

## Life, Love, and Loneliness with Rob Mack

Hey guys how are you So happy to connect today So I'm Robert Mack I'm gonna talk a little bit today about love and about loneliness and dating relationships as well But relationships of all kind um of course relationships that we have with others but also the relationship that we have with ourselves right And so today I'm gonna start 1st 1st by just sort of introducing me and sort of why this is a topic of interest to me personally and professionally Um As you may know I'm a positive psychology expert I'm an author and I'm an executive coach Um and I got into this work the hard way I think I've learned most things the hard way my entire life I got into the space of positive psychology which is the science really of well-being It's the science of what makes life worth living I uh found positive psychology which is a master's program at the University of Pennsylvania after a very long life of being deeply truly miserable unhappy and deeply lonely Um I grew up in an incredible family I had um great health I did pretty well academically and athletically But over a period of time I became increasingly depressed and I remember being depressed as long as I remember being alive quite frankly maybe six or seven years of age And I always thought I would grow out of that depression It did not happen I did not grow out of that depression certainly not right away And that sense of depression and self loathing and self hate that I had when I was probably six or seven years old only got worse as I got older And as I seemed to do better academically athletically I always felt deeply alone Um more than that I felt truly lonely I felt that no one understood me They certainly couldn't or wouldn't be able to understand my loneliness and my depression And it eventually led me to a place where I seriously contemplated and then decided that I would kill myself And so I remember researching the means and methods to do that I didn't have access to a lot of means and methods I didn't have a gun I didn't wanna throw myself off a bridge and there were some means and methods that I did have access to but they felt really violent and I didn't uh care for the violence I just wanted it to end You know I just wanted the loneliness to end I wanted the depression to end I wanted the suicidal ideation to end you know and at that point I was experiencing the suicidal sidal idea and really wishing that I had never been born more I was thinking about that and feeling that more than I was thinking about or feeling anything else ever So no matter what I was up to whether it was hanging out with somebody or whether it was working or whether it was working out I ultimately felt like it was all pointless and I

would never really feel connected to anyone uh in the world So in any case I had a moment and I went to the kitchen decided to get a kitchen knife I rammed it to my wrist mostly because I was concerned about the pain as much as you may want to kill yourself At the end of the day The point is to not experience more pain it's the end of pain And so in any case um I had a very strange and unexpected and unpredictable experience at that moment when I suddenly for no good reason despite things on the inside or I should say things on the outside not changing everything on the inside seemed to change in that moment because I felt for the first time in my life deeply truly at peace I felt happy happy to be alive And I felt a sense of well-being and bliss wash over me That was inexplicable and ineffable I couldn't put words to it really And I didn't understand it a whole lot I understood enough to know that I should probably postpone this suicide thing though that if I could look into what that experience was that allowed me to feel differently despite my life not changing in terms of the objective conditions circumstances of my life that maybe this suicide thing didn't need um I didn't need to execute against that Maybe I could find a better way and maybe I could even live happily Now That was a very tall ambitious idea at the time And quite frankly I only committed to about an hour of not killing myself And uh even that I wasn't fully committed to maybe honestly it was probably about I don't know I said I'd do five minutes of research you know And so in that period of time however I started finding and discovering lots and lots of fantastic data and science that let me know first and foremost that I wasn't alone And as I continued to dig uh dig and dive deeper into the research I read a lot of stories about a lot of people that had felt exactly the way I had felt in terms of being lonely and isolated feeling misunderstood or not understood at all deeply depressed you know beyond dysphoria and who would even contemplated and maybe like me gone further and done something around the suicide right or something to complete or execute against the suicide So in any case that was about it was over two decades ago and the entire time all I really did was research and apply everything humanly possible to solve for loneliness and depression and to become essentially a happy person And I learned a lot uh a lot of the things that I tried did not work so well Lots of the things that I tried worked really well It was always two steps forward and it felt like 20 steps back I experienced or continued to experience a suicidal ideation for quite frankly at least a few years after I had that sort of suicidal moment And I would say that in time however I experienced less and less of it and especially as I started to zone in or dial in on specific practices that

really worked for me I discovered that I was having fewer suicidal thoughts and when they would occur a surface they would sort of stay or visit for a shorter period of time and it would be less intense And then I remember eventually getting to a place where I realized I hadn't thought about suicide or I felt that I wanted to kill myself for at least a full full day straight And then next thing I know it was a week you know and then before I now that I look back it's probably you know it's two decades right And so today I wanna talk a little bit about that but more importantly I want to talk to you guys about what matters most to you and I think it's love right I think we're all looking for love We're looking for love everywhere and within everybody and we're looking for love Probably most of us in lots of the wrong places and lots of the wrong people Right And that's the challenge and the opportunity I think for most of us is that there's a very real but erroneous and flawed premise that what we seek and what we need and what we want is within somebody else and is at some other place or in at some other time that it's somehow outside of us right And so I wanna sort of debunk that first I'm gonna start with just a little bit of research because I know for me the research helps a great deal when I was going through my very depressed and lonely uh sort of experiences I uh found solace in science right Uh Eventually I came around to appreciating a lot of the spiritual stuff and a lot of the religious stuff and poets and philosophers and all that good stuff But it was the science that really helped me trust and have faith that there were answers that existed out there in the world and that people were applying them and using them right So the first thing I wanna say to you is this is that what we found through this Ivy League science of positive psychology is that if you're looking for a key to finding love right Let's just talk about in traditional ways You want a relationship maybe you want a romantic relationship maybe you want many romantic relationships maybe you want friendships right You want to get along with people better or you wanna have people enjoy your company more or invite you out to more events or just contact you more The one thing that we know for sure without question after decades of research is that happiness is a master key to attracting more people and to enjoying more people and having more people enjoy us happiness Now that sounds like in some ways probably such a cliché but it's true that happiness is attractive like literally attractive and figuratively attractive And so what I mean by that Well first and foremost happy people are rated as more attractive than unhappy people Now here's how they determined that they they've done studies they've taken the two pictures of

the same person right They've taken one picture the person is smiling an authentic smile we call that a douche smile You can't fake it In the other picture the person is frowning or they're just looking very blank maybe at the screen And everybody who looks at those two pictures for the most part says my goodness the one where they're smiling well that they're definitely more attractive you know they're more And so we know that happiness is attractive in that way beyond that right beyond that We also know that happy people as opposed to unhappy people get married earlier stay married longer and are happier in all the relationships whether they're married or not Right So happiness again is attractive literally attractive And so the challenge then and the opportunity becomes well if I wanna be in a loving relationship and I wanna be in a happy relationship I've gotta find a way to be happy alone first Right I've gotta find a way to be happy without a partner to attract a happy partner Right So so I'll say that again I gotta find a way to be happy without a partner in order to attract a happy partner Now lots of us can attract a lot of partners We've attracted a lot of people but if they're not happy people they're gonna make our problems even more problematic right They're only going to add to our problems They're only gonna multiply the problems that we already have Like it's difficult enough we don't need additional problems that unhappy people add to our lives right We can be unhappy alone right So the challenge then the opportunity is how can we be happy alone so that we can be happy together with someone right So it's a lone that we're that we're literally coming around to understanding and realizing we must find a way to enjoy right So the question is how can we enjoy our own company more so that somebody else can enjoy our company Because if we can't enjoy our company how can we ask anybody else in the whole world to enjoy what we can't enjoy if you can't love your own company How can you ask someone else to do what you're not willing to do or what you haven't done Right And so in order to be happy together we've got to find a way to be happy alone Right So a happy person is a happy person is a is a person who's happy even when especially when they're left alone with nothing but their own thoughts to keep them company right And so it's a question of how do we increasingly come around to enjoying our aloneness so that we're prepared for being happy together with someone else right And so here's where I want to make a little delineation here So lots of us experience loneliness over the course of our lives We know that loneliness is actually a it's a public health epidemic right It's become that serious And this whole Coronavirus COVID thing has made lonely loneliness a much more pressing issue than it was even

