

S2 E18: Robert Mack - What's the Path to Inner Love & Happiness? Harmonizing Heart and Mind

Welcome to the Heartbreak to Happiness Show with Sarah Davison If you're struggling with a breakup and you feel shocked angry betrayed devastated or sad and alone then this podcast is for you best selling author and award winning host Sarah Davison shares how you too can get on with your life to heal grow and move from heartbreak to happiness Here's your host Sarah Davison Welcome back to the show And today my guest is Robert Mack Robert is an Ivy League educated positive psychology expert TV producer and personality and published author In addition to serving as celebrity love coach for famously single on the E Network for two seasons Robert also served as a consulting producer and on camera expert for mind your business on own and executive producer and host of Good Morning La La Land on Apple TV and Hulu for three seasons Robert's work has been endorsed by Oprah Vanessa Williams and many others and he's been featured on Good Morning America the Today Show CBS Morning Show and access hired and sing in the pages of GQ self health cosmopolitan and glamour magazines Robert's first book Happiness from the Inside out the art and Science of fulfillment is celebrity endorsed and critically acclaimed and his most recent release Love from the inside out lessons and inspiration for loving yourself your life and each other is a best seller So I am super super excited to welcome the one and only Robert Mac to the show Welcome Robert Oh my gosh Thanks for having me I'm so excited to be here Well I am a super fan and I love your work So I I also know this is gonna resonate with so many of my listeners and I could talk to you for hours So I'm gonna do my best to ask you some great questions to get as much room as possible So thank you so much for being here Why don't we start with your story Because personally I find it so inspiring and I think a lot of my listeners are gonna resonate with this Yeah So um I often joke that I'm the least likely person in the world to be a happiness coach on one hand and a love coach on the other because my first memories in life were of being self hating and self loathing and extraordinarily depressed And I always thought I would grow out of it You know at six or seven years of age I wasn't really aware of what depression was or self hate or self judgment was But looking back that's all I experienced And I had a really loving family and great life for the most part Um lots of stress in our family like most families But um you know I just

was very um sad and as I got older I thought well I'll grow out of it you know I'll do well athletically and academically socially hopefully relational maybe financially and a lot of those things did happen You know I did pretty well in school I was saluted toward in my high school class I eventually made a friend or two I had a girlfriend eventually She was great I did well athletically baseball and football and cross country Um and despite all that my depression got worse and I got to a place where I was contemplating suicide daily dozens of times a day Yeah I sorry to interrupt But I mean how old are you at that point Because with all that going on most people would look at you I guess and think well he's got everything to be happy about Yeah I think I started probably experiencing the suicidal ideation and 12 or 13 probably And then uh you know it seemed to get worse as time went on I came to a crescendo in my early twenties I was working consulting job job which I hated and uh you know the people were great but I hated the job and I felt really out of alignment with life in the world and other people and myself So I did some research I was going to kill myself Um I didn't have access to lots of the means and methods Um And the other means and methods felt very violent So I decided I was gonna slash my wrist So I got a kitchen knife and state knife and I dug it into my wrist and I had the most unexpected unpredictable inexplicable experience at that time Like without anything changing remember I had a pretty good life I was making good money at the consulting firm and his incredible girlfriend I was healthy My family loved me Despite all of that I was depressed and suicidal dug this knife in and without anything changing externally I felt a peace and a kind of love and joy just wash over me and it was the kind of peace love and joy that just felt unshakable and immovable and unreasonable right And so I decided I was gonna postpone the suicide for like 10 or 15 minutes It's so laughable now you know but then it was a big deal It was like 10 minutes I'm not gonna be able to make 10 minutes I want this to be over now But I waited 10 minutes And in that time I started doing some research and instead of focusing really on ways to kill myself I started focusing on well what is depression what is happiness what is unhappiness And I learned a ton in the process So that was probably over well over two decades ago and uh my life has never been the same since gosh I mean that's such a moving story for those people listening who have been suicidal I know a lot of people that come on my retreats have been and I have been uh uh there was one incident in my life which completely turned my world completely upside down and I don't think you can really understand what that's like until you've been there

