think this work is misunderstood is the tendency is to treat trauma like a problem, like a condition that we have to fix. And the thing is, we have all experienced trauma. All of us, all of us have experienced some form of dysregulations, some form of usually early developmental trauma. This is humanity right now. So just know that we want to take this as a lifestyle change. Just like if you needed to get more fit, if you knew you needed to improve, say your aerobic capacity, you've got to exercise more. You don't say, okay, how long do I have to exercise for and then I'm fit? It wouldn't work that way. You wouldn't say, okay, you're going to just have to walk every day for 30 minutes for a year.

And then once you get to that year, you're done. You'll be fit for life. It doesn't work that way. The body has to continually walk. It continually has to be active. So you want to think about this stuff in the same way, the way that you want to eat good food, the way you want to be active, the way you want to have clean water and air, it's always happening. It just gets a bit easier as you gain more capacity. You don't have to think about it as much. Back to another one of my favorite analogies. You're learning a second language, but once that language gets more fluid, you don't have to look at your dictionary anymore. You don't need to open up Google Translate, and I need this word translated. It's just there. And the cool thing is that we have this built into us. The body wants to be regulated.

It does. And it goes back to how we were as babies. Babies just need connection, support, security, food, shelter, fun, play, safety, connection, all those things. And so that's what we're building as adults. And when that gets a bit better, things just get a little easier. Then it gets a little easier. We grow more capacity, it gets better, and it just keeps improving. So everyone's at different levels. As we saw at the beginning, some this is your first time, some this is your 10th time. I don't think I saw any tens. I saw some fives and sixes in terms of how many times you've done SBSM. But this is my plea to all of you, to keep going. You have so much in the SBSM curriculum that could last you years and years and years. So really make use of your investment, because I know it was an investment.

Make use of the lessons, make use of the additional resources that are in there, Elia's lessons, Seth's music, all the things. And yeah, someone said, with more regulation, we also avoid stressful situations. It's true. Our spidey senses are more tuned in. We listen to our impulses better, and that keeps us safe. It keeps us protected. Whether that's universal or biological or a bit of both, in my opinion, it doesn't matter. All I know is when we follow our impulses and we're more attuned to our interoception, our neuroception improves. Our perception of safety and danger. Improves, improves, and then that just gives us space. Then we can work on ourselves. We're not constantly doing cleanup protocol with stressful things that we get into on the day to day, on the week to week. So that's my speech for the end of this round. This stuff is misunderstood because it's complex. We're humans. We're not just a herd of mammals in a field, in a savannah, in a forest. We have these higher brains, which, thank God, we have them, because if we didn't have them, we wouldn't be able to relearn. You need this higher brain. That's what makes you choose to be here, to plug and play a lesson, to show up for a call, to learn, to nod your head, to set boundaries.

That higher brain also keeps us in our patterns. It can. So when you watch that higher brain working against you, be very gentle with it and say, Uhuh, not today. We're going to focus on gravity, the ground, the trees, the oxygen, the good stuff, the resources. Back to the very first lesson in SBSM, which was researching your resources. Go back to that. How have your resources changed? I asked this in a couple training calls ago. Have they changed? Are they more internal now? Maybe. Are you able to resource a little less to the outside? You have more internal capacity. That's exactly what we do when we raise a child. We take them from dependent and not able to self-regulate on their own to self-regulating and able to handle their emotions and the world. And so if we didn't get that, we're doing that now, and that's cool.

And we can do that because of this higher brain of ours. And so I also want to thank all of the team. So this is not just me, the production of SmartBody SmartMind, while I created all the curriculum. I cannot run it all. I cannot organize it all. I am not there troubleshooting the website when it goes funky and goes off. Obviously support is there to help you. There is a lot of energy and a lot of intention and a lot of careful dedication to making sure this container stays neutral and on task and consistent, just like what we want when we're growing up. Neutrality, consistency. It is a big job. So I want to thank everyone you've met. Many of the moderators, their faces, obviously our tech people. Ari has been here often. Crystal is often in the inbox. Susan, Seth, of course, Elia with his lessons. All of my teachers, I think all of my teachers. If it wasn't for them, I wouldn't be here.

So thank you, everyone, all those who are maybe not here right now, and I want to thank all of you. So we'll wrap up with some intention here. People always say to me, Irene, you're doing such important work. You're making such a difference. And I agree, yep, I'm doing important work. And obviously I've made a difference. I now pass that over to you because you are now making a difference. Even if you are solo, when you don't have kids, the way you treat the person at the restaurant, the way you treat the person who gave you a parking ticket, this ability to be in good connection and in good regulation with others, with your plants, with the earth, with whatever source or faith you connect to. Now you guys are making the difference, right? So I am one person, and now you are many, many who are taking this work out there. So as we wrap up this round, come back into that body. If yours, if you've kind of moved a bit more into your thinking brain and your breath and your comfort. See if you need to shift.

See if you need to orient in a different position, a different orientation, and just think about these connections that you typically make on a day-to-day basis. And just sense and know that that little bit of regulation, that little bit of attunement, the way in which you connect to your body. Now, when you interact with others, that gets felt. People crave regulated people, animals crave regulated people, animals, infants, children, adults. They're looking for those who have a connection to themselves. And I do feel that we are all, not just me, you are all making a massive shift in the global collective.

Not many people have gone through this world with regulation. It's true. So this is groundbreaking. And give yourself credit. If you find yourself going, oh, no, no, no, no, I can't make a difference. Yep, you can. You just have to believe it, and it doesn't matter what it is that you're doing, could be anything. So as you sense that connection and that knowing that your improved capacity and your improved regulation is rippling out to everything, including the

trees and the space that you can't see, just give yourself a little pat on the back. Could be energetic. You could even give yourself a little containment touch, if that feels right.

And also see the people here, if you can. If they are here, just thank them for showing up. I can't just do this by myself. And all of you are doing this because others are doing it too. So thank you everyone for trusting in me. Of course, the team, the curriculum that I've put together that has been tried and tested for many, many years, of course, let others in your life know about it. Only if it feels right. Not everybody is going to do this work in this lifetime, and that is okay. That is okay.

We are the outliers for now. So may the force all be with you. Go in peace. Enjoy the rest of your day, your evening, your afternoon, your week. For some of us, we're going into the summer months, for others, we're going into the winter months, and as you know, you're welcome to come back and go through our round again when we start towards the end of September. Email is very important. That's the one thing I forgot to mention. Watch your emails. That's when we tell you another round is coming up. That's when we tell you when we start to clean up the website and we clear the comments, we will clear the comments. So we give you a heads up a couple weeks before we do that. But yeah, you're welcome to come back to ask questions on the calls, the Q and A calls, in the forums, on the lesson threads.

So make use of that, get your money's worth is one way of saying it. And make sure that you keep doing the work. That's all I ask. That's my biggest wish, that you keep doing this work in the littlest way or in the biggest way possible. It doesn't matter. A little bit. Every day counts. Thanks to the team that was with me here today, Leah and Ari, and Seth will see you for a Q and A call later in June. That's an extra added call. We had to cancel a call, I believe. And then we'll be back in September. School will start again in September. Thanks, everyone. Thank you so much. Thanks for the hearts. It's not over. It's just beginning. Someone said, is it over? It's just beginning. Different perspective there. Okay, everyone, I'm going to sign off and end the call. Take good care. Bye for now.