

## TRANSCRIPT

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**Robert:** Welcome everybody to Success Left a Clue- episode number 27. Of course, this is Robert Raymond Riopel. And I want to welcome you back to a very special, this is a part 2 episode. Last week we had a special guest by the name of Greg Montana talking about the chaos modules. And this week we are actually going to continue that conversation and do the second portion. Because last week we taught you what it was and we helped people get an understanding of why they struggle, and why they get bogged down. Well and it may have overwhelmed few people like “Now that I'm understanding it, how do I handle it?” So this week, we are going to get into this step by step system of instead of resisting chaos, how do you make sure you flow with chaos? Instead of getting bogged down, you embrace chaos. So, without taking any more time, let's get back into it and welcome back on to this podcast Mr. Greg Montana.

Well welcome back Greg. Wow. So the people whether they are listening to them as they come out so they are a week apart, or I know some people might be listening to these back to back. And I know there is vibration going on. So in the last podcast we talked about the cycle of evolution: the listening, the awakening, the knowing, the chaos. Now we want to dive into instead of people getting overwhelmed, because I know it's easy for people to do that when they learn something new. I know from you that you actually have a step by step ways to help people actually cooperate with chaos. And that's what we want to cover on this podcast. So Greg, are you ready to rock and roll?

**Greg:** I am ready to go man. I love this cycle. This has been...I got to say, this has been one of the most powerful and profound things I discovered during the thousands of hours of meditation. I was like...I was just meditating on that everything has got a purpose, and I was looking for what is the purpose of chaos? So let's do it.

**Robert:** See. So now I'm going to ask you a question because you just brought something up now I got to get the answer to this. So you just made a powerful statement and yet it's taken me years to really drag this out of you because you don't really put this out as much as and I'll own it. This is my belief. You don't put it out there as much as I believe the world needs it out there. So, why do you think that is? If you find it that's been one of the most powerful things you ever came across in those 15000+ hours of meditation that you did as a monk?

**Greg:** Well. I am in a fasting... Not at all man. In fact, it really doesn't. I'm glad you asked that question because we go through different phases, I think when we are in our twenties we are really about what's the difference I'm going to make in the world? And when we are in thirties, we are actually going about doing it. It's like just like the listening, right? Listening in our twenties, we have got to learn, people are telling us “You can't go out and change the world. You have got to earn your whatever..” So this phase of like exploring and seeing what we love to do and what we want to really dig our heels into. When we are in our thirties we get busy, in

our thirties and forties we get busy, we are doing it. We are really making that contribution. I'm in my fifties now and I'm in a new phase where I actually am living life by invitation. Instead of me living my life willfully, I'm letting life live me.

And we have been studying, my wife and I have been studying some amazing stuff. There is a time when you were my mentor and you were incredible at helping me like get results and in an incredible way. I felt so inspired working with you. It was like hearing you talk about possibilities and I was in that zone where I wanted. I was hungry to get things done. And now I'm in this phase where Tamara and I own a bunch of property. We have cash flow. So, we don't worry about whether we are going to be broke. We don't worry about next month and we are in a new phase where we are in life.

I used to, when I was in my twenties, thirties I was like "I needed to accumulate millions of dollars. So that if anything happens I'm prepared for it." And then you learn in your fifties "Well, wait a minute. That's not really, necessarily the way life works best. The way life works best is when I can dance with life, and I can go through this like listening, awakening, knowing, chaos for myself." We have been studying course of miracles with some amazing teachers that are helping me dismantle all the things I know. So I can hear and listen where is life inviting me? Right?

Now you and I have been talking about for five years doing this module. And then you called and you said "Hey Greg! Would you be willing to share that now?". And I said "You know, I'm on board with whatever life has. Especially with Robs involved man." And I mean you have been so fun for Tamara and I, and I can't tell you. we have.. it's just like everything flows when you and Roxy, Tamara and I are around. Because there is an intention that does not require willfulness.

**Robert:** Yes.

**Greg:** It's one of the things I think you have mastered Rob. You set your intention and you use joy, and heart and fun and things just manifest because universe loves that. The universe loves love. And so, this is the phase of my life where as far as the chaos is concerned and going out there and proving it writing material and working on my website, I'm just enjoying the flow. I'm like what I'm...I'm receptive if I'm in the listening phase I'm actually listening. If I'm in the awakening phase, I am waking. If I'm in the knowing phase, I'm actually busy and cooperating with times that you get busy and do some work. And if I'm going through chaos, I'm letting it all go. I'll do the one thing during the chaos cycle that we are going to be talking about on this call.