Um but I mean listening to your story this can happen to anyone Right And I know the suicide rates in the UK are soaring unfortunately right now especially in the teenage years which is obviously when you were affecting 12 at such a young age to start thinking about those things because you know two decades ago yeah that wasn't really that sort of information wasn't as readily available as it is now Right So now as I see it suicide is now on the sort of coping mechanism was born for kids right now how do I cope I don't fit in or I'm not sure about something or I didn't get grades or I got dumped How do I cope better Well self harming and suicide are quite firmly on that list with the how to videos on youtube and all sorts of things that we didn't have access to as as Children So I mean are you seeing this in the States as well Absolutely No question about it Um COVID certainly did not help in that respect and um suicide rates um were escalating quite a bit before COVID uh continue to do so Uh depression is always um sort of seemingly on the rise and you know um that being said that also means you know to a large extent people are suffering or becoming more sensitive and aware of their suffering at an earlier age and therefore the opportunity for awakening and for peace and love and joy is greater and happens earlier now than it ever did before as well right Um So there's great benefit in that Um you know the beautiful thing about adversity including depression and suicidal A is that it brings you to an awareness of what doesn't work isn't working with respect to happiness or peace or love um or joy right So it though even though it feels like and it is a deeply uh dissatisfying experience it's also divine discontent right So that discontent is leading away from the things people places activities sensations perceptions conditions and circumstances that aren't working to provide you the happiness you want and it's pointing you in another direction but sometimes you need a little need a little guidance from someone who's been there before to to sort of get there Um So I do wanna make sure I'm also putting out the flip side of that Absolutely And and I'm a big believer that any kind of adversity can become your greatest strength And I know that you know everything that I've been through and I know a lot of my listeners with their breakups and the heartbreak and the betrayal that maybe they've suffered all the abuse You know that actually you can turn that around and and make that pain your your superpower if you like so Absolutely And and I'm glad you you brought that up you were talking there about peace joy and love And I think for people who are in the midst of that heartbreak that pain that betrayal coming out of toxic relationships that all sounds great doesn't it I mean everybody wants that Yeah that piece it I mean

I know that was one of the biggest things on my list coming out of an abusive relationship Just peace would be just great But how I guess is what people are looking for the how to sort of move towards it So maybe first of all what what does that sort of joy or happiness and that and that love what does that actually mean Robert for you Oh I love your questions and and I love your heart I really do I uh we were joking before sort of we get on the air here about how I've really never trusted anyone who hasn't been heartbroken or depressed or experienced suicidal ideation because you kind of have to be really insensitive to not feel what and notice what's happening In your world um in life and in within yourself right So so there's that um I will say that to your answer your question You know I think of love peace and happiness is synonyms And so let's talk about happiness and love I think we often think of happiness and love as two different energies But it's really two different perceptions of the same energy It's two different ways of looking at the same thing So it's not two different coins it's two sides of the same coin So when you're really happy and you're all by yourself and you're hanging out at home I call that happiness when you're happy and you're out and about with people you're extroverted you're outgoing for that moment that day or just in general I call it love So love is your happiness shared right And and and so that's one way to think about it is that I love that I love that love is your happiness shared Yeah Are you struggling to cope with your breakup or divorce Are you feeling devastated Heartbroken sad and anxious If so please know that you are not alone And there is help available Sarah Davison best known as the divorce coach and her team of accredited coaches are here to offer you the support and guidance You need to navigate all areas of your breakup take back your control and start feeling happy again Sarah will show you how to dial down those controlling negative emotions unhook from your ex Get back in the driving seat of your life and design a future You are excited to live Sarah has a range of solutions to support any breakup including free guides 1 to 1 coaching her heartbreak to happiness virtual retreats live retreats And you can even train to be a breakup and divorce coach with Sarah too Visit [www dot Sarah Davison dot com](http://www.SarahDavison.com) today and start to feel happy again So um and I think of happiness is just peaceful aliveness I think often we think of happiness as this saccharine superficial um excitement or pleasure can include that So it includes that um but it's deeper than that too It's a peaceful aliveness that's all pervasive that's omnipresent and that exists not only within you but as you and that's something we can talk more about But the idea there is that even with your most unhappy

thoughts and feelings there is still happiness underneath between below above and beyond that unhappy or those unhappy thoughts and feelings that happiness is the ground of your being And you know that because sometimes you can have crazy thoughts and still feel happy or you can have really happy thoughts and still feel unhappy But underneath all of that I promise is a peaceful aliveness that is always there It's like the sun that's always shining in the sky but it's sometimes sometimes veiled by clouds same thing with happiness happiness is always there shining inside of you but sometimes it's clouded or veiled by thoughts and emotions Oh I love that I really love that because I I'm a big believer of that too And and I get to the end of the interview and I ask you a question which it be an odd question for you but I'm gonna ask it anyway about happiness But the I ask all my guests the same question you see So but I think it's fascinating because most people think I'm going to be happy when I get that promotion or when I meet somebody else as soon as I'm single right now or you know when my kids leave home I'm gonna be able to then feel happy because I'll be able to focus more time on me But it's rarely now So what you're saying is that you could be happy now no matter what's going on In fact now is the only time to be happy now is the only time to be happy right Yeah There there is no other time to be happy Um Time we know is an illusion right It's a mind made Um Another way of saying that is that um now is all that all that exist OK The future is fantasy No one's ever touched the future When the future shows up it shows up as another present moment It's always the present moment just shows up as another present moment So the future is fantasy The past is history or memory only the only the present is reality right So I'll say that again So future is fantasy The past is memory or history only the present moment is reality is real right So that means that you can either be happy now or never And so while it feels like you can postpone the happiness until tomorrow or the next day you're still gonna be left with the same tools and devices for the most part that are available to you today to be happy right So now is the only time to be happy to choose happiness And that doesn't mean you need to choose it for the rest of your life You don't you know in fact I'd argue that that's not what you want to do You don't wanna say I'm gonna choose to be happy for the rest of my life Although that's what hap happens Just choose here and now what can I do that would allow me to feel more of that ease and playfulness and joyfulness that I call happiness And at the very least if I can't do a whole lot to change the external conditions that circumstance my life this red hot minute how can I either accept what's

