Hi. Welcome to Humans Decoded. I am Kiran Trace and I'm Meg Roekle. And this is a silly and fun chat about the vast potential of our human blueprints,
which is what we refer to as the true story of elves, fairies,
hobbits, gnomes, dwarfs, and humans.
K: We want to introduce you to a world. It's the world you already live in. But we want you to see the different avatars that are making up your world. There are billions of humans on the planet. But there's a pattern to these billions of humans. Specifically six different avatars. Like in a video game. You pick an avatar and then you play in.
M: So we human beings on planet Earth are going to be one of these six avatars. So it's a system of classification. And we each independently discovered it. There are six different blueprints, these human
blueprints, and it's about how they work. These human blueprints are the avatar suits we're given or we've chosen for this lifetime. They're the underlying, like, invisible human suits we're all wearing.
And the suit affects how we move in the world. It affects our interests and the ways we orient to people and things. So the six avatars are consistent for this lifetime, and they're as far as we can
tell, they're true for all people on Earth, every culture, all backgrounds. So when we've talked about it with our friends or our family or clients or students, there's been this unanimous recognition
about it.
These blueprints are they're known to you, to subconsciously. They're
the unnamed ways you orient to the world. And you watch others orient
to the world. They're like the the what? the where and the how of your day
to day. And the human suits are reflected in what job you do or maybe the job you really want to do.
How your home set up, your favorite hangouts, habitat you're in, how
you dress and what you enjoy learning about. We want to shed light on
these blueprints and we want to help all of us come into more alignment in our lives and just enjoy ourselves and have way more fun.

K: We want to decode this human suit for you. We want to decode it so you can see your own avatar and those around
you. And we have like we have Ph.D.s in psychology. We've got years and years of clinical research. We have private practices like my private practice spends 40 countries, and it's also worth mentioning that both of us recognize source, which is a vast field of energy, this openness, this all unity or oneness that we are.
We both have a real awareness of this, a real identification that source is us.
And really this is code word for enlightenment. We don't have to use that word. But we can. So here are two beings that have this enormous
specialty. It's a 10,000 hour thing, seeing so many different people that the patterns start to come out.

So what happens is that we found that we were looking at the same patterns, both of us individually in our own lives. And surprisingly, it's a bit like the Middle-Earth characters. This is our beautiful co-producer, Austin Peters.
A: Everybody asks me, Is this related? Because when I was first introduced to it, it sounded a lot like Lord of the Rings.
Is it related? Is it different?
K:Tolkien definitely download, he said.
M: You know, he was a student of mythology and of history, but he coined the term that I think it said legend follows mythology, which follows history. But there's actually a history at the base, a real human history at the base of mythology. And we found it's true, it's a real thing.
K: This isn't just a fantasy. This isn't just a fun names for things. It's a it's a real blueprint. It's an actual energetic thing. And you'll start to see I think you'll start to pick up that the reality of history. And it also happens to be very, very fun. Totally fun. So first of all, you tell me, Meg, about how you discovered the patterns and what happened to you.
M: Sure. It was probably like 2016. I think I was doing a lot of meditation and I like a lot of hours as a clinician. I was working at
a integrative clinic, so I worked with a lot of other holistic practitioners, medical doctors, chiropractors, acupuncturists. I had a lot of clients and patients in that in that practice. And for me it was sort of building.
But there was this one day where I walked into that office and of my 20 colleagues, I just started knowing who was who. Like I was like, Oh, my apothecary colleague is a gnome. How do I know that she's a gnome? I just know she's a gnome . And some of her elements in her the quality of her, the flavor of her just started to come forward.
And just the word gnome came in and then I had another colleague that
was so clearly a hobbit and it was like, he's a hobbit like me, and I
love it. And the qualities of his hobbitness, like having a Guinness every day after work. And literally we had similar kind of clothing and style and a sense of humor.
And then I had a colleague that was an elf, and these just they just
started coming in. And so, I told my friends that at that time I just was so clear, like and I had real I had thought like in my own system before, I really didn't have words for this, that I was an elf.
I had thought, well, I want to be one of the cool kids, like an elf, but I'm actually a hobbit. I just had this real fun time over the course of many weeks and months as these downloads came in, it started
to be very, very helpful. It was helpful in my own life to realize what my real alignment was for me in terms of clothing and home and how I moved and what really supported me, which we'll talk all about.
And then really helpful for clients. Anybody I shared it with, it just
resonated. I would say, you know, I think you're a gnome and I think
this is what's really supportive to you or this is what you really, you know, your orient to or what you love. And people would just light up and say, yes, you know, yes, thank you for understanding that.