**Robert:** Yes. Yeah.

**Greg:** It will catapult you with fun into the reality that chaos was designing for you.

**Robert:** I just... I've already come ... I'm always learning from you. I'm always learning from you. And one thing that you just hit me with that really just got me is living life by invitation. How many times do we try and force the way we want things to go? We try to... it has to look like this, it has to go this way, and we try and force it and we have all of a sudden here we are and now we are living by invitation where we allow it to be. And that's much stronger thing. That's what I love. And so I'm glad that you brought that up because that is very, very, very powerful. And so Greg give me another example, go into... now let's go back to the life cycle and how the numbers come into play?

**Greg:** Well okay. So the life cycle is it's got one is like we are in our listening phase, things are getting better and better in life. Two is where we are at a peak. Three, four, five is we are in our confidence, we are getting things done, we are pretty sure where we are headed, but things are getting a little rough because we are feeling like maybe we are stuck or we are feeling a little stale or bored. And then at the bottom is six which is where we are just lost. The is crazy, like we don't know what's going on. Happening the way they are. Seven is on an upswing where it's like we have just come out of chaos and we all know what that's like. It's like "Wow man! Now just a week ago, I wasn't I was crazed. I didn't know what was going on." But you can tell that you have passed through it. So we asked everyone to pick a number. If you are at seven or a one that means that you are in this upswing, you feel like life is getting better. If you're at two that means you are all time high.

**Robert:** I'm going to pause you for a quick moment there. Because for the of you who maybe for whatever reason just listen to this episode, when you get to episode one of this series with Greg Montana. I had people visualize that everything is energy and you got a got wave of energy that goes up, it curves to come back down, goes low, curves and comes back up. And when you got this because everything travels in frequencies and vibrations, so when you got this frequency wave and you draw where there is a bubble above and a bubble below, you draw a line half way through so that it kind of separates the two.

Then take that numbers and put one at the beginning where it starts to climb. Two is at the crescendo - the top of the wave. Three four five take you on the downslide with three above the line, four basically on the line, five just below the line. Six is at the very bottom where the wave is now turning back up. And seven is on the way back up. So this is the life cycle and this is where we ask people where you are right now in your life, just in general which number would you be? Would you be the one where you are starting to climb, two you are just like on top of the world, are you feeling that three, the four, the five kind of like things are starting to, as Greg was explaining going downwards, you got the six at the bottom where it's just like life is just... what's going on? Or at seven like "Okay. I just got through this. I'm starting to go up again." So I just want to bring them back to that. Sorry to interrupt Greg. Carry on.

**Greg:** No. Thank you for clarifying because that really does paint a better picture. So if you see that cycle and you are in that phase you have got seven or one, you get two at the peak, six at the bottom, three four five in the middle. So now that you have picked a number, where are you right now?

What we are going to be talking about now is since you in the first podcast learned that listening that leads to an awakening, awakening leads to a knowing, but knowing is where we are stuck and usually we can't listen when you are stuck in our knowing. So, nature has created this thing called chaos to break us out of our knowing. And so now let's talk about whatever phase you are in, what can you actually do to really cooperate with that?

And you were talking about life Rob, when I was in my twenties, I was like I have got to find the answer. And when I was in my thirties I'm going to get things done. And when I was in my forties I was going to generate a request which was like all about having an impact but generating a request so that I have a lot of business. Now that I'm in my fifties, I'm listening again. So I'm in that phase where I have come out of quite a bit of chaos. I've had some businesses that Tamara and I tried to start and some were successful, some weren't. Now we sort of found our zone.

So let's talk about the sine wave and how it relates to those four phases. If you are in seven or one that means that you are in the listening phase. That means that you are naturally, that nature has got you in this phase. And I want to point out that when you are in the listening, you are in that exploration phase, don't try to do the knowing thing. Like I love Tony Robbins's massive action but that is actually three four five in the knowing phase. If you are seven or one you're in the listening phase, and that is the time to create, to explore, to make plans, to write down a to-do list, to actually..to figure out what's going to be next and what's the big vision?