happening and where I am take my mind off of the painful uncomfortable unhappy circumstance conditions or focus on things that are more positively engaging absorbing and exciting or inspiring right So in other words how can I the very least not make the pain more painful How can I not add insult to injury by feeding all my unhappy thoughts and feelings Yeah Such such good advice actually because fighting those moments in my experience having had quite a few of them it makes it worse and either you're feeding in your energy into the other you know energy that you're trying whether it's somebody else or a situation you're feeding that because that's all you're focusing on it and it becomes a bigger thing right That energetically spoken like the guru that you are That is exactly right I mean you know it's true It sounds like and it is a platitude a cliché but platitudes platitudes and clichés are platitudes and clichés for a reason right So what you resist persists what you fight you feed what you fight you invite right What you focus on gross you don't wanna do that right And most of us think and feel that by thinking about everything that's going wrong in our lives will somehow make everything right Or by focusing on all the unhappy parts of ourselves or our partners or our lack in our life that somehow we'll find happiness but you simply cannot get to happiness by focusing on the unhappiest parts of yourself in your life and the world You cannot find love by focusing on the lack thereof or the love lessness that you see in the world yourself um or in other people it just does not work that way One of my favorite quotes I think you'll appreciate this one is um the law floatation wasn't discovered by contemplating the sinking of things In other words happiness will not be discovered by thinking about the unhappiness of things Love will not be discovered by thinking about the loneliness or the loveless ness of things or people or places right So the key is to focus on happiness If you want to be happy focus on love If you wanna be loved you can't focus on the opposite and expect to ever discover what you truly want and need Yeah Oh Such powerful words I love that The flotation wasn't invented by focusing on sin And that's exactly you know what we're talking about here because we really want to survive and thrive surviving is one thing thriving is another and you talk there a little bit Love You mentioned it and that's a big word I mean you love there's many different types of love aren't there So when when you're talking about love what what what do you mean by love Robert Yeah So love is your true nature Um And the same way that happiness is your true nature Um a great way to think about it is when you fall asleep at night that moment right before you drift off into unconsciousness um which is just one way of

talking about it because we're never really fully unconscious We are conscious in itself that aside that moment right before you fall asleep where you're so tired you barely want to move your body and you're so tired You don't have many thoughts left So you forget everything and everyone in the world including yourself you forget all your fears and all your dreams and desires And for that one moment that micro moment you're so at peace you're so relaxed that it's it's blissfully alive Love that's just unreasonable It's without reason right It's illogical It has no logic to support it It's that peace the passive understanding it's the love the passive understanding it's the happiness that passes understanding that peace love and joy is as you can see not caused by anything at all It's un costs right It's not attached to any condition it's unconditional it's not dependent on any circumstance right It's not circumstantial So so all that being said that is is um your true nature and that is always bubbling within you at all times despite who you are are not surrounded by and love with and so on right So love is this thoughtless wordless faceless formless infant eternal source or ground of being that you essentially are So there's big words that just mean when you're not lost in discursive thought and you're not overthinking and you're not overanalyzing you already feel the love that you essentially are And so the challenge and opportunity in our lives is to get our stories and our thoughts out of the way so that we can feel more consistently this infinite source of love that is not only within you but is you right So it's hard to put words to it because the words often just get in the way of it Um Explanation is often um not nearly as good as experience So experience is better than sort of um the only explanation right Well I think you just blew us all away with your words there I don't I don't know about about that You know I get it It it's powerful and I I think the interesting thing for me is that love when you're talking about it is you are love Now I know a lot of people listening will be thinking I am looking for love therefore it's external So how how do I find that wrong But but you were talking about it from a very different point of view Yes So let's use a little science So when I knew when I was struggling and going through this I'd probably heard words similar to this and I didn't always connect right away Although intuitively I could feel it I could feel a hit I knew intuitively it was right But I had a hard time getting my head around it So I leaned into science at the beginning So I'll share a little science So let's think about love is happiness Let's just call it happiness And let's forget all of these myths misconceptions Um And misunderstandings we have around love like love is uh painful and love is suffering Let's just throw that out for a