previously right So just prior to the pandemic we had about 30% of people that felt somewhat lonely or chronically lonely over time There's essentially two kinds of loneliness There's chronic loneliness where you consistently feel lonely but there's also situational loneliness right We've just broken up with somebody you just lost a loved one maybe you just moved or you just lost a job But situational loneliness chronic loneliness there are some differences But at the end of the day loneliness is loneliness right And it feels the same the DM DS M uh uh five right The uh di diagnostic um manual essentially for mental health and mental awareness right Doesn't have a designation for loneliness but it does have a designation for something that's called um social isolation right Social isolation is a is objective isolation So it means essentially being alone You don't have that many social connections or whatnot But the interesting thing is is that loneliness is really the subject subjective experience of that social isolation right And so by subjective we mean that you can be alone but not feel lonely right You can be and feel lonely but not be alone So we've all felt lonely sometimes in a crowd And then there are other moments where we feel not alone but we're perfectly lo uh but I mean not lonely but we're very much alone right And so aloneness and loneliness are two entirely different things Yes there is a correlation somewhat But for the most part loneliness and aloneness are different things right So we know we can be lonely in the crowd and we can also feel loved all by ourselves And so really at the end of the day as much as we want to sort of project our loneliness and our sadness or depression on something or somebody else that's really never the case The case is that we're having trouble just relating with ourselves right And the better we relate with ourselves the better we can relate with other people So this is how big of a problem loneliness is in the world um to loneliness the subjective experience of social isolation Right Again remember it's it's inside um this social um isolation subjective experience of that which we call loneliness um is has the deleterious or detrimental effect on your health that smoking 15 cigarettes a day does right So loneliness the experience of loneliness is associated with an increased anxiety depression heart disease uh dementia cognitive decline obesity In fact loneliness is such a serious and detrimental experiencing condition that it increases the odds of dying by 30% right It's that it's that intense and it's so important in fact that the UK has now a minister of loneliness that they've assigned or appointed right They have a minister of Loneliness and so they're taking it that seriously So let's talk about this for a second And I'm gonna try and keep this as simple

and as picky as punchy as possible At the end of the day loneliness is a number of things but I'm gonna make a very strong case for loneliness simply being lonely thoughts It's just lonely thoughts Ok Loneliness is lonely thoughts a feeling or experience of loveless is simply at the very core or root of it it's thoughts of loneliness or thoughts of love lessness right So loveless is loveless thoughts loneliness is lonely thoughts unhappiness essentially is unhappy thoughts right We'll go beyond this But I just want to start there right So the challenge and the opportunity then is how can we learn to embrace our aloneness You know Of course that doesn't mean that for a second we don't reach out to other people that we don't connect with people when we can But how can we enjoy our lones and embrace it so that we can love ourselves and our company so much that all that's really left of this loneliness is pure love right And I would argue that the first step really is coming to understand that the loneliness as much as it seems like it's something about the world or it's something about other people It's really something about us right And it's our lack of practice in terms of discipline in our mind right At the end of the day we feel lonely or we feel unhappy in a chronic way just because we've practiced thinking in lonely ways We've practiced thinking in the happy ways And so it's often um an undisciplined mind that leads to these states that are uncomfortable or unhappy There's something built into the brain and you might already be aware of this called the negativity bias right And it's there for a good reason the negativity bias essentially is that defining discovery that the problem will mostly get your attention The problems in the world and your brain works very much like the captain of a ship Its entire job is to solve problems That's what it does it does it extraordinarily well Ok But what that means is when you only have a hammer everything looks like a nail right When you only have a brain or a mind everything looks like a problem to be solved OK So the mind intentionally and almost exclusively goes searching for problems to solve right And so it's got this negativity bias built in where it's always seeking and searching for problems to solve It works like the captain of a ship the captain of a ship looks out into the horizon and scans for problems until it finds one to solve and then it works on solving it right now because we have this negativity bias in the brain It takes us some effort and practice to begin to reframe our lives ourselves and the way that we experience life so that it's an increasingly positive and happy and love Field experience of life Science has found or class research has found that if you can practice thinking ok And connecting with people and living your life in ways that are increasingly

positive that if you can keep it up for 66 days you literally begin to rewire your brain for an experience that is more loving that is more positive That is happier That is more peaceful And it leads to an experience where that's increasingly effortless Right So in the beginning it's effortful but that effort leads to it becoming effortless right And so everything is hard in the beginning till it gets easy right It was hard to walk At first if you remember just crawling around as a baby If I don't remember I barely you know don't really remember I just remember seeing pictures But over practice you eventually learn to walk and then before you know it you're doing more than that you're running and then you're sprinting right And so the challenge and the opportunity is that in the beginning it's a little difficult So let's break this down a little So I'm gonna say it and summarize it in a way that makes the most sense for me And that is at the end of the day happiness is the master key to love OK And the key to happiness is presence You can also call it self love A lot of these words really are synonymous OK Love always starts with self love and there's no way of getting around that right So if you try and do like I've done and you go out into the world and you try to love people or you try to get people to love you and you genuinely don't love yourself you find that you don't believe them you don't trust them How could they possibly love you you know yourself better than them You're ugly or you're not very smart or you're not very accomplished or you're overweight or you're underweight or whatever the case may be And so you can't receive love right You're literally don't feel lovable love able meaning you can't receive it but you also can't give it because when you give it there's always an expectation of reciprocity right So you give it with strings attached and in my experience and how I feel deeply on the inside is that it's not love If it comes with an Expecta expectation of reciprocity or reward right That is not love I just call that a bargain That's a negotiation you know that's a business affair right That's politics that's politics So if we're wanting to both give love and receive love in a way that feels purely good for us and good for the other person it's gonna be without expectations right Since it's freely given and freely received right Without an expectation of reciprocity If it's not free it's not love right If it's not freedom it's not love it might be lust it might be entertainment it might be distraction it might be a number of things but it's a needy desperate pseudo love right I'd call it false love young young the psychologists call it probably you know pseudo love And so happiness is the master key to love presence or self love We call it the same thing And I'll explain why is the master key to happiness What is what is happiness

