



Second Tier Body Awareness

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Steve: In this episode, we're going to talk about body awareness at Layer 7. This is the first step into Second Tier consciousness and something that is still relatively rare on the planet. The percentage of people who have transitioned into Second Tier is not overly large, and that's, of course, related to the complexity of life conditions, as all the layers are. We adapt to a certain level of complexity to match our life conditions.

A certain percentage of people way back in the 1950s had already transitioned into Second Tier consciousness and were recorded in the research of Dr Clare W. Graves. However, it was a relatively small number of people within his research group.

Nyck: It was less than 1%, wasn't it? Seven out of 1,065?

Steve: Actually, that was Layer 8. I don't have exact numbers for Layer 7, but in Layer 8, there were only six out of 1,065, so not many at all. Unfortunately, some of Dr Graves's documents were destroyed in a fire some years ago, so we don't have all of the statistics that we'd like to have, but suffice to say that there were people around back then; and if we look at written history, there's evidence of people around the turn of the century, in the beginning of the 1900s, who were starting to think in a Second Tier way and talking about stuff like quantum mechanics, developmental psychology and those sorts of things, with a multi-dimensional focus.

Nyck: And it's those sciences which reflect that emerging transition into the Second Tier, don't they? Quantum physics, for example, and other kinds of energetic science that is now prevalent on the planet.

Steve: Yes. No-one knows exactly how many people are operating from Second Tier layers right now, but suffice to say, there will certainly be some people out there who are doing that.

In the last episode we spoke particularly about wellness in Layer 6—the evolution of personal care at Layer 6—and we're continuing on from that, to start to talk about Layer 7, because there are probably quite a large number of people who are at Layer 6 now and are in that transition phase of moving to Layer 7, so to have a little bit of advanced knowledge of what is just up ahead is very, very useful.

Nyck: And some those simple practices of self-care we were mentioning in the last episode are the ground, I think, for the newer emerging technologies that are going to help to create a better health for us on the planet together.

Steve: Absolutely.

Nyck: Simple things like just standing on the ground, and doing old practices like qigong and yoga. These are basically tuning into the energetic systems of the body, aren't they?

Steve: They are actually doing that.

Layer 7 and Second Tier in general is very much about integration, so one of the things that shifts is, instead of being quite biased to either left or right-brain functions as we are in the First Tier of consciousness, when we make this transition to Layer 7, for the first time we get an integrated operation of left and right brain, which brings a very expanded capacity of awareness, and expanded coping capacity as well.

Nyck: Because that capacity in Second Tier, with that left-right-brain balance, encompasses all the other layers below, doesn't it, to one degree or another? So, dominant right or dominant left, actually all of them, when needed, are at the service of that intelligence or that consciousness that is available from the Second Tier.

Steve: Exactly, and for the first time, at Layer 7, we're actually aware that the layers are there, whereas when we are in First Tier, we can learn about it by listening to a podcast that these layers exist, but we don't have a direct sense within ourselves of being able to feel and sense these different layers. That comes with this transition to Layer 7. Now, all of a sudden, we're aware and we can consciously move ourselves down through the layers in order to meet people where they're at, or solve a problem that requires thinking from a particular layer.

From a wellness and a medicine point of view, there's a saying that goes 'physics is the new medicine', and that's very, very applicable to the way that we perceive the world at Layer 7. The body's electromagnetic energy fields are central to our understanding, and we have this strange phenomena which starts to take place as we move into Second Tier consciousness, which is known as Lightbody Activation. It probably sounds a bit fluffy and New Age to a lot of people, but there's a wonderful body of work by an American—a Japanese American—by

the name of Dr. Mikio Sankey, who's written seven books from a Chinese medicine perspective on how the body's energetic structure is augmented as we shift into Second Tier (<https://esotericacupuncture.com>).

Most people who are familiar with alternative medicine and Eastern practices will know about the chakra system and the meridian systems that are described in Indian and Chinese medicine. These are characteristic of the First Tier energetic structure of the body, and then when we move into Second Tier, we get this overlay of complex geometry, which doesn't replace what's already there, it enhances it. It's added to what's already there. This is the nature of our growth. We grow through these layers and each new layer that we develop is placed over what's already there, so that the whole set is a nest, like the Russian dolls.