minute Let's just assume that love is happy and love is joyful and love is free OK So let's talk about it in terms of happiness itself We know based on 20 decades or 20 years two decades of research out of places like University of Pennsylvania and Stanford and Harvard that the happiest people experience the best that life has to offer Ok And they're not happy because they experience the best they experience the best because they're happy first Right Right So happy people live longer 6 to 7 years longer than their unhappy counterparts Happy people get married earlier stay married longer are happier All the relationships whether they're married or not It's not about marriage It's about love Happy people are rated as more attractive than their unhappy counterparts and it's not the other way around It's not that they're more attractive first and therefore happier if they get happy and then they rate is more attractive There's something called a Duchenne smile which is a smile that you have Sarah It's so beautiful you can't fake it Ok It's genuine and it moves people moves people without trying to move people just by smiling from this deep place inside People feel more attracted to you and they see you as more attractive Also happy people make more money They make about 600 to \$700,000 more on average than their unhappy counterparts Um Over the course of their lifetime happy people experience less job burnout They also are kinder and more charitable and more generous So they donate more time and energy and blood Um but you know essentially they invest more in social causes right So happiness improves your life in all ways also And here's the real kicker happy people are easier to get along with right I mean when you're happy how easy are you to get along with You're so easy to get along Also when you're happy other people are easier for you to get along with the right So this is why happiness is happy people are are the best lovers right Happy people are lovers and happy people are the most easily lovable people right The most loving people Um and happiness is attractive literally and figuratively And so if you're really truly wanting to experience this beautiful blissful um brilliant relationship that you're after the best thing you could possibly do is find that happiness within yourself Ok And another way to talk about happiness is talk about self love right If you can find a way to love yourself and by love yourself I mean love yourself even in your aloneness you can learn to love your aloneness you'll find that your loneliness more and more slips away And all that loneliness is turned into love to self love when you're so full of self love and of happiness that you can't contain it any longer And you have to just share it and share it easily and effortlessly Enjoyably not to do anyone else a

service or a justice but just you share it because you can't contain it any longer And you're just bursting with this piece of love for self love and joy and you just release it or let it out to unburden yourself and to relieve you or to relieve yourself from this burden of the peace and self love and joy You give and share it without an expectation of reciprocity or reward without quid pro quo you do it just for joy's sake alone and it's a highly attractive energy So if you're really wanting to attract a lover or a partner much more quickly easily effortlessly and Enjoyably you're wanting to find a way to get happy as happy as humanly possible without a partner And if you could do that I promise you'll find a partner so much more quickly I love this This is great great advice I mean getting happy and finding love I think is two things that my listeners are gonna be thinking Yes this is what we want This guy is awesome So the next question is well how do we do this when you might be at some of those loads we talked about earlier where the love of your life maybe has just left you feel heartbroken You don't see that light at the end of the tunnel as much as you might want the happiness and the love How do we get to that point Robert Yeah So I'm gonna say it in two ways and I'm gonna give you four steps essentially OK So so one way to think about it is that um the only way to be happy is to look at think about consume focus on the happiest parts or aspects of everybody and everything starting with yourself for no other reason except to feel happy right And it's like critical OK It's it's so simple and I laugh at myself sometimes I'm like that's not that good but it actually to apply it is everything right So look for any reason to feel good Look for any reason to be happy think about and talk about only the happiest parts and aspects of everything and everybody including and starting with yourself Another way of saying the same thing Some folks are more love oriented than happiness oriented So I would say the same thing replacing the word happiness with love and saying look for things to love And so everywhere you look every time you talk or think to anyone about anyone but yourself think about and talk about only those things those parts those aspects of everybody and everything that you love You're starting with including yourself and do it only to feel good Right So that's that's a really interesting point And my retreat I get people to my my delegates to write down the things that they're good at that they love about themselves And this is the bit they really struggle with because I think it's hard sometimes to be kind to yourself like sometimes this sort of self care is interpreted as selfish to a lot of people who have sacrificed a lot in relationships Oh Sarah I mean I think that um we are soul siblings here because I have I I've um you give me

shivers and I have this test as a sole shiver test Any time I get these shivers it lets me know I'm just uh with someone about something Um and I felt that way the entire time we've been connected and I'll say this Um You're right Um So Michael Jordan great basketball player once said um it takes an incredibly selfish person to be unselfish I couldn't agree more that you have to be authentically selfish in beginning to be authentically selfless In the end You have to go to the source for peace love and happiness And if you do so selfishly OK so you have to get love from the source of peace love and happiness within you And when you do that you do that fully and truly you're able to give from that source selflessly perfectly and selfishly So you give without any expectation of reciprocity or reward And so what that means is you're right It's both it's both that um you know love can feel like self love can feel like a very selfish endeavor but you can only share what you have And so if you have unhappiness you will only share unhappiness if you have sickness which is what unhappiness is or loneliness which is lone with loneliness is you will only share that sickness that loneliness and that sadness with other people Other people do not need more sadness they do not need more loneliness or anxiety right And so if we want if we want to truly be helpful to the world and to others we want to remember that our self love is our gift to the world Our happiness is our gift to the world And so we've got to go to the source for the happiness and peace and love that we want in order to share it fully and freely right So it's like being rich it's hard to really truly give from a place of unselfishness If you don't have a whole lot of money because you are attached to it you're freaked out you need the money back Understandably So we've all been there and when you're perfectly or infinitely wealthy you just give who cares It's like there's always more where that comes from What do you need 10,000,100 million It's good You know and you don't do it for any other reason Not even you don't even do it for them You do it again from a selfish place where it's like it feels so good to just hand out you know \$100 bills everywhere you go it feels so good to just hand out compliments and connect with people It feels so good to you So when you're giving is the gift itself you're giving is the reward itself You experience that first you don't even wait around for someone to say thank you Who cares if they say thank you I benefited first and foremost by being loving by being unselfish by giving away what I had in excess or what I had in infinite fashion No Absolutely And that's something I'm always encouraging my listeners and my clients to do because contribution is I think the most fulfilling thing And actually when I got divorced and my first