essentially in the beginning of our journey OK Most of us find it or feel that happiness really is about doing happy things right It's like ok I'll either acquire happy things desirable objects desirable people or or I'll find happy things to do I'll take the skydiving trip I'll have you know more sex I'll drink more whatever it is You think that it's happy activities and that's partly true We certainly prefer happier or more desirable activities over activities that are uncomfortable or painful right But you at some point graduate from this idea that happiness is just what you do so much more than that because you can find yourself doing things that would generally or consistently or historically brought you happiness But all of a sudden they don't anymore right It's like what happened How come I'm not enjoying this part of the way I normally do or why am I not enjoying the drinking or why am I enjoying you know this person the way I normally do So in the beginning you think it's about what you do over time you graduate to a level when you realize that happiness is not what you do it's not what you have it's not what you achieve Accomplish or acquire happiness is a state of mind right So when I wrote happiness from the inside out like 10 years ago or longer I started really that's where I was in my life It was happiness is state of mind And so I come in to practice thinking happier thoughts And so part of the challenge and opportunity here for us knowing that we want to shore up this loneliness thing or solve for this lonely thing this thing And we also want to attract more people and find or discover that more people are attracted to us We want to get along with people more easily is to begin telling a better feeling or happier story about ourselves and our lives based in truth right And so instead of it being oh my gosh I'm so alone and nobody understands me That's one that's one option And one way of saying it you could just as easily and just as truthfully say the opportunity for me to be happy is greater than it's ever been The opportunity for me to be or feel love is greater than it's ever been So when you're at your absolute worst moment in your life and you're feeling the most lonely that you've ever felt really the only place to go is up right The only place to go from there is forward And so you can either talk about it from a negative perspective and talk about the ways in which you're experiencing the worst depression or unhappiness ever or we can talk about it in terms of being the greatest opportunity for happiness and for love ever Right And it seems like such a semantic thing in the beginning and it's not easy the beginning because most of us get some kind of cheap thrill out of the pity At least it feels closer to love than just indifference Right So if we can have if if people will feel a little sad for us or a little sorry for us that

does feel better than being completely ignored right Or people finding or being indifferent towards us right And so that's the second level right So the first level is we choose to do things that make us or help us feel less less unhappy and less lonely You can call that really the identification of happiness islands or love islands I don't know if anybody saw like Love Boat back in the day or you saw Love Island where there's an island full of people and they're all wanting to essentially hook up and hopefully find love We can create this same experience for yourself by just creating a list of activities of people places things that allow you to easily and effortlessly feel more love ok Either feel more loved or just feel more loving right And so that's the happiness is what we do or happiness and love is what we do kind of experience The more you do that remember that the more you can begin to ratchet up or ramp up your happiness your subjective well being called peace your self love all synonyms the more attractive you become to everybody else in the world OK Both in terms of platonic relationships professional relationships personal relationships romantic relationships all of that OK So happiness what you do create the habits Island list the love islands list and find ways to do more of the things that are on that Habits Islands or Love Islands list OK That is the the most important place to start Um Without question because the other two parts are gonna be a little bit more nuanced OK That's the happiness is what you do Then you move into the happiness is what I think or happiness is a state of mind experience right And that's all about telling a better feeling story about everything and everybody all the time and doing it just simply to feel better right So you do it with yourself but you also do it in conversations and there are people out in the world probably people like me 20 years ago that will do everything humanly possible to get you focused back on everything that's wrong that you should be scared of that You should be fearful of you know the things that are not going well and your job part of your job is to model for them Don't tell them how to do it You model for them how to tell a better feeling ST uh better feeling story based in truth About whatever it is that you're talking about Right You wanna practice that with yourself and with the other person and the whole point is so that you feel good You're not trying to be a teacher you're not trying to get them to change I've been in the people change business for 20 years and quite frankly it can be a little underwhelming how many people really are interested in change Right Like I thought I got into the people change business I realized that's not what I do right I hold space for people and if they change great for them and if they don't great for them right So that's the second level First

level is happiness is love island Second level is beginning to tell a better feeling story based in truth about everything Now that's a bit of an art it's a science but it's a bit of an art in the beginning It might sound like this Well John thank you so much for sharing what you just shared It's so interesting I can see it that way totally And I empathize with you You know what I love most about what you said and that's where you segue into the next right More positive solution oriented theme right So they might say oh my goodness this COVID thing is so scary or I feel so alone or or don't you feel alone You say my goodness Absolutely That makes I mean that resonates with me as much as anything And what I love about that is right now in this moment I feel connected to you and I feel connected to you around this loneliness thing Isn't that interesting Isn't that interesting We could have a conversation about loneliness but somehow feel more connected as a result of that right So you find little phrases that become your catch phrases that you use with yourself and other people like what I most love or what I most love about what you said or what I'm most looking forward to right It's just something simple like people say oh my gosh this pandemic this quarantine the economic for all this And you say I'm really looking forward to all this coming to an end You know I'm really looking forward to getting back out into my life again right It doesn't feel that way So you find these little statements another little catch phrase that you can use with yourself or other people is my favorite part about that is right My favorite part about that is you just find these little catch phrases and they become almost your mantras And it's the way that you segue That conversation is something that feels better because the truth is this no matter what you want in your life money success health love kids doesn't matter what you want you only want it because you think you'll feel better for having it We're all ultimately after a feeling that's only what we're after is a feeling So no matter what you want or no matter what you think you want what you really want is an experience of happiness right We might call it love You can call it a to become anything you want But at the end of the day you're really just wanting to feel better We all want that We all share that all the whole world right So remember that that's your goal It's not just the relationship Yeah it's great If the relationship works out it's great If people see things your way it's great If you make the money and you get great help again But really is any of that worth anything If you feel crappy inside if you feel unhappy inside if you still feel lonely it's useless It's perfectly worthless Right You can feel unhappy and lonely and dissatisfied without all the hard work that goes into achieving inquiring

accomplishing things right But you could also feel perfectly satisfied content and blissful and peaceful And you could feel love also without all the hard work and the effort that most of us are accustomed to You don't have to route this love thing You don't have to route this happiness thing through other people and other things Ok In fact I would encourage you not to go straight for the source for I'm a lazy person I'm gonna tell you now nobody would call me lazy but I'm extraordinarily lazy I believe in lazy intelligence And I'm gonna go directly to the source for anything that I need I don't want to have to wait for it I'm impatient I'm gonna go straight to the source for So everything I'm sharing today is an attempt to convince you encourage you to go directly to the source for what you need no matter what you need And that source is you you're infinitely powerful you're infinitely abundant But there has to be an exponential realization around that You can only discover that if you dive deep inside right Speaking of inside and it's gonna bring us to the third piece right So the first piece create those happiness or love islands OK Those activities people places that you love that make you feel lifted make you feel alive with very little time energy or effort And that's the key You know if it takes you four days to ramp up for something that's gonna give you four minutes of pleasure Poor R I Right We don't want that ro I right We want something that's very easy and effortless almost OK So you create this love violent happens silence one quick tip do that when you're not feeling negative or depressed if you can help it right So often sometimes first thing in the morning is the best time you might find or some other people find last thing at night because they're about to go to sleep so they feel like they can put their problems aside but try to do it when you're feeling or you're at a place of emotional neutrality or above So if you're feeling some level of well-being or peace or above OK second thing telling better feeling stories based in truth pick up a couple of catch phrases maybe a mantra or two that you use with people they'll kind of come to realize and expect them from you And uh that in and of itself becomes a way of connecting with people One of the other ones that I use quite often Um but I've noticed that not not too many people have picked up on it yet which is um just simply oh I love you very much and you know and they usually know something about to come that they probably maybe don't want to hear necessarily Um but I say it in the most positive kind loving way that I can but it's usually like I love you very much and I see you shining in greater ways or I should see you experiencing more happiness than that you know or whatever It's OK So those are the first two steps doing happy things thinking happy thoughts or