If you happen to be at a 2, that's where you are in the awakening phase. So this is the time when you want to enjoy, to relax, to plan a vacation, to make a reservation at the spa, to have some downtime, to say "You know what, so the next week I'm just going to go on long walks and in nature." And make sure that you set aside time to enjoy and let settle all the things that you just created because you are just coming from the listening phase and you are going to the knowing phase, when you are at awakening. So awakening at that peak you want to stop, you want to let it... because it is pretty short-lived. It's not like three four and five.

Three, four and five are the knowing phases where you are going to do, you're in your confidence you are going to take action, you're going to actually make phone calls, meetings, documents, phone calls, meetings, documents, you are going to get together with people, you are going to implement your plan. So listening create, explore plan wakening okay I've got my plan let me really center it. When you watch the Olympians and they are going into their final meet where they are really going to get busy doing, they go through this period where they have worked hard, they have worked out, now they actually take a break. They go have some fun. They go out and have a little fun at night and their meet is tomorrow. They don't...they are just. They just relax. They are light. They don't start studying really hard the night before. They are going to give it a little space.

Then the next day they are in their zone. And that's when you want it. You are in your confidence, you are going to do, you are just going to massive action like Tony Robbins does.

Now when we are in that knowing and we got our blinders on and then we are focused and we are not going to let anything discourage us, typically human organism will make that last too long. We will try to say “You know what, I'm going to keep this car for 10 years.” Well nature is committed to your evolution beyond you being comfortable, or safe, or just getting bored. So nature will throw this chaos in the mix. And here is the beauty, and nobody ever guesses this. If listening is the time to create, and awakening is the time to enjoy and relax, and knowing is the time to get busy and do something, what is chaos the time for? What can we actually do to cooperate with chaos? And enjoy that there is a new path that's going to be more evolutionary for us and lead us to more self-actualization? Guess.

**Robert:** Well see, now you have got me on the edge of my seat even though I know the answer. So that's exactly it. This is what people miss. They think they have to go through from that knowing to listening again. And while you were saying that what came to my mind is it's exactly what happened to me in 2010. I stepped back in 2008 to take a high [14.24] I only planned on taking a year off. That year ended up turning into three and a half years and I got comfortable. I was so in the knowing phase, just I don't need to do anything. I want to sit on the deck, I want to play cards, I want to relax, I just want to enjoy life and I wasn't getting into that what I'm supposed to be doing when I am in the knowing phase. I was so comfortable and chaos kicked in, in the form of a dog attack. Where the dog basically clued me in “No dude. If you are not doing what you are good at, it can be taken away from you that quickly.” And chaos kicked in.

And instead of getting upset at it I went “Okay. Why did this happen? What is the lesson?” That's one of the things that I think we touched on the last podcast but I can't remember, so I'm going to say it again is understanding that no matter what phase you are in, understand that everything happens for a reason. That reason is there to serve you. So you actually think ask yourself how is this serving me? What is my lesson from this? You actually can then dance with the module instead of resisting it. You can actually exist with it. You can actually enjoy. You can actually create that wave or flow with that wave instead of trying to swim up straight. Again I just kind of went off. Am I on track? Am I kind of there, or am I way off?

**Greg:** Well you are totally on. You are totally on. In fact, what happened when you got bit by the dog is you went into that complete chaos and what it ended up doing was it destroyed your paradigm. Right? You got this “I'm in the safe flowing paradigm. I've made it. I'm just going to go take it easy and”...I have got to be honest Rob, I've been there in my life for a few things but the beauty is that since I know what to do during the chaos cycle, I have learned to constantly volunteer for chaos. And here is how you are going to do that: if you happen to be, if you wrote down 6, five or six on your piece of paper, if that was your number, then you are either in chaos or you are heading for it right away. And when chaos strikes, the purpose of chaos is to end a period that is not working for you. It's to get us off our bus because we have gotten comfortable, status quo and get us busy.