Christmas without my son which was just to me the worst thing ever at that point that I thought right I'm going to go and work at a homeless shelter for Christmas So for those four days over Christmas I went along and they said no jewelry no makeup just old clothes just come on in And I was thinking oh you know I'm really going to do some good this Christmas I'm gonna help a lot of people and actually it just blew me away I got so much more from that of that experience than I ever gave and I made lifelong friends It was just the most beautiful experience And that's something I think that if you hold on to things like money when when you don't have it actually you experience lack when you give you know even when you're at your lowest like I wasn't in a great place that year but I gave and oh my goodness I came out I got a whole person and more from that experience So absolutely with you on that That's so inspiring so uplifting It's so exciting I love that you shared that I appreciate you sharing that Um There was a period in my life when I really struggled with that When I was young I was constantly trying to give from this place of um scarcity and emptiness and I didn't know it but I had this expectation I always gave with strings attached I didn't know it Um I wouldn't say anything to the other person but I'd say jeez they didn't even say thank you or they didn't seem very grateful or they never get to give me back that money or that book or whatever And I would it would make me worse and I feel worse and worse for it And then I realized that there was two pieces to it Um And the first piece was a mindset thing right Like I was trying to give but I hadn't really shifted my mindset around it And so I was still actually only giving to get that's selfish when I gave simply for the joy of giving You know I was I fell in love with loving I fell in love with giving for its own sake You know I realized that a mindset shift had taken place a perceptual shift had taken place And of course the miracles they call that a miracle right When there's a shift in perception and that made all the difference And this is why you see the studies to your point Sarah that say over and over again happy people give more but also people who give more are happier So we call it an upward positive feedback loop It's called a virtuous cycle But essentially the better you feel the better you do and the better you do the better you feel And that goes for not just giving and charities and things of that nature but also work performance relationships money all night Yeah Gosh it's just so true This is fantastic Thank you so much for sharing this because it's just I mean it's so resonating with me but I know a lot of my listeners will be getting so so much out of this So one of the things you touched on there at that point as well was that talking nicely

about people and finding things you love Now I know I can hear their voice is now I'm supposed to say nice things about my ex after what they've done to me What what would you say to that Robert Yeah So a couple of things um start where it's easy Um you don't have to torture yourself on the way to happiness Please don't please don't let the path of least resistance I'm all about lazy intelligence Like let's not make hard work of happiness Let's not work hard work of relaxation Let's not make hard work of love Let's take an easier more enjoyable path of ease Ok So start with the low hanging fruit So don't start with the ex don't start with the family Ok Maybe start with a stranger Maybe start with the Children maybe start with the puppies or the kittens you know start with where it's easy So if you find it difficult to find something to appreciate about someone in your life focus on someone else Focus on anything else You don't even have to focus on people right You can focus on animals You don't have to focus on animals You can focus on trees You don't have to focus on anything living You can focus on something that's material in your life It's all good Any reason is a good reason to feel good period Star War it's easy and I promise that if you keep that up for long enough and you'll keep it up if you enjoy it If you force yourself to do it You're not gonna keep it up and therefore you're not gonna get the benefit So do it because it's fun Start where it's easy Continue that in about 22 to 66 days you'll rewire your brain to do it automatically That's the whole science of neuroplasticity We know we literally rewire the brain when we stay consistent with a new habit Ok Eventually I promise you'll one day look back at the ok Or the current partner or any number of people being in laws and you'll start to see without any effort why or what within them makes you feel good What you can appreciate about them For me for instance a good example is I have never dated anything but really beautiful brilliant and wonderful women OK That's not a testament to me that is a testament to them And I have not had always the easiest relationships in my life Obvious That's why I'm here to you know it's like I've only learned mostly through quote unquote failure which I call feedback But every single woman I've ever dated every single person I've ever met Um has been a personal trainer for my soul is one way to put it They've been a personal trainer for unconditional happiness for unconditional love for unconditional self love and for unconditional peace and without those folks um in my life I would not be where I am today And so I'm deeply truly fully grateful for each and every experience I've had especially in including the most difficult ones and the most difficult people Yeah Absolutely And actually that's interesting