doing loving things things that you love and thinking increasingly loving thoughts Third part OK And now if you really want it and you could and I have a very strong sense if you guys are you know I'm I'm um I'm Omar's uh yoga fans and everything you probably already hear at this third step So you can skip the first two And that is simply this So happiness is not what you do Love is not what you do Happiness is not what you think Love is not what you think And I mean that quite literally right So this leads to the third one which is happiness is not a state of mind It's a state of being OK And that means that you can experience this state of being that is happiness and love by thinking less not more OK Ultimately at the end of the day the greatest discovery of my life is that everything I've been doing not that it's been for not but it's been a hard way to discover the happiness and the love that I essentially and truly am right now This happiness and love that you are at first sounds like a spiritual platitude or cliché cliché It is not I promise you OK The challenge and the opportunity for most of us is to spend enough time sinking into melting into merging into surrendering into resting relaxing into your true self It's a silent still sacred spiritual self that's thoughtless and worthless faceless and formless infinite and eternal OK I just you just we can just all call it presence that presence OK Is essentially what you are It's more like life energy and it's more a feeling experience of peaceful aliveness in your body So even right now you can probably feel inside your hands inside your feet There's almost a vibration in there There's just you can feel the energy right Can you feel the energy in there So barely little pulsing right That energy is more you than anything else you can see right It's more than anything else that you can believe that energy is you and that energy believe it or not is bliss It is love and it's happiness And I said why do I say that that life force that is in you that is you that life energy has been pulsing through your entire body your entire life it has been beating your heart it has been breathing your lungs It has fueled your brain which orchestrates it all Not just that that same life force And remember you're not plugged into a wall somewhere I mean you're plugged into this universe whatever it is But we go for 70 years without really ever recharging except for taking a nap right Or eight hour nap whatever And so this life force is the same life energy that holds or hangs the earth on nothing You ever think about that You ever think about that Just think about that for a second We're sitting on a big rock This big rock is hanging midair in the sky mid air There's nothing underneath it there's nothing it's just hanging there It's been hanging there for as long as we know for billions of years it's just been hanging OK And it's just a rock

and it's a roundish rock but not really more like oblong not just that the rock is spinning OK It's spinning on its quote unquote axis OK Spinning oblong rock And while it spins and hangs in mid air it's revolving around the sun the sun by the way really hot star that we just happen to be far enough away from OK to not burn up and just close enough to to not freeze OK Think about that for a second Now whatever it is that hangs this earth on nothing that rotates it on its axis revolves it around the sun lights the sun up has the sun shine in us at just the right distance to not burn us up or freeze us That's also in your body beating your heart breathing your lungs and has your brain orchestrating it all that is more you than that you you think is you OK So that infinite eternal thoughtless worthless faceless formless life force or energy is love because all it's done its entire life Quote unquote is love you It is taking better care of you than you've taken care of you It is taking better care of everybody else on the planet Everybody else on every other planet in galaxy than anybody else has It has figured things out worked things out solve Things and set up an entire universe that not one of us or all of us together could ever begin to understand We're so far away from understanding the most basic laws of the universe It's unbelievable right This power and presence that runs your life that is your life that is you is love ok And when you spend time not thinking and you spend time comming with that presence within you that peaceful aliveness within you you experience that life force as the most loving happy peaceful energy and experience you've ever had OK And you realize that every other loving experience peaceful experience happy experience has really had in its heart this experience of your own presence your experience of your own presence All right And so this third piece in addition to doing happy things and thinking happy things or doing things that allow you to feel more love and then thinking thoughts and telling yourself stories even if they're not necessarily true in the beginning Fine But stories that allow you to feel more love The old that third piece really is where it's all at That's where you get the most bang for your buck and everything else is leading up to that point OK But doing happy things really just leads you up to a place where you finally come to the realization like oh I love this happy stuff But man at the end of the day maybe it's just the conversation that I'm loving or maybe it's just it's these other things that I can't quite call them activities right And then all that just thinking it out and trying to focus on practicing better feeling stories and more positive stories and more positive thoughts leads you to a place where you're like man even that has a level of anxiety in it Right So if you've been like me and you read

as many books you can get your hands on you have as many conversations as people as you can about love and about peace and about happiness You do sometimes get to the point where you're like this is amazing And now on one hand I'm scared about thinking something negative because I don't want to attract a negative experience right And that's not just love attraction stuff that's partly also positive psychology stuff right We know that how you feel is attractive right That's why happy people attract tend to attract more and more people but they also attract more and more opportunities So real quick is a side note for those folks who are interested in the science of happiness They also found that in order to underscore this point that happiness is attractive both in your relationships and in other areas of your life they have found that happy people make more money than unhappy people They make about 607 \$100,000 more on average over the course of their entire lifetime than the unhappy people Happy people also live longer lives 6 to 7 years longer than unhappy people Ok I already said that they get married earlier stay married longer and they're happier in all relationships than unhappy people We also know they experience less job burnout right They experience more consistent psychological flow Right That's that moment or time when you feel so down into whatever it is that you're doing that you lose track of time you lose track of yourself and you're just putting 60 points up on the scoreboard like Michael Jordan or Kobe Bryant or whoever right You can't even explain it really like it just happens right Not just that but happiness also increases the health that you do experience while you live that longer life right And so if there's a master key to success if there's a lazy shortcut a lazy intelligent shortcut to living a life of your dreams including a romantic life including friendships including a social life professional life it's happiness And so happiness is the key to success including relationship success Presence is the key to happiness the deep lasting meaningful abiding experience of peace and of happiness of love that you're wanting right Because we've all had the experience of meeting someone in our lives for instance and they're amazing and they're wonderful And then a year later or two years later or 10 years later they found somebody else or we found somebody else or Right So clearly the happiness that we're looking for the love that we're looking for is not another people And that doesn't mean they can't enhance our happiness It doesn't mean they can't enhance the love that we feel But if we're a beggar and we have no self love and we feel lonely and they're a beggar because most people are meaning they have no self love or very low levels of happiness And you get two beggars together How could

they possibly make each other better off They only make each other worse off right So I'm gonna stop there for just a second but just a real quick review because I want this really to sink in ok Happiness The heat of love presence is the key to happiness Another way of saying that love starts with self love right Self love starts with just enjoying your own company right At the end of the day whether we call it happiness we call it love it's just enjoying your own company We can complicate it at all kinds of scientific terms around it But at the end of the day you have to learn how to enjoy yourself There's no other way of getting around this right We're the one person that we can't divorce We're the one person we can't separate we're the one person we can't sue you know with the one person right So we hold all the cards and it takes two to tango and it takes two to fight It only takes one to be in love It only takes one to be happy And that one is you Right That one is me And if you can do it alone I promise you can easily do it with somebody else Right Even if they're not doing it with you And that's the beauty of this whole game is that I'm all about setting up and rigging the game so that I can win no matter what right We all want to win no matter what I don't want to take if I could not take any risk and I can win all the house's money I'm down you know and doing anything legal right But so the idea is how can I set up this game so that I win no matter what and the way you win no matter what is you make falling in love And I would argue it's rising in love right We can call it falling in love Most of us fall in love but that's where the problems begin right It's not a conscious thing We literally make the other person our source of love and we've fallen they're not our source of love they can enhance it they can enjoy us and join us on the journey But at the end of the day whether they stay or go I'm loving me right I'm gonna be happy with me That's guaranteed you know So the question and the you know but then the issue then becomes is how can I do that How can I rig the game in a way that does not depend on other people or other things outside of my control Right And you do that by really falling in love with yourself right Really rising in love with yourself You're rising in love because you're intentionally loving yourself in ways that makes its experience of love unconditional unshakable immovable infinite and eternal OK That's the entire game Anything short of that Anything that sounds like they don't understand me they don't get me they should do something different The world should look different for me to feel happy and for me to be in love is only a hurdle You're placing your own way that now you have to jump over to get to this love that you've projected into the future and into somebody else or something else right So the whole