So the thing to do during chaos is to consciously destroy some aspect of your life. And here is what I mean by that: is there a time to clean up the garage and throw all that crap away? Is there a time to fire an employee? Is there a time to end relationships that aren't working for you, that

are abusive for whatever reasons? Is there a time to get rid of that car? That clunker that's costing you a 1000 dollars a month when a new leashed brand new car would cost you three hundred? So the answer obviously is yes. So now if you can and there are people, I know people that they drive that darn, old, stupid car forever and it is literally killing them with the expenses. Or they are living in this house because my mother and my grandmother lived in this house. And it's like the house is practically on the edge of a cliff because the water is eroding things. This is what happened with my sister. She went to Phuket and literally the land that her house was on is now waves lapping on a beach. Right? She held onto it as long as she could but chaos was there and said "You are no longer going to live in this house. Period. Too comfortable." So, if you consciously can pick any aspect of your life because here is the truth: the purpose of chaos and entropy is to get you to evolve. Now if you don't, like Rob, you are just cruising along. We are good. Chaos - the force of nature is going to send a Pitbull to bite you on the chin. Right? Or it's going to send a hurricane, or a tidal wave, or who knows? Donald Trump. Whatever it is, it's going to take us out of our knowing and into a whole new phase. And we can resist, and get angry and "It shouldn't be this way, and it never, I was...this isn't my plan the damn car was supposed to last 10 years instead of seven."

But if you can say "Hey! You know what? Let me cooperate with this. I can feel it's not... it doesn't make sense to hold on to this anymore. Let me cooperate with this." And you just say "I'm going to get rid of the damn car." Just leave it. Just walk away from it. Call some **[18.43]**. You know what, come get that thing out of the garage. You wanted it a year ago, just come take it. I need to make space in my garage. And there is a time to fire that employee, There is a time to move on.

And yes here is what's really funny: everyone I know, they know how to create and make a plan. They know how to enjoy and go to the spa. They know how to get busy and work a to do list. But I don't know anybody that's really good at consciously saying "I'm going to destroy this, so that chaos does not have to come destroy something for me." And it will pick something that you may not be expecting. But if you pick and it doesn't care what area of your life, this could be an area it could have to do with health or sickness, it could have to do with finance, it could have to do with who knows?

I went through this because I sunk my entire life savings in a cure for breast cancer about 7 years ago. And Tamara and I, Tamara was looking at me a little bit crooked. She was like "Are you sure you want to do this?" I was like "You know what Hon, it just feels right." And in my heart the second I wrote the cheque I was like "This is right. This is what I need to be doing." And I didn't have the money and in that during that phase Tamara and I struggled a little bit. We were like "Oh my gosh, it's a little bit month to month for a little while. And then we ended up getting back on our feet, couple of years later, within a year actually. And we just found out literally one month ago, that the entire life savings is gone. The cure for breast cancer we invested in there was, the trials didn't get approved, they tried four five times, they sunk more than like half a million dollars into just trying to get the IP protected. It's gone. There is nothing. And they let us know. So, at first I'm like "Oh no! How could this happen? I was expecting this is going to be my nest egg. Whatever it was." and then I said "Hey Tamara! We

got a huge tax right off for the next 7 years. We are not going to have to pay tax for the next 7 years.” So here is like the chaos but notice I volunteered to get rid of something that I could have just made my life easy. The second I did that I was at peace. And Tamara and I struggled. But in advent we did it together and it brought us closer and so love grew which probably would not have happened if we were just still cruising.

**Robert:** Exactly.

**Greg:** So the cycle is listening, awakening, knowing and chaos. You can volunteer for the listening phase by creating, the awakening phase by enjoying and relaxing, the knowing phase with acts of confidence, and the chaos phase is take something in your life and end it. It's time. Move on.

**Robert:** It's interesting since we did the webinar last night, what's been going through my mind because I always looking at life lessons. We talked about this last night...I love to observe. I love to watch people and watch the actual cycle go around me. What's happening in other people's lives. Because of course we are not always just in one cycle; we have hundreds of these cycles going on inside of us. One part we might be in listening but another part of our lives it could be in chaos, another part we are in knowing, another part we are in awakening.

So I'm watching people with interest and one thing that came up with me is like okay this could be overwhelming for people. How can we make it simple for them to get started and especially on the destroying something? And all of a sudden it hit me because you and I even though we have said we weren't going to talk about politics, last night it did come into it a little bit because of what's happening in US. But what a perfect example. One of the reasons there is so much what people might think it's chaos right now is because you have got 2 sides and I know that there is more now but I'm going to keep it to 2 sides) two sides of knowing going on. One side that knowing that this was the right action, it's going to be better for the country. And the other side of knowing that this was the worst thing to happen for the country. And because they both are in their knowing; one side is not going to convince the other side. And so this is where all the strike is coming into place.