because you know my when I train my coaches to become break up and divorce coaches quite often in those sessions they go So this information is really good stuff And I'm going yeah everyone can we just say thank you to my ex for putting me through that because I wouldn't be able to share it with you about it And they laugh But then they can say ok well maybe we can do this with ours because actually as you say those learnings make us stronger and without those experiences is we wouldn't feel the low to be able to feel the highest either So it definitely makes us more resilient I think And I think sometimes when you when you've been to hell and back you kind of think well if I can get through that I can get through anything and if you've got the attitude to life it does open a lot more doors and enables you to to feel happy because who cares what's around the corner You know you can survive it right You just nailed it and that's the entire that entire field or science of adversity And you know we know that adversity causes us to stop slow down and rep prioritize what's truly important in our lives First and foremost Second it weeds out bad relationships Third it strengthens the strong relationships Fourth it's through the experience of it's you often need to experience what you're not in order to remember who you truly are what you truly want and like right So it's a values clarification exercise That's the first thing So the first part of it the other part of it is that you know everything and everybody in your life and the world in general is not designed to make you happy It's important to remember ok that it's designed to make you aware to make you conscious ok But the more aware and conscious you become the happier you become and the happier you become the more conscious you become so everything and everybody in the world is really doing you a greater service and justice than you realize Most of us want the people and things in our lives to deliver happiness But they do something great that they remind you that they're really unreliable sources of happiness And so they put you back to yourself and say if you want to be happy if you want to be in love if you want to feel peace that's within you Not me My job here out there here in the world even despite my best effort is to disappoint you and disappoint you as quickly as humanly possible So you remember your own creative power you know but we we we miss that We see the closed door and we get so focused on the closed door We forget that the lesson is Sarah Robert whoever you are out there you're a powerful creator and manifesto you already have and are everything you're searching for within everyone else and everything else in the world And if you just stop doing that if you start stop seeking outside of yourself and look deep inside I promise you not

only have what you're looking for but you have an infinite abundance you know you have an infinite portion of it And so that's an important thing to remember because if you don't you'll blame people and circumstances for how you feel and and you're blaming them you disempower yourself to do anything about it to make any changes around it right Um We can't let conditions and circumstances or other people dictate how we think and feel If we do we render ourselves powerless to think and feel and even do better Oh wow I love that I'm just letting it sink in here I mean I'm with you on that Like don't give your power away to other people take your power back and when you have your power back you can shine your light I was talking all the time to my coaches that you've got to shine your light shine your light as bright as you can And sometimes things happen in life which might dull it or even blow it out for a time But it's our job to focus on lighting our own light and then we shine that forward and then we attract the goodness to us But it but it's a it's a manifestation It's not a you know trying to grab something or focus on or force something like you said earlier It should flow It should come naturally when you start to force things That's the resistance and that's where the unhappiness comes in Oh I love this so much You know that's what enlightenment means It means letting that light shine forth right Enlightenment It's lightening up It's also letting go of what doesn't let you stay light in life right Like say that you know remain a light in light but also stay light that burns you right It's letting go of all that So you're absolutely right about that The other thing I just want to highlight because it's so powerful and profound What you said I just love it It's that we are literally made of stardust Like the bodies are literally made of stardust you know and so it's important to remember that like you're literally a star each one of us is a star and each one of us is nothing really but light And if you spend most of your life focusing on the darkness within and around you you'll just find more and more darkness Um The key and opportunity in life is to focus on the light both within yourself and others And even if there's just a tiny little sparkle or candle flicker of that light if you can focus obsessively on that light you'll be surprised you'll begin to catch other things on fire Right That's how we catch the world on fire and catch each other on fire So just focus on the light no matter how small it is let that become almost your myopic focus and I promise you that light will begin to sort of spread um to other people and other things And before you know it your whole life will be lit up Oh I love it I love it And actually it can be quite fun with your ex even if they're being difficult to shine your light really bright in front of them because their

reaction even though this is all energetic it just blows my mind every time and and it makes me laugh and it makes me happy in a in a way that I'm just doing the best I can you know doing the right thing shining my light whatever's going on over there You know I always talk about Teflon suit zip up your Teflon suit but shine your light That's the most important thing And with difficult s it is quite a fun going to entertain because instead of being spiteful or getting down to their energy or just giving you know bright light and energy and actually watching them I I'd be interested to see what you think on that Robert but obviously usually quite amusing to watch Oh I love that I just want to give you a huge hug just for even sharing that and saying that I couldn't agree with you more Look And that's one of the greatest tests ever The fact that you can even say that and say it with so much authenticity for me is really encouraging and super inspiring It's true Access can be difficult I mean people can be difficult People are gonna remain people that's important to remember right And you don't want to resist resistance You want to defend against people that are defensive You wanna be careful of that You know sometimes we uh wanna fight unconsciousness but fighting unconsciousness is unconsciousness right Like fighting ignorance is is ignorance And you have to remember sometimes people are too ignorant to know they're ignorant they're too unconscious to know they're unconscious It's like being too drunk to know you're drunk You try to reason with a drunk person I like remembering that sometimes you know you have the act of someone else just remember they're drunk they're drunk on unconsciousness they might be drunk on ignorance they're drunk on all kinds of things Ego right And so you don't try to argue with a drunk person you laugh or you joke or you're you're focused somewhere else you go for a walk you make an excuse to go to the convenience store whatever you need to do to refind or to rediscover or reenter yourself on that light and that peaceful liveness within you that's always there of God Call it God if you want um is helpful And so you know you're right it's critical and important to not let anybody or anything in life dim your light or dim it for too long Um You came into this world to be a light you will remain a light and we need your light Yeah And we all control how we respond to things and and what we do with that our reactions are absolutely important OK I know I've taken you way off So you started with 1.1 of your four steps So how do you tap back into that Happiness and love So carry on Yeah So good memory boy you've got a great memory So um let's see So first step actually I would say come before that one So we'll call the one we just shared around focusing on the best in