game is no stop doing that stop putting hurdles in your own way when it comes to an experience and an enjoyment of yourself right now This self is not a body your mind and that's where it becomes a little tricky for people right Because they say how can I love myself I'm £10 overweight or I'm too small or I'm too big or I'm too light or I'm too dark or whatever it is It's all OK Fair enough right We all have this So it's not about that Right It's not we have a body but we're not a body Right We have a mind but we're not a mind Right We have a vehicle we're not our vehicle We never make that mistake You never pop out it because I know you all got Range Rovers or Bugattis whatever it is you jump out of that car You never for a second think that you're in the car not for a second You mistake yourself for the car right You might be upset if the car gets scratched but you're not like taking it personally You know sometimes we've all had hoops and you get you hate riding around in it right But at the end of the day you don't mistake yourself for the vehicle in the same way We want to come around to an understanding realization that you have a body but you're not it you have a mind but you're not it You don't have a spirit You are spirit you don't have a life you are life ok You don't have a spirit You are a spirit you don't have a life You are life that life You can feel it in your hands kind of right That's the closest thing to get to it is closer to you right Then your own hands and feet It's closer to you than your own breathing literally Ok That's where there's expressions from the Bible or other spiritual texts come from right God is nearer to you than your own hands and feet closer to you than your own breathing What does that mean The life itself the life surging through your veins right Um And so I'm gonna stop there for a second because I want to take questions There's lots of other topics we can cover Um you know just I'll put it out there for a sec There's a some very interesting work being done by John Gotman And if you are know of John Gotman but he's basically so you might be one of those people that's in a relationship now and maybe you're struggling a little and you're not getting along or whatnot He's identified what he's called um The Four Horsemen of the Apocalypse He can tell you essentially in 30 seconds whether or not your relationship will last with 99% confidence with 99% reliability right Yeah So the four factors that I'll give it to you real quick criticism contempt defensiveness and stonewalling Ok So if you've and particularly contempt so con so criticism is like you know you just feel someone's criticizing you pretty consistently and it's not just about the behavior it's not just about the behavior it's kind of about you but then it goes beyond that contempt is that but it's about your character they begin to break

down your character right So they're attacking your character that one of the four horsemen of the apocalypse predicts divorce or separation more than anything else they've ever discovered in the world Ok Which makes a lot of sense right Someone attacks who you essentially are It's probably gonna be problematic right Probably not gonna turn itself around Um so there's that one topic and the other topic is also that I get often is how to deal with difficult people or have difficult conversations right Which can be which can be challenging It's not so challenging if you don't source or route your happiness in the other person So if you can let them live and you can live if you give them their freedom and you take your own freedom take responsibility for how you feel and don't project it onto them Difficult conversations are very easy difficult people are very easy because you no longer have an investment in this sinking ship this Titanic that is them or that is their moods It's just ok You see it that way God you know God bless you have a great day you know good for you Doesn't have to be any pain around it any reactivity defensiveness So I'll stop there for a second I wanna see if there are any questions um because I wanna be helpful I only do this to be helpful Um I don't I haven't historically loved hearing myself talk It's just not me I'm not I was voted most shy in my high school class Most shy in my high school class The worst thing that can happen to a very shy person is to be pointed out or celebrated I use that word loosely for being shy It's the worst thing So in any case um I'm not here for me I really genuinely am not Um If you if you leave it up to me I would not talk at all I just sit and read a book somewhere Um But I wanna be helpful So if you guys have questions reach out there are a couple of topics I'll cover Um in addition that we've talked about so far Um But I'll keep checking the chat box here if there are any questions or you just have concerns um or you have insights Um So real quick lots of us deal with difficult people So I want to cover this topic because I know it's gonna come in useful We live in a world full of difficult people and um you know sometimes we're those difficult people and sometimes we have to have difficult conversations with somebody that we love Right And so I'm gonna give you just a real quick almost formula for how to do it Well right And so the centerpiece of having a difficult conversation or managing difficult people the first piece is being peace yourself ok It's being peace no matter what happens in that conversation you have to and you want to know and be reminded of Remi remind yourself and convinced that your peace and your power lies within you and nobody can take that away without your own consent If you give them consent by

projecting your peace and your power into them Well suddenly yeah but the peace and the power I'm talking about is inner and it's really about being able to find your happiness and your center and your balance again no matter what anybody does to you or what happens to you right That is the first place you start with difficult people and difficult conversations If you do not start there I promise it's gonna be infinitely more difficult and the rest of what I say will not be very helpful OK So remember at the end of the day you're infinitely powerful literally right OK So the second step really is listening OK And it's listening in a nonjudgmental way So when somebody is expressing their yourself the first thing we wanna do is have a knee jerk reaction get defensive and reactive don't do that Even if you feel that on the inside just breathe And I'm gonna teach you a little um micro meditation technique a little later in a little a little bit But the idea essentially is in that moment do what you can OK To not say a whole lot just breathe you know get get get get grounded And if you're sitting or standing trying to put your feet flat on the ground and just get connected OK Then the next thing is when they get to a place or a natural pause you will simply say to them you repeat back to them in their in your own words what you heard them say this is like 80% of the game and most of us don't do this Well so you simply say something like this you know All right crazy You may not call him crazy though You just call them by their name but all right I um if I heard you correctly this is what I heard you say OK And you just reflect it back without judgment exactly what you heard in your own words OK And you say did I hear you correctly And they might still be upset and that's not exactly No it's this this So they add some stuff and you and you do it again and at some point they're not gonna meet any resistance in you It is impossible to fight somebody who is not resisting you You know you don't have to show up for every fight you're invited to right So they're inviting you to a fight you have to show up right And showing up as an inner thing So you just reflect back at some point they'll say yeah that's it And this is when and where all of your power in the conversation really lies You then simply validate normalize and empathize So it would simply sounds like this boy I hear what you're saying and I can imagine how frustrated he must be or how confusing that is And if I were in your shoes if I were you I know I would feel exactly the way you do Now here's the thing about that because most people say well how can I say that with this person who's being so mean or so cruel And the truth is what I just shared is a literal truth Not a not a figurative one So it's not like just like if I was in my head but in your body or no it's if you were actually