Nyck: And of course, as we often mention, places like the HeartMath Institute in particular, which has been working on this area of human beingness and health for many years—for a generation or more—particularly refer to the word 'coherence', which is why I mentioned that work of integration. That's what we're really looking for, isn't it, in Second Tier, is that coherence between all these different polarities or aspects of ourselves?

Steve: That's exactly right. The process that we go through at Layer 6, which is like the bookend of the First Tier—it's the end of the First Tier of human existence—is a process of preparing ourselves and preparing our body for this great leap in capacity. We have to focus internally on our own well-being and our own healing and go right back down through all of the layers.

I might just mention here that there is a direct correspondence between the chakras and the chakra numbers, and these layers of consciousness—so Layer 1, chakra 1; Layer 5, chakra 5. It's like we've got to look back through the whole lot and we've got to just attend to anything that needs repair or needs a resolution—whether that be some kind of childhood trauma or whatever—sufficient that we have a solid foundation to make this leap from. It doesn't mean that we have to be perfect; it doesn't mean that we have to heal everything in our history, but we need to have sufficient foundation there to support this higher order operation that emerges at Layer 7.

Nyck: That's a really important point, because I think many people feel that they have to be perfect, one way or the other. They have to be physically perfect or mentally or emotionally; that they've dealt with all this stuff, as you said. They've dealt with their past life karma, even—the whole package—but it's not really necessary to be perfect, is it?

Steve: No, it's not, and it's also important to remember that this is a dynamic system. The book that they've written about Clare Graves's work was called *Spiral Dynamics*, because we travel up through these layers in a spiralling developmental fashion. What that means in practical terms is that we go through cycles—circles of change—and the change dynamic or the change journey or the change cycle is an example of how that plays out.

We've spoken about this many times before on the show, where we start at a place of stability at the old system, and then we go through stress in response to our changing life conditions. Eventually, we're pushed into a place of transformation which can often feel like chaos. Then there's a breakthrough, and then we have a high energy renewal phase, and with proper integration, we end up stable at the next value system or layer. So that's what the terrain looks like in between the layers, and that can take years to play out—that transition process. Of course, we can have periods of stability where we're not actually going through the change process, particularly once we're matching the complexity of our life conditions with our own internal operating system. Then there's no need for change. It's only when the life conditions become more complex or less complex that we are drawn either up or down that spiral of development.

So it's important to remember that if you're living life according to Layer 6 as your operating system at the moment, you're not going to be there 24 hours a day, seven days a week. There are going to be times when you will automatically and quite subconsciously switch to operate from different layers to match the life conditions where you are. The most obvious example of that is going from a workplace into a home situation where you've got kids and family to interact with, and you're not going to behave the same way—hopefully not anyway.

Nyck: Suddenly you're not the CEO anymore. It's the three year old, she's the CEO.

Steve: That's right, and try as you might, they just won't follow your orders.

Nyck: Absolutely.

Steve: So even when we're going through this transition to, and beginning to operate in, Second Tier, there will still be times when we fall out of that, and that can be very, very noticeable because it is such a big change from First to Second Tier. When you fall out of Layer 7 and back into First Tier, it's very prominent, very noticeable that that happens.

Nyck: I guess one of the big changes that has come—and I guess it starts in Layer 6 and moves into Second Tier—is the notion of what you've called the 'smart body': that awareness of the body as a connecting point, so to speak, between all things; that connectivity, as we said earlier. And I think someone once said, the human is the connection between Heaven and Earth, which probably sounds like a qigong kind of thing to say.

Steve: Very much so.

Nyck: That we are actually really that transforming point in creation, one could argue, and that requires us to become conscious that we are body, mind, spirit, soul; all parts of us are

actually smart. We actually have an intelligence about us, and we started to discover these things. Obviously, some of the technologies that are used in Layer 6, and a bit before that, are beginning to show us the direction that we're going, through emerging technologies. As you said, physics is the new medicine.

Steve: Absolutely, and I might just add in there, too, that one of the things that's changing at the moment is our understanding of history. We've come from an era where history was very linear. It was often designed by the victors and written to benefit them in particular ways.

Nyck: I think that's the definition of the word 'history', isn't it? Written by the victors.