life and other people and within yourself simply to feel good We'll call that step two step one For those folks who struggle with step two and I get it because I struggled for a long time is to start with an even even lower hanging fruit which is to focus on or identify four main buckets in your life Happiness islands OK Or you can call them love islands But those are activities that allow you to feel happy inspired excited to be alive with very little time energy effort Ok So just identify those activities It might be listening to music it be a special friend friend it might be going to the beach it might be reading certain books Happiness Islands or Love Islands Also identify your happiness deserts or love deserts Those are basically places activities um things that make you feel drained or you don't feel very happy where you feel um maybe average in terms of emotion no matter how hard you try or how much much time energy effort you put in If you're identifying these deserts or valleys on one hand and these islands on the other um you know you can also identify what I call your success line Success um valleys Success Islands are things that just make um that you're very good at sort of effortlessly and easily Um Success values are things that success value are things that no matter how hard you try you're not very good at You really want to spend your life on the overlapping islands So those things you really enjoy or really love that make you feel happy And those things that you're extraordinarily gifted at that overlap right there that's how you stay in a flow state flow state is like the vortex It's like the zone when you're like tapped into and of the flow state you're just so happily and positively engaged Absorbed and consumed with what you're doing and who you're with that you lose track of time and you lose track of yourself You're not self conscious anymore And in that state you're 500 to 1000% more productive creative efficient effective um and joyful OK So that's probably step one just really focus on the islands but make sure you're trying to eliminate a reverse engineer out of your life all the deserts and valleys Um Step one step two was what we talked about before Another way to talk about Step two is just to tell a better Philly story about everything and everybody in your life based in truth right So it has to be based in truth If it's a snow job or it feels like you're making it up that's not so great So a good example let's say it's raining outside Most of us will say oh it's a bad day Maybe it's a bad day unless you love rain and you say it's a bad day Is that true It's like there's a what's the truthful better feeling story Well the truthful better feeling story is I know the sun the sun will come up tomorrow or the day after when it rains It sure makes me appreciate the sunny weather that much more I do love the rain

because it does sort of nourish all of the plant life and the plant life is so great to prevent erosion and all these things but you find a way to think about this experience so that you feel better as a result of doing so ok you want to do that with everything if you have an empty bank account instead of saying you're broke Ok I get that You could also say it's only up from here That's true You have \$0 only up from here Right Because whichever way you look at it does it it doesn't change the fact of the situation that it's raining or there's no money in your bank account But what it does is it increases your ability to maybe what feel better which then puts you in a better position to do something about that Right Oh my gosh Boom Right And that's actually true It does both that you're right It puts you in a much better much more creative problem solving mindset You're much better equipped to solve your problems or do something about them when you're feeling better emotionally we know that that's why when you're depressed you just wanna lay in bed you don't wanna do anything even things you're genuinely interested in sex and spending money whatever it is you don't do any of it You're done you just wanna lay there you know even that you don't want to do So you're right about that The other piece of it is of course it's highly attractive and magnetic Right The better you feel the better people feel around you right So there's that um the third piece is really just a version of the third one first one which is just identifying those people that make you or allow you to feel happiest in the easiest possible fashion or feel most loved or loving in the easiest um fashion spend more time with those people and do what you can to spend less time with the energy of the empires the people that don't make you feel so happy or loved or loving The fourth step is probably what I'd argue is the most direct path to peace love and happiness You could possibly imagine and you can't imagine it because it's all about not thinking So the first three steps the first step is really an action journey step The second step is really about uh sort of a mental or emotional journey step Uh The third one is really about people to people step This fourth one is not about action It's a state of non action It's not about people it's about presence and it's not about thought It's about no thought It's about changing your mind or your heart It's about going to that place where there is no mind and all there is is love OK And so this is simply about letting go of all of your thoughts as consistently and non judgment non judgmentally as humanly possible as frequently as possible right So an easy way to do it is to practice breathing from the stomach And there's a specific practice I use called micro meditation A micro meditation is one breath So if you ever take a meditation class and you've ever felt like me