that person if you had their upbringing their programming their conditioning their crazy thoughts their brain and their life you would be saying and doing exactly what they're doing because you'd be them you'd literally be them So all you're saying in that in that statement even though they'll hear it a little differently is if I were you literally I would be you literally OK That's like 80% of the game OK You're taking the pin you're putting the pin back in the in the in the grenade essentially OK And you'd be surprised how often people then will come around to seeing it your way without even trying they'll soften you know they start to soften at that point Now here's where it gets a little and this is kind of the end point Positive reframing OK At some point in this conversation it might not be this conversation Maybe it's the follow up conversation You're gonna want to do something that's extraordinarily subtle It's like a graduate level very artful skillful approach But what you're doing essentially is you're now doing what you did earlier which is you're reflecting back non judgmentally what you heard but you're in very soft small fairly noticeable ways you're tweaking what they say to point the entire conversation in a much more solution oriented direction or a much more positive direction right So like we did earlier when we said it could either be the loneliest moment of your life or the most oppressed moment of your life or the opportunity for happiness and love is greater now than ever That's what you're doing in this conversation You're beginning to positively frame you're leading into positive intelligence which is a real thing called PQ And you're leading to positive communication by applying this positive reframing technique but you wanna do it so they don't even notice it ok It's gonna be so subtle Go slow Most of us want to rush in and get them corrected Don't do that because that will ruin everything You just spent so much time and energy doing OK So one quick acronym for doing that Well think so before you speak and it's something you want to be practicing anyway especially with yourselves Um And that's before you speak Think what does think stand for before you speak you ask yourself can I say what I'm about to say in a way That's just as true if not more true That's the t the H is helpful How can I say exactly what I want to say right now But how can I say it in a more helpful way Right I is inspiring So part of the challenge and the beauty of all of us caring about happiness is that happiness makes you increasingly charismatic right And you can practice putting a little extra icing on that by speaking in increasingly inspiring ways we can speak in ways to talk about the fear to talk about the injustice And but we can also speak in a way from that same place of truth in ways that gets people

inspired and excited and happy to be alive And now they want to take action not for you because you've forced them or motivated them or scared them into doing it but because they feel so enthusiastic and so enlivened around what this vision is that you're sharing with them right So that's the eye the end is necessary and lots of us stumble here Brevity is key So if try not to get into the past and dredge up all the stuff they've done wrong or all the experience you've had that have gone wrong and even if they point them out try not to spend a lot of time there because that will keep you stuck in the past Focus on the past will keep you stuck in the past right Focusing on problems will make you an expert in problems right Never in solutions So only what's necessary that mostly means focus on the po the present moment and the future Focus on the behavior not the actor themselves so on the action not the actor right So the and and and focused on it in a desirable way as opposed to an undesirable way So instead of saying um you sucked so bad in the past you essentially say I'm so looking forward to it and I'm so wanting to support us in this vision that I have right For both of us right And then the K is kind which is pretty makes pretty much um I think sense for most of us OK So I'm gonna stop there for a sec and check in to see if there's any questions Um But the idea there really if you don't do any of that honestly but you just remind yourself and remember at the end of the day that nobody can make you feel anything without your own consent that it all comes down to your own consent You you won the whole game OK And everything else will happen spontaneously from that place You're like I don't need you know maybe you do yell back it's fine But at the end of the day you can find your center and your balance again All good would we care Right So um let me check in with the questions real quick Let's see Deborah says when you find yourself triggered back into previous patterns of falling for someone else and putting happiness on them any technique you recommend to bring yourself back to your self presence while still appreciating what they bring to the table Yeah So when you find yourself triggered falling for someone else and putting happiness on them yeah I'd say a number of things OK So um first of all like with most things practice when it's easy don't wait until it's hard to try to execute something you haven't practiced right We all do that It's like I'm gonna run the marathon It starts next week I'm gonna get in shit now It's like don't you know practice when it's easy right So during the day nobody's triggering you and when you're not triggered at all and you're just skipping along It's a beautiful day That's the time to practice right You practice then So practice when it's easy That's the first thing So if you

practice when it's easy it'll be easy when it's supposed to be difficult OK That's the first thing the most important technique OK Second thing is this I share a lot of information You guys are probably big readers You listen to a lot of videos you're clearly lifelong learners and students You only really need one principle of practice that you consistently apply and it will take you all the way home all the way home any one principle you don't need 1000 principles In fact I would discourage you from trying to apply too many things at once A lot of goal theory found that if you have more than two goals at any one time your likelihood to accomplish them goes down with each additional goal you add Right So if you have three goals OK So if you have one goal you're gonna probably achieve the one goal It's like I think 0.9% or something like that If you have two goals you're probably going to achieve a goal and a half If you have three goals it starts to go even further back It's like you might achieve a goal in a quarter Like so you want to stick to no more than three goals at any point in time but I would say the same thing goes for principles stick to one principle long enough that you've mastered it and then move on to the next one OK Otherwise you'll spread yourself too thin right And so um so that's the second piece I still wanna make but more back to the triggering piece So you pick one of these things I'm gonna share with you OK So I would say that the first thing is distraction OK One of the best things you could possibly do when you're feeling a lot of negative emotion and whether it's loneliness or depression or sadness no matter what it is OK is to distract yourself The Happiness Islands I talked about earlier The Love Islands I talked about earlier are so valuable because they give you something that you have recorded or documented before or you're feeling triggered that you can instantly go to and and take a little effort because you you only don't want to apply to things you most need to apply when you're feeling bad Like it's so kind of intuitive you're like I don't want to go for a walk Now now is the time for me to yell at that person but that's exactly what you need not to do You need to go for the walk right So the happiness items are love islands list you go to and you say this is one of the happiness activities that I love or one of the things that makes me feel uplifted And even though I don't think it'll work right now I'm still gonna do it right So distraction you can use the Happiness Islands list or the Love Islands list or I had a client and this client was amazing because he didn't speak any English and I didn't speak any French and he came to me and all I could understand after about two session two sessions was that he was sad and he didn't want to be sad That's all I got man And like so at some point

we talked and I just kept doing this and because I was trying to encourage him to wear a rubber band So I see this guy six months after that he runs this restaurant and he says you know all I can understand he'd say is it worked it worked no more no more sad You know And what he said essentially was that he used a pattern interrupt right So a distraction you can think of as a pattern interrupt a pattern interrupt is anything that gets your mind off of that well worn well traveled groove in your brain that sends you spiraling or that sends you falling for some or whatever he would snap the rubber band and in his head just say no and immediately change the focus of his attention Ok One way that therapists will often recommend you do that is just look in the room that you're in and start calling out objects to yourself if you're surrounded by people because they might think you're crazy But if you're alone you can do it out loud and you just stove rug floor ceiling lights laptop you know you just do about 20 items but distraction Ok It's critical Distraction is critical If you only genuinely want to feel good if you want to be happy honestly that one sole desire if you want it more than anything else would show you how to do all of this Ok So I'm not sharing anything special all that special here But the one thing I want to remind us all of is that desire will take you all the way home If you want to be happy more than you want anything else in the world you will be happy If you want peace more than you want anything else in the world you will find peace And if you want love more than anything else you will have love right There's no question about that And it's something interesting that's built into like I guess the human spirit that just leads you there in a really fast way And part of the secret for me was that this happiness thing and this getting over the loneliness thing was life and death right The suicide thing made it like in death I said I'm either gonna live as blissfully as humanly possible or I'm not gonna live I was that serious about at the time and because I was that serious I put all my heart you know blood sweat and tears into it you know and you you get good at things very quickly when it literally feels like you're either going to die or live That's what it felt like to me you know So and then so Bruce Lee would say it this way Um If you're not the man who has practiced 10,000 kicks once but the one who has practiced one kick 10,000 times right So be that guy be that woman that practices that one kick 10,000 times You'll be lethal with it right You wanna be lethal with it Ok So I hope that answers the question a little bit Um so practice when it's easy Um and then have this little list of distractions or Happiness Islands Love Islands Pick one or two that are go tos and then go to them if you can't do any of that because you're trapped