Steve: I think so, yes. What we are starting to discover is that there were people way back in history who did have activated lightbodies, and people way back in history who had access to extraordinary technologies, that could do things that we can't do today. Our whole concept of life as a linear evolutionary progression is shifting somehow, and I don't think anybody's quite cracked the absolute answer—or the current answer, anyway—but it's in transition, I might say. There are stories in history books of people who seem to have had an activated lightbody, and there are stories from the Christian Bible, for example, of people ascending in a lightbody.

Nyck: Or living for 900 years or so, like Methuselah.

Steve: Something like that.

Nyck: He obviously had some sort of technology going on to do that.

Steve: Yes. It's good to keep an open mind on those things, for sure.

Talking about the lightbody stuff, we did cover this way back in Episode no.9 with our special guest, Dr Steven Booth, which was called *Future Humans*. Steven Booth has had the pleasure of actually training directly with Mikio Sankey, who wrote these seven books on the way that our energetic structure changes as we grow through and to the Second Tier levels. So you might want to go back and revisit Episode no.9 if you're interested in more about the lightbody activation stuff, and we'll certainly be doing more on it in the future as well. But back to the innate intelligence.

One good reference for this is Kryon's, book no.14. For those of you who might not have heard us talking about Kryon before, Kryon is a very alternative information source, who is an entity channelled by an American called Lee Carroll. Lee Carroll's been channelling messages

from Kryon for over 30 years now, I think. He has an extraordinarily good record of predicting the future, and particularly predicting future scientific breakthroughs. In fact, I'm not aware of any time when one of Kryon's predictions has been incorrect.

In Book 14, which is Kryon's latest book—and the book is just a collection of channellings that have taken place over the last, maybe seven or eight years, or so—but they're all about how humanity and how humans are changing. The book is called *The New Human, Kryon Book Fourteen*, so you might want to grab that and take a look at it. One of the things that he's talking about in there is this emergence of, or connection with, the innate intelligence of the body. So, in the transition from Layer 6 to Layer 7, we are completing the activation of our energy centres.

If you think about the traditional understanding of energy centres as the seven chakras within the body—the first being the base chakra between the legs, and the seventh being around the crown of the head—as we grow through the layers of consciousness, we are activating the relevant numbered chakra. So if we're growing through Layer 3 in Graves's system, we're activating chakra 3 and opening it up. Over time, as we lived through the whole First Tier of human layers, we end up with six activated chakras up to and including the pineal gland—for those of you who might not be aware, each one of the chakras or energy centres within the body is centred upon a particular gland—and then the transition to Second Tier comes with the activation of the seventh chakra, which then means that the heart chakra is the centre of the seven. So, when you've got a set of seven activated, the fourth is the centre of that pattern, which is our heart.

Kryon, in book 14, talks about what he calls 'the triad brain', and it's basically giving us an updated understanding of what we think our brain does and how our body is activated. He talks about the conventional understanding of the brain as being like the first level of this three aspects of the brain. So, the conventional idea that the brain is a collection of synapses, and we use it to think, and come up with ideas and those sorts of things, is what he calls the first part of the triad brain. He says it's a remarkable survival tool, there's no doubt about that, and it's responsible for our thoughts and, of course, all the mechanical control of our body's functions.

Then, the second part of the triad brain is the pineal gland, so with the completion of growing through Layer 6, we're activating this sixth chakra or energy centre in the head. What that's doing as it activates is that it's starting to move us out of survival mode. Remember that the first six layers of human consciousness in that First Tier of consciousness are really, in different ways, focused on surviving; it's really just 'how do I survive in this world?' from this particular perspective. So with the activation of the sixth, we're starting to move beyond pure survival mode. We can see that happening now with the way society is changing. We are being taken out of this mad rat race, where we're just totally stressed all the time and working too hard—most of us—to simply survive in the world and nothing much more. Apart from a small percentage of humanity, most people are really just in survival mode.

With Layer 6 comes this time to contemplate, time to reassess, time to heal, and that is slowly drawing us out of survival mode and into 'being mode', which is what Clare Graves called the Second Tier.