and you thought you were having a panic attack I once went to this meditation class and it was like 30 of the most beautiful women It was like they were all Sarahs like well not really There's only one Sarah but there was like you know a fraction of that but there were 30 of them in the class and they were all expert meditators It seemed and I just simply um was not able to meditate even for a second I was just having like a panic attack So I realized 30 minutes was too long Five minutes was probably too long but I could do one breath So with the micro meditation all you do is you pretend like this breath this moment is the last breath and moment you'll ever have on this planet And so you wanna be sincere about that and you wanna recognize that's true This may be your last moment We don't know that we might have 100 years left Hopefully hopefully we have 1000 years left but we might also have five minutes left or five seconds left And so you want to treat this one single now moment as though it really mattered as though it was all important because it is And so for this one moment you pretend like it's the last moment that you'll ever have and you simply do everything you can to juice this one breath this one moment for as much joy and happiness you can possibly get out of it and you can best juice or milk this moment for as much joy as you can possibly get by letting all your thoughts go breathing through the nose that your stomach expand more than it normally would breathe out of the mouth and that your stomach contract or flatten out more than it normally would and do it just for joy's sake alone Really try to just enjoy it Don't try to get good at it That's the one way to not get good at it Try to enjoy it That's the one way to get good at it really fast If you could just practice that as frequently as you can remember throughout the day no matter what else you're doing I promise you'd rewire your brain for the happiness and the self love that you're ultimately after Well you're definitely talking my language with the warm breath I'm one of those people that tries to meditate and then I'm panicking and beating myself up that I'm not doing it right because I've got all these thoughts I'm not supposed to have So I'm focusing on getting rid of the thought But the fact that I'm thinking that is there is a thought and it just yeah So this is brilliant I love it Simple and easy which is what you need when you're overwhelmed and in a in a tough situation Perfect Wow Well I mean I could talk to you for weeks because there's just so much good information that you're sharing with us So thank you so much Tell us where people can find you Robert If people wanna come and get some coaching with you or follow you where can they go Yeah Um First I want to thank you for saying that I I receive that and I fully reflect that

back I believe a large reason I was so suicidal at such a young age is because I wasn't able to have these conversations or listen to this conversation or have access to them So you're doing such an incredible service for me and for people like me in the world So thank you for that Truly not just for what you do but for you are Um So I'm so honored to be a part of this conversation Um Second if folks wanna find you're welcome folks wanna find me online you can at coach Rob mack dot com That's my website You can also find me on all social media platforms most notably Instagram at Rob Mac M AC K official and you can find both my books happiness from the inside out and love from the inside out everywhere Great books are sold including Amazon Barnes and Noble Target Banion books uh and pretty much everywhere else Brilliant I've got them both on Kindle and I recommend them to everybody Uh Brilliant So my last question that I said I was gonna ask you So my podcast as you know is called a Heartbreak to Happiness And I think it's really important to know what happiness is for you So you can tap into it along the way when you're having one of those tougher moments as we talked about earlier So Robert what is happiness for you Yeah it's silence and stillness It's the silence and stillness that I sometimes also call God So it's also felt oneness with life So we don't have a life We are life don't have a life We are life right Um So we are one with life when you feel that oneness with life that we can and you can feel into your body that life energy that pulsating vibrating energy in your hands right now It's in your feet it's in your body quote unquote That is life You are one with that You are that when you feel into that that's love you're always feeling into it but you're not always aware of it So love and happiness essentially our life which I call God It's life felt it's God felt it's life embraced it's God embraced not the condition and the circumstances of your life I'm talking about a life that nonphysical energy So it sounds very abstract but you can best experience it in stillness and silence Practicing the presence of God is a great way of talking about it meditation prayer These are all ways of talking about this same exact experience which is kind of a non experience It's just the awareness that you exist At first it feels like nothing but the more you practice just noticing when I'm alive full stop you don't notice what you are You notice that you are that just notice that over and over again It feels like nothing I promise It feels so paltry and stupid But you continue to practice that all day Every day you start to feel this love bubble up to the surface That's true love And when you feel that you have everything you're looking for in a partner or a lover in a relationship and you find that you attract the

partner the lover and the relationship if that you're wanting Oh so incredible Your words are so profound and really resonate and I know that you'll have helped so many people listening to this today So thank you Robert for your time Thank you for being a fabulous guest Thanks so much for having me I'm so honored to be a part of the conversation and I'm so excited to continue the conversation and uh friendship Thank you Oh thank you That's it for today's episode Do head on over to coach Rob Mack dot com to find out all about Rob and the work he's doing And I look forward to you joining me on my next that's it for today's episode of Heartbreak to Happy That's it for today's show Subscribe and leave a review to win a free ticket to one of Zara's virtual you to win a free ticket to treat virtual rich combination of a webinar at combination coupled with five on Zara coupled with to help better with your break program Start feeling happy hope better with your break More detail Start get on over to heartbreak on over to you can also get where you can also get a copy and join us again on the next episode find other join us again on the next episode for another dose of heartbreak to happiness on our next episode