in a physical setting that you can't escape from or whatnot then just begin to find things in the room that you can love or appreciate or just notice objective things They don't have to be or carry a whole lot of meaning Right So I would say those are the most important things Um It'll get easy and easier with practice Um I promise Ok so it's always hardest in the beginning don't give up and you're gonna feel and notice that or think that it's not working that's always the trap is you're like oh this isn't working this isn't working Give it time you know like and if you don't feel like that on certain days and you just feel better off taking a nap a nap is one of the best ways to get back to a place of emotional neutrality again Right Just take take a nap like seriously All right Um See if there's anything else I hear I missed Um says thanks so much for sharing your story It's so inspiring I've been on antidepressants on and off Now I would love to finally uh leave antidepressant or be live antidepressant free What would you recommend Ok so sorry I missed that one I should have gotten into that one first Um The antidepressants Um You know it is interesting because when I was going through what I was going through in terms of depression I thought the only thing that could save me was antidepressants You know I was convinced that I had a neurological or a biological or a biochemical or neurochemical imbalance I was convinced of it I mean I'm telling you I was convinced there's nobody who was more convinced than me I was like the only thing that's gonna fix this is drugs and drugs have a great purpose and they can help us to cross this bridge that sometimes seems um uncross in our lives which is from depression Uh even suicidal ideation to a place where you can then begin to actually take action Because the challenge with depression is that you often feel a lack of motivation You think nothing will work right Remember it's learned helplessness that leads to depression right So learned helplessness is like you try to do things in your life but you're not getting the effect or the outcome you want And so you begin to give up and you begin to become hopeless right So you learn hopelessness you learn helplessness and it leads to depression So I was very lucky though I will say this I felt unlucky because I didn't want to ask for antidepressants or even go seek any professional help because I was afraid I was gonna get fired from my job And then I had to hear about it from my parents and it was a whole cycle of things You know they wouldn't have done that I'm sure But I was just so afraid of all these other repercussions And I also didn't want to didn't know that I was depressed and suicidal You know it was embarrassing uh to me on some level So I never got access And what I discovered was that thank God I

didn't because if I had I may very well have become completely addicted to them and had never discovered any maybe real happiness Who knows Maybe I would have maybe I would have had a different path But yes I can In in other words I resonate with you wanting to be antidepressant free I would strongly recommend continuing the antidepressants for now until you get a really strong recognition from a doctor right from a psychiatrist Um I would go further than that and say probably psychologist and I'm a psychiatrist and I love my psychiatrists friends but sometimes they're a little invested and you're staying on psychiatric drugs for a good reason Right So for understandable reasons I should say So that being said you want to do what you need to do around the antidepressants you know you wanna really taper off of them uh in a way that is accompanied by professional help But and most importantly all antidepressants should be accompanied at all times with cognitive behavioral therapy And I personally prefer mindfulness based cognitive behavioral therapy and if not that at least dialectical therapy right So dialectical therapy is really about um acceptance and change But and cognitive behavior therapy is mostly about reframing things but strongly strongly recommend that you do that If you have interest in that you don't need to do it that way At the very least begin applying some of the principles and topics and techniques that we discussed today like start just simply doing happier things and carve out more time for happier things Make happiness the most important thing in your life man nothing else matters Like we might literally be dead in five minutes in 50 minutes in 50 years It doesn't matter but we will be dead And this we're only here for a weekend and you wanna juice and just milk every moment you can for as much happiness and peace and love you can possibly get and don't make it depend on anybody or anything else Just take responsibility And by that I mean the ability to respond ok there's not any judgment in that there's not a moral ethical thing I want you to be selfish about it And I want you to realize and recognize that there are things that you can do And then if you keep doing them all of a sudden you wake up one day you've hit a tipping point and you're like wow like I thought seriously I could never recover from this but I just kept going even when I didn't want to so consume as much information on happiness or love with the challenges around loneliness as you possibly can There are people um you know that are much much wiser than me and spend even more time than me that have dedicated their blood sweat and tears their heart their mind heart and soul to one thing Like I can't do anything I can't tie my shoes I can barely cook a meal none of that stuff

man I can't do any of it but I can do this one thing because it's the only thing I focus my entire life on It's the only thing I genuinely care about I want to see people happy You know it's it's kind of um crazy that we live till 70 most of us die at 30 Sometimes these days we die on the inside at 20 or 25 years old right You don't need to do that And so I just wanna encourage you There's hope drown yourself in positive material Like listen all day if it's a if it's on the uh if it's on youtube or videos or audio books it doesn't matter when and where you'll feel like it just put it on and leave it on the background Because if you're left to your own thoughts when you're already experiencing chronic depression or loneliness or anxiety or sadness if you're left to your own device your own thoughts you're just gonna continue to replay the same old record over and over and over again So you need somebody else to kind of get in there for you or with you to help you turn or change this record to one that's much more supportive and uplifting Ok Um Awesome So see if I see any more questions here Uh This this one just popped up Um I won't mention because it was a private message but it said I've really started to feel some benefits from your suggestions and thoughts Question how can you help give or inspire happiness and others around you who seem trapped in their negativity I see loved ones in a cycle of negativity and I wanna share the happiness I've been gaining with them Ok This is such a great question So I'm gonna keep it real simple OK To help You have to be beyond help You have to be beyond needing the help Ok I know that sounds so so I and and I know I can feel very strongly that you are beyond the need for help You have to stay rooted and grounded in that Ok Part of the challenge and I know this from being on the other side Part of the challenge with most of us is that we get lost or we begin to drown in the other person's problems and we begin to drown in their pain And if you're an empath like probably so many of you are probably all or an empath like me you will quickly find yourself drowning in other people's pain and other people's problems You want to sympathize and empathize more than that really have compassion with the person but not with their pain If you spend a lot of time right That there's a big difference there So you meet them with the words that let them feel understood and feel heard right But on the inside deep on the inside you have got to know and feel deeply that this is an infinite eternal faceless formless spiritual being that sits across from you that sits with you that essentially really sits within you OK So this everything that they're giving you the thoughts the words the energy you have to be able to see beyond that and see the Christ in them see the Buddha in them OK That