Nyck: I have here the correspondence between the sixth layer and the chakra in the Hindu tradition—the third eye chakra, which is the *Ajna* chakra—and when the *Ajna* chakra is blocked, according to the Hindus, you have uncertainty, confusion, jealousy, cynicism and pessimism. When you start to open the third eye, we perceive reality differently, and clarity, intuition, empathy, focus and decisiveness emerges. Immediately I thought, that's interesting, those qualities, because they're left and right brain. You've got your intuition and empathy, which arguably is right brain; you've got focus and decisiveness, arguably left brain; clarity, maybe both. You've actually got that expression, as you were saying earlier, as the sixth chakra, as the pineal gland, opens up to these higher qualities, which are definitely doorways and gateways to the Second Tier.

Steve: Yes, and Kryon, in the book I just mentioned, is saying that the sixth chakra, the pineal gland—we can think of it as an internet connection to higher knowledge. It's responsible for our creativity and intuition, which fits with what you said from the Indian tradition.

Nyck: Lucid dreaming, astral projection, imagination.

Steve: Exactly. Kryon says it's also our spiritual or interdimensional connection to the creative source, which fits exactly with that wisdom from that great tradition, which is fantastic. It also opens us up to past life remembrances.

In the previous episode, we were talking a little bit about the space-time conceptualisation and how that shifts. In Layer 6 we tend to think in circular ways and that in itself is a preparation for the shift into Layer 7, where that circle is going to go from two dimensions and it's going to pop out into three dimensions. All of a sudden we've got a spiral, so we're in a spiralling conceptualisation in Second Tier.

Now, I've been talking about this triad brain concept from Kryon's Book 14. The third part of that is the heart itself, which, of course, is associated with the fourth chakra. Kryon says the heart is the largest electromagnetic field of all the organs. It influences more than medical science understands currently. One example of that is if you look at cases of people who've had their spinal cord cut, you'll find that many parts of the body continue to function normally, including the heart, the digestive system, all sorts of different systems. So that's a little clue that it's actually not the brain inside our skull that's controlling those things, but the heart itself.

As I was saying before, once we grow through Layer 6 and activate Layer 7, then the heart becomes the energetic centre of our self, and then this opens up the way for the activation of the lightbody geometry. The seventh chakra, which is centred on the pituitary gland, it's often called the 'master gland' because part of its function is to oversee the functions of all the other glands as well. So it's like a master energy centre, and once that kicks in, the heart becomes our centre. As you said, the HeartMath Institute have done a remarkable amount of research, and I really commend their work if you want to look at the heart field and the

energy patterns associated with that. They've also started to gather a lot of evidence in studies—I think with Princeton University as well—into intuition and deep-sensing capacities that come.

Nyck: And, of course, things like biofeedback, which are quite well known, but that's another area which is exactly accessing that smart body. Once you start to get the biofeedback information, you can consciously choose to manipulate, if you will, to change parameters in your body that may be out of balance in some way or another. So it's amazing that education is coming along, that just by focusing and understanding and having that kind of awareness moving within us about our body, we can know what to do.

Steve: Exactly. Each time we grow to a new layer of consciousness, our sensory perception is enhanced in some way, and in this leap to Second Tier, we really get amazingly detailed awareness of what's going on in our body, really right down to a cellular level, as you say, which is quite extraordinary. The other thing that is shifting in this process is the functioning of our DNA.

Again, in Kryon's Book 14, he says that our DNA in First Tier consciousness is really only working at about 30% capacity, and that there are multi-dimensional properties to our DNA, which have been shown in some research over the years. There's a particular, I think it's a Russian study, that looked at what they called phantom DNA. In a lab, they had some DNA in a test tube and they measured the presence of it with energetic instruments. Then they took the DNA out of where it was, but the energetic signature was still there. Science is just starting to edge into that understanding of the multi-dimensional properties that DNA has. So, part of what's going on in this transition into Layer 7 Second Tier is the activation of more of our DNA structure, and along with that, the personal awareness of the functioning of our DNA through direct sensing. The impact of that can include things like slowing down the aging process and also enhancing the intelligence of our immune system, but really enhancing our body's intelligence and opening up this innate intelligence, as Kryon calls it, or the 'smart body' that we can interact with and have more control over. So it really means more conscious control of the body, and to quote Kryon, "you will have a far better idea of what's going on at a cellular level." That's what he said.