K: In my case, working in 2014, my first book came out Tools for Sanity, which is my only publishing available book in this moment. But there are four of the books on the shelf, edited and ready to go. But
that book came out and I had some really good endorsements from some nondual teachers. I just want to say that when that book launched, I ended up getting an enormous clientele.
It was very viral. And then Rick Archer, who runs a program called
Buddha at the Gas Pump, which is a great program, another podcast definitely worth listening to. He says my interview is the most famous of the non-famous. I was an emerging human development expert
and a teacher and emerging into the field. It opened in 2014 with this book, but it became viral very quickly.
My book was called Tools for Sanity, and with that viral became quite a lot of students looking for one on one support sessions. And that time I was just working sort of one hour sessions and you could just book a one off at that time. And so I ended up with like inside of like three months of my book launching, having almost three years totally booked.
And that's about 25 to 30 people a week. And I worked often seven days a week because it was fun and I liked it. And I almost never took holidays during those first three years. And so just the amount that was coming through at the very beginning, 14, 15, 16 So that gives me
about 2016. And then at that time also working with other spiritual teachers, other non dual teachers and in their satsangs.
And some of those teachers again like an audition to somebody who have
much bigger to three or 400 people in the audience at one time and working with those groups of people started just to show this pattern to me. The first one for me where I became like had to like speak out about it. It wasn't just like in my head doing this.
Like, Oh, you're this, this, and this is your human suit. And so you're banging up against this, and this is part of what's going on. And this is the first one, which for me was the fairies, because when the fairies would come in, a lot of fairies were having really consistent problems. And this is not to say that our belief
systems and our beings isn't hugely important and in something that
obviously in our clinical practice that we look at quite considerably and in our online programs, we look a lot through unraveling and doing various energy healings.

And this is just sort of like on the side what what's what suit are
you wearing? Because if you can understand the suit you're in, then
you know how to apply various tools. And so the fairies were always misunderstood. And so for me, working with the fairy systems, when I would have those clients call in, I would always say, Listen, you're a
fairy, right?
And often a fairy really knows they're a fairy, like the only one that doesn't want to be an elf. Like, yes, I'm actually a fairy. And I have been with various and I have fairies in my life also. And so do
you are friends and family and they know they're fairies and other people know their fairy. Yes. You know, they're magical creatures. You can see they're a fairy and it's and I've definitely had like I've had multiple

very close friends who are fairies and gone to restaurants or something and had strangers come up and be like, Hey, you're a fairy. And then this other
person insisting, this stranger insisting, No, no, you're really a fairy.
And I'm thinking, why would you think that she wouldn't know. She's a fairy and so I just like coming out with the going like, you're a fairy and a fairy is going to do this and they're going to move this way.
And a lot of your story that you don't belong and you're not good enough has to do with you have this unique pattern that's really different from all the other things and you move differently through
form differently.
So can we just put that on the table first off? And so for me, that's
when I started to kind of come out of the closet. It was just like, break the news to the fairies that they're seen. Their way is good and right and not that big of a problem. And to understand their suit was good, but then it was in 2017 that Meghan and I were at the same retreat, a retreat I was hosting.
And then I was just like, I think it actually may have been a fairy. Yes. Where I was like, okay, here's the deal. I'm just going to come out in public in front of everybody sitting here and just say, Do you know the middle Earth characters? Cause there's some truth to it and there's a system at play here that, you know, you're either human or you're a dwarf or a fairy.
And a fairy is not a dwarf. Like you have a really different suit. You're moving through form really differently. And that doesn't have to do with your belief systems, your being, your relationship to source. It doesn't have to do with the size of your body, the fitness of your body. None of it, it is its own unique thing.
It's this. It's just it's just the avatar. It's the suit you're in.
A: Okay, so fairies are the fastest of the creatures. And tell me
what some strengths are.
K: Oh, fairies are super fun. They're
tricksters, they're mischief makers. And that might be considered a weakness, but I think it is a strength because they're always kind of shifting the form, like shifting the vibe.
Whatever the vibe is, they're just going to come in and tap on it and just kind of shift it a little bit because there they have this really playfulness about them. They're very, very sparkly. They can be very silly. They can be they're very light and they are really out of the box thinking. And so the really great at coming up with ideas
you never thought of, and they haven't thought through the idea, that's what an elf would do.
And they're certainly not going to execute the sense at all. But as they're moving way too fast, but they're going to come up with this like completely brilliant, super out of the box thought. And that's
really when you're thinking about fairies, you're going like super fast, super fun, super playful, really innovative, very social. They tend to be very social.
That's a real strength of theirs. It I don't even I'm like, do I know? I do know introverted fairies. They are still very good at social.
M: Well, I don't know if I've ever met an introvert fairy.
K: Yes, I have. And it's almost like, yes, she still is really good at creating
community around her and creating community events. Really good at it.