doesn't mean you actually physically see something it means that you feel that peacefully alive presence within you you focus your attention your energy there and you turn that bad boy up like a dimmer switch until you're just lit up you stay lit up inside as you connect with them right So you you meet them with the words you you're you know you're careful about the ways in which you express things you're not gonna say oh my gosh I'm so excited to be alive while they're sitting there crying right You meet them with the words but on the inside you're staying lit up right You have to stay lit up because you want them to catch fire you want them to get lit right So you gotta stay lit up So that means you cannot buy in fully to their problems You can't if you buy into the problems you're both lost OK So you sympathize with the person not with their pain you stay in peace and in love and in happiness you stay connected to source into God or life or the universe or whatever you wanna call it That is that is where it's at it's there OK And then you suddenly sometimes when you're in the state of presence in the state of stillness and silence on the inside and your mind is quiet by the way OK The only way you feel you you're thinking less feeling more you're not thinking at all you're feeling completely you're just feeling it's feeling thing right So you're staying rooted and planted in presence ok And then occasionally you might find yourself inspired to say certain things or do certain things but you wanna make sure it's inspired in spirit in presence OK It's coming from presence it's coming through you not from you right It's coming through you not from you If it's coming from you right It's not you want you you can yes use your words more powerfully use your presence OK And so the most important thing you can possibly do is not tell them what they need to do or tell them what they should do but be what they want to be be what they're not being ok They have enough pain They don't need your pain too They've got enough suffering They don't need your suffering too to help You've gotta be beyond help right To help someone who's drowning you gotta be beyond drowning right So you gotta be rooted and planted and grounded in God or planted in presence or whatever word you want to use But it's a thoughtless worthless place of knowing that whatever happened someone could come There's a story of a Bodi DMA ok And there was a serial killer ok So the serial killer would go to the forest and he was just basically killing people ok And now Bodi D Darma was enlightened be So the killer gets up to Bodi DMA and he you know says you know who I am you know I'm basically serial killer I'm like Jack the ripper you know so he shows up and Bodi Dormer just looks at you know he's unfazed you know and he said didn't you

hear me I'm a serial killer I'm this you know and Bodi Arm just looks at him you know and uh he says I don't you know who I am I he says don't you know who I am I could cut your head off without even blinking without even thinking about it And Bodi Damer looked at him and says don't you know who I am I can have you cut my head off without even thinking about it right So so it doesn't mean that you don't fight that you don't preserve your life But it means at the end of the day you're not convinced that you're a body you're not convinced that you're a mind You're not buying into the fact this other person is a body of your mind Yeah you're gonna do what you can to protect them to feed them to give them what they need ok In the best way that you can without compromising your own well-being ok That's big because love is not sacrifice right You don't give because you're you know um it's a different getting it's a giving without strings attached right So at the end of the day though it's presence that speaks right Silence speaks stillness speaks right The words are secondary The words are like the grandchildren of silence and stillness and presence They're grandchildren So the grandchildren can be that powerful Imagine what the grandfather can be right So powerful right So um hope that was helpful and see what I missed anything else there Um Yeah so OK so a little bit more practical steps So first of all do that be an active listener Listen without judgment hold unconditional regard The one thing we know about the most transformative element in any relationship including therapeutic relationships unconditional regard unconditional love So that's the other way of saying it just be unconditional love Don't try to get it fixed right away Try to understand they seek first to understand don't try to fix change don't do any of that because that sometimes will push you know sometimes that will push people in all direction right Especially if it's not coming from a place of true and deep presence Um And then if and when they want help then help support them in that and just let them know that you're there for them you want to support them you see them as being happy you recognize their gifts and their strength sometimes pointing that out And also backing up with evidence and saying oh my gosh I you know one thing I love about you is no matter how bad get I see your heart and I see how hard you're trying and let me tell you something I saw yesterday when you did Xy and Z and that inspired me So I don't know if you know that right The other thing is and I'll and then I'll move on is uh a is helping them to help other people So sometimes we say you know when you're really struggling you know help somebody else But if you and if you wanna learn something teach it the fastest best way to learn

something is to teach it you become you learn it better than ever First of all but second of all it gets you outside of yourself right So if you're really struggling with an issue like loneliness do what you can and get out there join a hotline or something that lets you talk to people who are feeling lonely and you'd be surprised at how quickly that gets you out of your own loneliness It's mind blowing in a way Um That by teaching something you don't even know that well or maybe at all or to like you know it all you suddenly get really good with the loneliness and next thing you know you're not lonely anymore right So that's also scientifically found evidence of that Um So yeah there's a couple of quick thoughts see if there's anything else Uh Nicky says the best thing you've said to me is lately is the reminder that not being in control is in your best interest Yes Your best thinking got you here So they'd say that in the AAA lot you know Um I used to work as a spiritual counselor in a rehab place And one of the express we'd always say is they'd say I think that this or that and we always say remember brother sister I love you so much And your best thinking got you here into rehab Ok And so think he's overrated right Thinking he's a little bit overrated and control is overrated right So if you think about it we all want more and more control of our love lives and our happiness and our money and that's great And we understand that OK it's a healthy thing And that being said at the end of the day you know we're stardust in a rotting corpse on a rock spinning rotating revolving around the sun a super hot star right So like put it in perspective right So exercise little control tweaks here and there But uh don't get crazy and be happy and excited that there's something that's way smarter than this human intellect that's in control of your life Um And there's a huge weight that's lifted off your shoulders when you realize that right Uh See if there's anything else there and I'll let you guys go This was um as I tried to vice script things I love that when I feel out of control I'm learning to let go and let flow There you go Look at you poet and you know it um practice practice practice So yeah So at the end of the day my friends um I'll just say this kind of kind of wrap it up and you guys by the way are welcome to reach out to me through uh Instagram Um I'm at Rob Mac official Facebook Twitter same deal Um I want to give a huge shout out to home source for having me on and letting me do this but I genuinely do this work because I love helping people There's no other incentive in this for me and I mean that ok I used to give my practice my coaching services away for like the first five or six years and then I was essentially homeless And so I started charging but you know so please know I like to be helpful So I just say this to finish Ok Um

happiness is not what you think OK It's no thing you think Ok so it's nothing in the world it's nothing you think so it's nothing you think in the world but it's also nothing you think in your head right So it's no object it's no person there's no place but it's also no thought Ok it's nothing that's fleeting If it's fleeting don't invest your happiness in it Ok It doesn't mean you can't enjoy it enjoy it all day but just don't invest this happiness in there Don't go looking for your happiness is something that's fleeting or changing OK Uh same thing is true of love OK love is not what you think OK love is no thing Right It's no thing And love is also not to be found in any anybody Right It's it's it's not to be found in any anybody Right Um love essentially is spirit It's your spirit It's my spirit It's presence itself It is something that is immovable unshakeable It is actually the naked awareness of your very own existence Ok It's the it's your own blind being essentially it's the thoughtless worthless experience of simply being alive It's that un deluded unedited unfiltered experience of simply being alive Ok When you're alive and you don't overthink it It's an extraordinary life right It's an extraordinary life If you don't think too much about it right You're experiencing love already If you don't think up so much about it all you are is experiencing life all life is done to you and for you has loved you That's it Existence loves you so much that it gave up itself and continues to give of itself And it's done so since the day you were born and did the same thing for your parents and their parents and their parents' parents It's done nothing but love you And that doesn't mean that we don't have difficult times It doesn't mean that we don't suffer sometimes Ok But ultimately this stream of well-being this stream and source of love is so infinite and so eternal and so immovable and so unshakeable that you can't get it wrong right The only thing you ever get wrong is you think yourself out of it right And so as hard as we try we try to think our way into love Not possible You are this source of love You can only think your way out of love You can never think your way into it So if you're not feeling loved and you're feeling lonely or unhappy stop thinking don't think more stop thinking Ok more thinking won't get you there right Going faster in the wrong direction will not help All right So I love you guys so much Reach out if you have questions comments concerns I hope you guys have a fantastic day I trust that you will but reach out any time Ok Bye guys