And so all of a sudden it is like so how does it happen in our own universe? Well, I look at it and I go “Isn't that interesting?” When I have a thought in my mind that I know is a thought, until I'm willing to let that thought go and say “Maybe this isn't end all be all. Maybe I could learn something new.” And I'm willing to let that belief go, to actually destroy that belief, to be open to something different. I'm going to trade it in. All of a sudden now a new reality can come into place because there is knowledge that I don't always have, because no one knows everything.

**Greg:** Right.

**Robert:** And it really hit me and especially like in the arena of personal development, here in Alberta we are going through a tough downturn because of the economy is going down and yet people are stuck in the “I've got to make the 40 dollars an hour or else it's not worth me working.”

Well you are unemployed. Yeah but unless you have a job for 40 dollars an hour, okay. But you are unemployed. And until they are willing to let that go you do something to move yourself forward because the economy for you isn't going to support a 40 dollar an hour starting position. Where can you start? And letting that...

**Greg:** You know Rob, it is funny Rob if I were to show you certain aspects of our life, there is certain parts of our life if u go you would be shocked that how simple and how modest certain parts of Tamara's and my life is. And like so I'll give you an example. Myself and Tamara and her dad live in a house that is less than a thousand square feet. That house however, is on a lake with a beautiful patio and it is my dream home. I mean literally. And we have these giant pine trees, these redwoods that are right outside our door on this rather small lawn, magical. Love it out there. And we got a rope swing that goes like, not a rope swing, it's actually like a [24.55] that goes 30 feet near and I got out on that thing and I just feel the breeze as I'm going back and forth. And I got to tell you man I have never been happier in my life. Tamara and I are taking care of her dad. So sense of purpose. We work in his business. When we get an invitation to go speak, we have few of those lined up on the calendar this year, we are off doing that and it's like it's basically like I said it's living by invitation.

**Robert:** Yeah.

**Greg:** And I'll take what you are saying, but let's take another step from here. I'm going to give you a very simple formula and you tell me if this is true for you. I discovered a long time ago because I'm a guy that really can get stuck in my knowing. And so what I learned was that when I'm in my knowing, that know-it-all-ness. You feel the tension of it, that conclusion and expectation is tight like a fist. And what I learned is that every time in my life when I was miserable is because a few weeks earlier I had conclusions and expectations that I was hanging on to and I wasn't being open and fluid.

Now if people were to compare me to you, you I believe are really happy most of the time because you are so damn courageous. And this is what I have discovered is that knowing, those expectations and if I cling on to that it is a stuckness. And here is the beauty: misery comes from conclusions and expectations but the happiest periods of my life have been when I was curious and courageous. And I will ask everyone that's listening to this you go to a period in your life when you are supremely happy and I'll bet if you rewind a week or two, you were doing something courageous, you were doing something cure, you were like exploring something new but it was courageous. You were like "Oh my god! I've never done this before. It was risky."

Now and for you Rob, you have probably, if I were to take the top 5 most courageous things I've done in my life, you probably are part of 3 of them. As a mentor, you have made me do 3 of those 5 most courageous things in my life. And they have been the most rewarding. And this is just like and it's so much... you have so much fun. You just laugh because you watching me go through it right? But you do it yourself. You walk your talk. So here you are, you are in Alberta you are watching this economy but you are willing to be curious and courageous and



say “Hey man, alright so you are not going to make 40 bucks. Why set your goal to make 50? We are in a down economy. Why not look at what does the heart looking for?” Maybe the whole economy is giving all of Alberta a break. So just sit back and reassess, and go through some contemplation, and figure out what you really want to do with your life.

**Robert:** Yeah. So..

**Greg:** Instead of just getting the... Yeah. Instead of high paying job what if you have a job you love that paid you enough to feed your family and have free time. What the hell? That’s true wealth. I used to think true wealth was having disposable income and I’ll tell you man there was a time when I had a boat, 2 jet skis, a sports car, a customized van, I was a pilot, I was about to buy an airplane and my life was so damn complicated. I was like “Oh my god, I have got to get the boat 6 this week and the jet skis and my airplane, it has got to be serviced and that damn thing is costing me 30 grand a year.” And it was like all this, it was insane and my life right now is so incredibly simple. It's just... I have all the time in the world to spend with my wife and we are looking to create...If I want some insanity all I got to do is turn on the TV. That’s all.