A: Cool. Yeah. What about some weaknesses? What are they?
K: Where they fall short, fairies will collapse because they're moving so,
so, so fast. So they just sort of run out of speed and just sort of collapse. And so before something is thought through or before it's executed or, you know, even if it wasn't coming from them, but just in the group, they've collapsed and melted and they're like, are going off and sometimes series like their systems are moving so fast that they don't know how to ground. They can go faster to ground, which really burns them out and burns the people around them out. So they can they can be a real, real vessel of burnout. Yes. And so they can they can really get challenged
by it. Well, I mean, they benefit by
slowing right down and building rest into things because otherwise they're just collapsing and burning out.
A: Yeah. I'm just going to ask like, how do they actually combat that then?
K: So slowing down and working that rest into everything, if you think of like a hummingbird in a hummingbird is going to sip a lot of sugar water and move really, really quick. But it has to rest like
you know, like when a fairy is just moving so quick and then wants to ground by going quicker, it's it's not going to work.
They're going to have to rest and slow down. Yeah. So and it's sometimes difficult because they're so sparkly and they're so bright and they're so party and they're so the center of the thing, you know, and up for the game and up for the mischief. To get them to slow down
and then rest is a real challenge.
A: You mentioned sugar water. What do they eat?
K: Yeah fairies can tolerate so much
sugar and they do very, very well with it, whether it's fructose or glucose. However they're going to get their sugar. Yeah. Fairies don't do great at like three solid meals a day. No, no, no. They need
to kind of move in this fast flow and just sort of pick at things.
And so it's great if there's a lot of sugar and the things are picking, they can be really simple carbs like just popcorn today, or just like sugary yogurt or just like, you know, and it's really good if they have like water that's sugar or has flavors in it and they can sip on that and little piles of nuts and things.

And so really they're just kind of like sampling throughout the day.
So so their systems just want to sample and it's just so slow and painful and boring as heck for a fairy just like sit down and have a meal with everyone. Like they're just going to have so much mischief. They're going to make mischief. They're going to get into the most trouble,
they're going to hit all kinds of taboos.
They're going to stand on their chairs, squat on their chairs, like they cannot do it sitting down and eating no way, unless they're watching a movie or entertaining themselves, some things going on at the same time for them. So really, they need to pick throughout the day and just be sampling. But then I'm going to

say every three days they're just going to eat a ton of carbs and that's like a stack of pancakes. And a whole plate of hash browns.
M: my ex husband would eat a smoothie in the morning and then a whole pizza at night.
K: Yeah. So that kind of system is going to work.
M: Yeah and unfortunately he was ashamed about it. No need.
K: That's part of the challenge of being a fairy is they are they're a little rarer.
I mean time there's a lot more of the other avatars and they get a bad rap all the time because they're moving counter. They're moving too fast for normative society and they get slightly otherworldly.
A: Yeah, well, it's funny you say that because I feel like I encounter a
lot of fairies but I live in a major city.
K: Yeah, yeah, yeah, yeah, yeah. And then you're in. You're in Chicago,which has a lot of arts, a lot of culture, a lot of music, you know, a lot of Chicago's a sparkly place, so definitely. Yeah. Yeah. There'll
be a lot of fairies in New York City. I mean, there's a lot of them. Yeah. Carrie Bradshaw from Sex in the City.
I mean, that's a fairy she's so dressed up, she doesn't really eat. She just sort of makes drinks. She's the center of everything. She's a real community builder. She's super innovative. She's always off on some drama. You know, the whole drama's about her. She's a very we see we see a lot of fairies on film and TV.
A: How do they dress? You mentioned sparkly,
K: Definitely sparkle, Lots of flowers. It's very seems like a stereotype, but fairies love flowers. They love flowers. And so it's wonderful if they can have flower
prints and and flower movements. But also, you know, I really like Queer Eye for the Straight Guy the remake. Those guys are like all fairies.
And so you can see they have this. They have bright colors, really bold prints, really playful, super playful, all adorned like there's going to be there's going to be jewels, there's going to be something
flashy. It's going to be this this year's fashions. Yeah. You know, Tan France who is one of the group? One of the group is the fashion guy.
And like, it's not a classic fashion. He doesn't dress in a way that's
classic or a way that is, you know, contemporary. He's got strange, innovative cuts and strange innovative fabrics and strange, innovative
patterns that clash with each other, but in a really fabulous way. There is a fabulous in their clothes totally. And each one's costume. It's a full presentation, full production.
A: I didn't ask because, like you've only mentioned queer men and women.
What is like a like a cis male fairy look like?
M: That would be my ex- husband, Midwestern, very, really, really bright. He is the life of the party for the party.
K: He’s just a burly guy and he's, you know, six foot two. But wow, Is he sparkly?
Yeah. Wow. Is he the life of the party?
M: And his hat going to match his T-shirts, going to match his tennis shoes and they're going to be bright. It's going to be really captivating and charismatic clothing. Fabulous, fabulous. Even