Nyck: Which is interesting, isn't it, because you're not going to hear it in the same way—and that's another topic in a sense—but we all have our way of listening to our intuition and understanding it. There's not really a frame for that. As far as I can see, it feels like everybody has a different access point, and you need to find what works for you in those modalities. I think you brought up here, about that innate intelligence—things like dowsing, for example, and other methodologies. Kinesiology is what you were going to mention before; things like those sort of biofeedback, natural techniques that you can adopt.

Steve: The muscle testing that they use in kinesiology is an example of tapping into that innate bodily intelligence. And again, Kryon talks about this connection between the innate body and what he calls the Akash, which is really the quantum field—the structure of space-time where all knowledge resides—and so once we open up access to that, you can you can literally pull information from that quantum field.

Nyck: From the Akashic Records.

Steve: Exactly. That probably sounds quite weird to a lot of people, but one way of thinking of it, just having really good intuition. We all probably know somebody who's got good intuition these days—there are plenty of people around—somebody who will just know and they don't have to go through a thought process or any logical process. They just know.

Nyck: And I think it's important, because many people feel challenged by the fact that other people have that kind of intuitive abilities at times, but just to affirm that you have your own access point somewhere. Maybe you haven't found it yet or maybe you're still researching that inside yourself, listening to your body, understanding that. Maybe you're working on evolving and developing that, but to know that we've all got that capacity is really important.

Steve: It is really important. I know in my own developmental process, I can remember times when that was developing, and I had a number of people—I used to be married to a psychic, so I had that kind of intuitive advice on tap—and I was told on a number of occasions 'oh, you are getting the messages, you're just not hearing them' or 'you're not listening to them', and probably other people listening to podcast have had that advice too: 'you're just not listening to your intuition.' It is there and it is a really nuanced process of listening and starting to relate to the mildest senses, or mildest levels of sensory input. It's kind of like somebody pointing out to you: 'just stop for a moment. Can you hear that bird in a distance?' It was always there and you could always hear it, but you never actually put your attention to it. For me, this development of that contact with the innate and the intuition has been like that. It's been like, 'oh, yeah, actually, now that you mention it ...' This is something that you can practice day to day—really start to take notice of those very, very subtle messages that you get, and particularly when they have implications. How many people have you heard say something like: 'I knew I shouldn't have done that, but I just didn't take notice of it.'

Nyck: Yes, that refinement is really happening. It reminds me of the opposite of that, you could say, of practices in old spiritual traditions like the Zen stick. When you're sort of falling through your meditation and the master will come and whack you across the shoulders with a stick, literally. We don't really need that anymore, hopefully.

Steve: No, no, that's kind of old school. I mean, you can do it if you want to, but it's kind of old school.

So with the gift of this awareness—and as we're saying, it is a learning process that we've got to go through—everybody, given their life conditions being supportive to the development of this this layer of consciousness, really the whole planet is shifting into this at the moment, so, many, many of us already have access to life conditions sufficiently complex to stimulate these extra awareness, these extra perceptions and senses. It's just a matter of really having the discipline to stop and listen and pay attention. You'll find that as life moves on on the planet, it's going to become harder and harder to solve problems in the old ways. The only way that we're going to be able to solve our problems or avoid problems in the future is to really tap into these deep senses.

Nyck: Yes, and I think that's exactly, in this era we've been living through in 2020—these few months of lockdown and so forth—that's exactly the opportunity, because we can't work it out in the same way that we have before. As you're speaking, I'm feeling how many times now, as I'm living in my life, where I'm thinking I'm trying to work something out and I just drop it because you can't do it. If you try to work out what the hell's going on on the planet, for example, that's very difficult, so just let go. That letting go allows a capacity to emerge for other higher level information to come through.

I also think things like gratitude are really useful in creating a bit more ground for these things to emerge. Simple things like that, simple mental practices which allow you to have reverence for life, reverence for your journey, reverence for the journey of the others in your reality, also creates a platform for higher intelligences to emerge, I think, in my experience anyway.

Steve: I agree, absolutely. There are so many teachers who have said 'be here now; be in the present moment', and what they're really saying is 'pay attention'. Pay attention to what's here right now, because if you're thinking about the past or thinking about the future, then you're quite likely missing these subtle cues that we're talking about that are coming from your higher intelligence, and through this process of the activation of that triune brain and the emergence of a different energetic structure in terms of your body—subtle energy. So it really is a different ballgame.