**Robert:** And that's it and that's it. After you and I did the webinar last night, at two or one o'clock in the morning, I actually recorded another podcast that people if they had been going it through. It was episode number 25. So before this and it was titled “vulnerability: what’s your side B? And are you willing to tell your story?” and it's just what you described is because especially social media today, it's so easy to see the greatest hits of everybody; the fun that they are having, the jet skis, the boats, the cars, the sports cars, everything like that and but like in LP, the old LP all greatest hits were on side A but side B had their other work. And that's the stories that you don't see a lot from people where they are being vulnerable and saying “Hey, here is what’s great about my life on side A but you know what, here is where I could use some support or here is where I'm having a tough time.”

And that's why to me it's so important one of the biggest clues in success is having people that love you and know you and are willing to hold you to our standard because they can see things that you are not seeing when you are so involved in it. And as you are talking about my life, one of the reasons I feel about that Roxanne is because when there is a time when I go through my hard side Bs she is there to show me what’s not working in my life because I'm too much in it, because I get stuck like everybody else. And that allows me to then have my happier time and this could be a whole another episode. But here is what we are going to do because we can go for hours and hours and here’s what we suggested last night, my business partner Jason, he is an amazing gentleman, he said “You know what I want to just record you and Greg. So Robert and Greg just talking about politics.” Because it would be a conversation unlike what people would expect. And I'm going to put that challenge. Maybe we will do that one day because even though it will be about politics, I guarantee you it will have nothing to do with politics. Are you up for that challenge?

**Greg:** Oh my god. Oh dude. I think we should. It will be like [30.27-30.29] who is on first.

**Robert:** That's right. Exactly. So look I want to thank you, I want to thank you. Not only allowing people to understand listening, awakening, knowing, chaos but how to cooperate with it by that listening that's the time to create, explore, plan. The awakening that's the time to enjoy, relax vacation. I hope people are writing this down. These are critical clues, critical elements. When you are in the knowing that's when you have that confidence but you do you take that action. And when you are in chaos be willing to destroy, give away, trade in, timely endings. Those are critical things.

So Greg this is just the tip of the iceberg of the amazingness of who you are. I'm going to put in the show notes but why don't you tell our listeners if they want to get more information from your dive deeper into what you just taught, where can they find you? Or where can they find your information?

**Greg:** Okay so before we go, I just want to ask one thing of the listeners here. Take out your calendar and if you are in that listening phase, I'm going to ask you to schedule for tomorrow sometime to create a new plan. If you are in the awakening phase I want you to schedule for tomorrow that you're going to go get a massage, or you are going to plan a vacation. If you are in the knowing phase right now, take out your calendar and put a to-do list. 10 things you are going to get done before noon tomorrow. And if you are in the chaos phase, right now on your calendar write down what's the thing that you are going to end or destroy or just get rid of?

So and if you want to know more, if you want to get in touch with me directly you can go to this, if you want to see this module, I would recommend you to go to [zapmylife.com](http://zapmylife.com). It's the chaos model. I have one of my URLs, one of my website is pointing right to it.

Since you mentioned it here Rob, I really love serving your community, just out of gratitude for everything that you have done and the mentoring and the coaching that you have given me in my life, that has just literally helped me to evolve and be the best me that I can be. If you guys want to go to [zapmylife.com](http://zapmylife.com), my contact information is at the bottom of the page, my cell phone number and email address. You can contact me anytime. Text before you call and/or send me an email. If you have any questions about the chaos model let me know. And I have so much fun with this man who is putting up all these podcasts together, what I am going to ask you to do is if you want more of me hound him for us to do something more together because I love this guy.

**Robert:** I love it! Well cool. And I'll make sure that contact information, the website address is in the transcription of this episode. Thank you again my friend. You are amazing and I can't wait to the four of us, you me and the girls get back to Universal Studio and just play with the minions again or got to Disney world and hit the roller coasters and all that because we do know how to have fun. So from..

**Greg:** Oh my goodness.

**Robert:** From Success Left a Clue, Robert Raymond Riopel. Thank you everyone for being a listener of this podcast. Greg you are amazing and I look forward to doing more with you and I'm more than happy to do more. So thank you everybody. Have a great day. We will have you on the next podcast

**Greg:** Ciao.