those really sound like is definitely like like traditional masculine clothing. But it's fabulous. And it's just, it might even make you smile or laugh.
K: It's definitely pinned to that mischief. And there's that twinkle in the eye and that mischief where we're watching a show on television, British show called All Creatures, Great and Small right now. And
there's a character called Tristan, who's a very masculine, very male. He's a vet. And he just every time he walks into the room or out of the room, he's just planting the mischief bomb wherever he goes.
And then he's a player. He's off to just tame all the ladies and strut his stuff. And I love it. He's always looking good. He's got like red suspenders. There's always, you know, just that the just the
outfit have a really like those clues are going to be more costume
based
A: Cool. All right. So what do they do for work? Like, what's the great occupation for a fairy because they're so
innovative.
K: Marketing is pinned for various fairies. The fashion world. I always talk about Heidi Klum because she's not a fairy or Tim Gunn, and they're both elves in a fashion in a fairy world. But definitely fashion and drag queens are good fairies, all kinds of like a supportive.
They're not going to be so great as a founder entrepreneur, but as
a consultant for an entrepreneur because they're so innovative and out of the box. They are great social and event planners. Again, not executable. They're going to need a team of hobbits and gnomes and
dwarves to help execute. But wow, are those going to be fabulous
events?
They're going to be great. I love it. Musicians, really lots and lots
of fairies who are great music. And I mentioned before like a Freddie
Mercury or like Elton John. Elton John, You know, they just bring the drama. They just bring the drama, they bring the sparkly, they bring the essence. They're really essence so they can write these really
happy tune tunes that are just when you think of, you know, those kinds of fairies that are writing these anthem based songs because they captured the essence.
Madonna So well, yeah, is a fairy. LIZZO Yeah. Mm hmm.
A: Yeah. Talk about some more fairies that we might know in our day to day. Yes, You mentioned a lot just now. We did. We did.
M: Dolly Parton. When you want to call out Dolly Parton, we love Prince.
K: Oh, on the heavy side though you think of like a Frida Kahlo. That that's a fairy. You know, there's actually, you know, Serena Williams, Lady Gaga. Mm. Gwen
Stefani. Mm hmm. Russell Brand. Mm. Elvis Presley. Russell Brand. So
Elvis Presley was very Chris Farley, another kind of like Midwestern
cis male. And you wouldn't maybe guess it, but very right, just fun.
Just party time.
A: Yeah. So let's talk about hobbits now, okay? Yeah. You're local hobbit