Once this starts to activate and you can tap into that deep knowing, then you don't need to live by someone else's rule set anymore, and so instead of looking on the internet to find the best diet that you can find to try and fix something in your body or change the way that you are, you just simply listen to your body. When you're about to eat, notice: How does your body feel when you're about to eat this thing that's sitting on a plate in front of you? Does it feel good? Is it giving you any cues as to whether you should or shouldn't eat it? How does your body react when you taste the food? Sometimes you put a piece of food in your mouth and you go: 'Oh, my God, that tastes so good. I really need to have some more of that.' I guess that message can be coming from different directions, but if it's coming from your higher intuition that it's telling you that this is something your body wants.

Nyck: Hmm, you might need a few layers of intuition to get the truth somewhere, in order to do that.

Steve: That's right.

Nyck: I mean, it's great, what you're saying, because I've currently got a bit of a regimen going and I'm finding that some of the things that I have, which I noticed now I may have purchased because I thought it was the right thing rather than having that intuitive response to it. Now I'm finding that I'm not using it, like: 'I forgot to put something in my smoothie. Oh, it was that! Again! I guess I don't need that.'

Steve: Exactly, and in terms of the whole operating system and the whole way being, it brings you to a place of being far more present to what's happening right now. You've got a whole bunch of available conceptual space that you didn't have before, so you can think about a whole lot more things at the same time, but it allows you to tap into the natural rhythm of life, and by being in the moment, you are opening yourself to go with the natural flow of things and noticing what's working. That's a very strong theme in Layer 7, particularly—going with what works. Noticing what works and doing more of that, and noticing what doesn't work and not wasting your time trying to do things that don't work also.

Some of the other practical results of operating in that space are that you have an element of conscious control of your body's systems, including your immune system. I know I've had occasions where I have immediately sensed a pathogen in my body and then been able to take very, very quick action to deal with it straight away rather than having to wait to get sick. There's also a capacity that emerges to moderate the body's responses. Sometimes you might get overwhelmed by a response the body has and you have more control over that when you're operating in a Second Tier space.

It's leading us to ask a whole bunch of new questions as well, and a lot of this is emerging as we transit through Layer 6: thinking about the food that we eat, where did it come from? How natural is it? How processed is it? How good does it feel once it gets in your body?, and how we might want to change society and our farming systems in our food production systems; where we get our food from. So at this time in history, too, we really have an opportunity now to reimagine life. I mean, talk about a blessing in disguise.

No doubt the whole COVID-19 epidemic and the response to it have had a huge impact on many, many people around the world. Some people have died as a result of it so it's not all beer and skittles, as they say, but there's an element of opportunity that it's opened up as well, and for many people, it has been a blessing in disguise because it's basically pressed the pause button on the rat race, allowed us to sit at home and think about how we want to live life in the future and how we are going to reimagine life, and I'm sure a lot of people probably won't go back to the way that they were living before.

Nyck: No, and as you're speaking, I'm thinking about the little note I have in front of me about the sympathetic and parasympathetic nervous systems, because, again, this is another figure, and it's a very well-known one, of our existence as human beings. The sympathetic nervous system, of course, is responsible for the fight-flight-freeze response that we have when we are in danger. This is a natural and very ancient response that came when we were sort of chased by the tiger down to the cave. The parasympathetic nervous system, which is all about resting and digesting and taking in what you've got and being able to sit with, stay with, and take time out from, and be in that space. Now, obviously, in our world these days, in the 20th, 21st century, the sympathetic nervous system for most people is aggravated, it's out of balance, it's overstimulated for all reasons, and I think this opportunity that we've had in this period is an opportunity to reach into the parasympathetic nervous system and to have to find or to negotiate practices which can help you tune to that rather than the sympathetic response.

Steve: I agree, Nyck, and on a global scale where the majority of the world is shifting from the Scientific-Industrial Layer 5, to the Humanistic Network-centric Layer 6, the big theme there is about balancing, which applies directly to what you're saying there. So as most of the world is in the process of creating a Layer 6 society, rebalancing things is a central theme right there.

Nyck: Very good. I think that's it for this week.

Steve: I think that'll do us.

Nyck: Thanks for joining us here again.

Steve: Thank you. Thanks Nyck.

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