right here. The best one I know. Give me a story. I'm just telling you like it is. What is some hobbit strength?
M: Okay, Hobbit strength.
K: Well, we are so funny because sometimes it's like, would you
rather me talk about the strength of a hobbit?
M: Yes, I have it, it's just one of the things one of the we this is about hobbits is they get like a little like camera shy. You were a
little camera shy. We're a little because we're we're not used to, yeah we're not used to the limelight. We're not fairies or
we're not elves like we're not out in front of the pack here.
We're keeping up the rear. You know, we've got the backpack of stuff. We're heading to Mordor, and we're just, Just
us. It was just us and Samwise. You know how we execute or. Yes, they
will execute and they will execute with such good hearted. Yes. And
bravery. And so, yeah, if you need something executed, look for the
Hobbit.
Yeah. And they're moving at the pace of material form like the, like
the pace of it, versus the pace of an idea or the pace of an essence. So there's a strength.
K: Yeah. I say all the time that
they POTTER. So they wander about the form in order to execute that form, in order to like, you know, sometimes you think of hobbits as like a gardener or something like that, and they're kind of going to,
you know, pull the weeds and plant the the tree and clear the, you know, field.
And nobody, like a hobbit can clear that field, you know, or design a space. We watch a show called hometown with Erin and Ben. They kind of map the design. They're going to do the build they're going to do on the house renovation or the home design. And they're using their
feet. They're going in, standing in the spaces.
They're not, you know, standing outside doing an architectural rendering. They're standing there. They're touching the wall. They're grabbing something as a placeholder to see and feel what it might look like.
K: So they're actually it's how they cook too and they're going to touch that chicken and then smell the herbs and and kind of live inside the life of all of that form.
M: It's literally like a communication with form where we're sort of vibing with it, and I'll say like with my own home design, like this tapestry wants to be here. This, this, this piece of jewelry isn't my piece of jewelry, it's my friends. And it wants to be with her. I can literally feel and taste and understand form, and I use my form in my body to understand it, my senses versus thinking through it.
I envision through touch. As my little nephew says I need to touch to love. I need to touch, to love. He loves a hug. So our strength is that.
A: Besides being camera shy or not wanting to be in the limelight, can you name some of the weaknesses? I don't consider that a weakness, though.
M: Well, it can be because we can. We can tuck away into ourselves. We

can get quite stuck in, you know, the world can feel a little much and a little too fast. And and we can we can we move quite slow. And so and this is a it's a fairly fast paced world for a hobbit, just in
general.
And so we can we can sometimes just shut down and get stuck in and
and like sort of like a Gollum, right. To sort of tuck into our own, our own space and not come out. So I used to joke with Kieran that like, you know, having moved from Chicago to California, that it took like an army of dwarves and a big wizard to get me out of there.
And she's the big wizard because in which it was like Bilbo, you know, in The Hobbit that he likes his home and he likes his his stuff. And that can get a little stuck. We can get a little attached to stuff in the home, and to things.
K: But I want to point out there is a strength in how slow habits moves this.
There's such a strength there. Like we do live in a world that thinks everything should go at elf pace, like we should make a decision to go see the movie and then get those shoes on and fly out the door, which is what an elf could do, but not a hobbit. A hobbit needs to pack all
the snacks that we might need for the truck and the drinks and then get the extra sweater and this extra sweater for you.
But there's something so beautiful and grounding and intelligence in the slowness of which a hobbit is moving through form, that it allows for this thorough execution because the elves are going to get to the
theater hungry, a little tired, a little spacey as they move so fast and they they'll take half the movie to ground into the space they're in.
And The Hobbit has so there's so there so I would say that yeah, it can be a negativity because they can get stuck in. But there's something so beautiful about the slow pace of The Hobbit.
A: Yeah, I mean, I totally agree with you. Meg was such a instrumental force in
helping me understand what it actually was to ground. To come from a Hobbit teacher was important for an elf like myself.
M: Yes. Well, this goes back to that diversity and that complementarity and some behavioral supports that we can give each other, you know, that
uplift. You know, if you get stuck in or slow down and ground, if you're moving too fast, it's hard to out of it, though. Right.
A: But without talking about what they love to eat, I was just going to ask
what does The Hobbit like to eat?
M: Totally. Because food is such a huge important part. Yes. You know, it's and we we like we like to always have food,
like I've not missed meals. In fact, I can't actually really proceed with my day, you know, if I'm if I'm hungry and haven't eaten like it's full stop, I'm not going to move forward with my idea, whatever
I'm doing, because it literally feels like I'm going to physically die.
I can't do it. So hobbits, if we take that plate, you know, or the elves have like 70 to 80% animal protein, in fact, it's almost the reverse for hobbits. We're going to look at maybe 20% meat, protein
and and some fat. Our fat is going to come more from like dairy products and and butter.
There's nothing I don't put a dairy product on.

And in carbohydrates, we can do 50% carbs, you know, And in a world right now where we have like, you know, depending on the depending on the season, carbs are demonized or whatever for a hobbit, no way. A bread product at every meal is guaranteed. And you do. And well, the other thing we do well with is a lot of vegetables, whether they're cooked or in a salad, vegetables and fruit.
But prime example I think is like a chicken pot pie. That's a perfect hobbit meal right there.
A: Yeah. What do they what do they like to dress?
M: We will say like comfort is our prime directive. And so and so it's a comfortable body, right? So that we can move in space and we can execute and so it's about our comfort and cozy and habits and we are really sensitive to to fabrics and so always natural fibers. if I wear and I don't know a hobbit who doesn't love cotton silk wool.
It's got to come from nature if they aren't and it has to it's like literally if it's if it's less than 80% cotton, like I have a sweatshirt that's less than 80% cotton, I'll feel it and I'll start to feel physically nauseous. There's something about natural fibers. We are just this earthbound creature and then soft, comfortable, not form fitting.
It's going to have a little bit of a loose, loose cut. Jerry Seinfeld constantly makes fun of Larry David for having the off the shoulder, what does he call it? The loose cut show like jackets and stuff.
Whereas the elves, like it's a very trim cut. It's form fitting. Yeah, right. It's efficient. Larry's got a casual sports jacket.

A: Yeah. Before we go down that road of celebrities, what what kind of jobs do hobbits have? Or what's, like, a really aligned job for them?
K: Yeah, they're working with wood.
M: Working with wood? Yeah, exactly. I'm a, you know, a coach, but I love to work with what I'm currently, you know, sanding a dresser out in the driveway.
So this is definitely crafts woodworking artisans and craft people of all stripes. I would say gardening, teaching and therapy because we're so heart centered when and we're quite aware of people and quite like, you know, we tend to be lovable beings, the warm ones in the room. And so, you know, therapist, coach like a kind of small business person where you're you get to be like in the neighborhood and you're you know, you've got the craft store in the neighborhood, you've got the local restaurant, you're making small amounts of family meals, you know, for your family and to that like hosts because they're so warmhearted.
A: Yes. And they really want to know someone so like really famous. Yes.
K: Famous Hobbits being Oprah and Ellen DeGeneres. And who's more heart based than Ellen just wanting to make people laugh in a silly way and really connect in love. So, yeah, you might know comedians. Yeah. In TV. Host
Yep. Yeah.
A: And who are more celebrity hobbits than Ellen that I would know.

M: I often talk about Muhammad Ali. Muhammad Ali's a big one because he's just so charismatic. And so charismatic and there's those very balanced bodies and very balanced people in general are going to be hobbits.
Who else? Larry David, you have some spiritual teachers up there Eckhart Tolle, Matthew Broderick, Julia Roberts, J.K. Rowling, John Denver. That's a great example of a hobbit just heart and soul, those singer songwriter types.
K: When you're talking music that's making songs about the mountains, the Rocky Mountain ballads to nature.
M: You know James Taylor is another one. Yeah, right. Yeah. Amazing. Pooh Bear, Bilbo.
A: Oh so cartoons can have these too
M: Yeah absolutely.
K: Christopher Robin is the elf. Yeah. Winnie the Pooh is The Hobbit. And then you've got Tigger Is the fairy. But no, you know. Yeah, we find this is these archetypes are in a lot of a lot of movies and television. Yeah. Rabbit is The dwarf, I guess. I guess eating away at everybody. Yeah, I think that makes sense.
A: Yeah. Yeah, I love it. Okay.
M: Toni Morrison's a good example of a of a hobbit poet. Like some poets and writers. You know, a lot of story writers. Mm hmm.
K: Hobbits can make really good editors and really good accountants. Mm hmm. Ironically, to this, you should execution like to execute. So if it's a bunch of words and we're going to put those words together and edit them and make them make shape or if we're going to got all these numbers and we going to make sense of the numbers and put them in an Excel spreadsheet or put them in spreadsheets and, you know, those are good livelihoods.
A: Cool, cool.
K: Thank you for listening. We obviously love hearing what you think. Your feedback helps us make a better show for you to listen to. So feel free to comment and you can do it at Facebook, which is the Humans Decoded podcast with Kiran Trace and Meghan Roekle. And if you're not on socials, you can always email any questions to us at outreach@kirantrace.com.
And thanks for listening. We love you.
M: Thanks everybody. Love you.