

## The Love Event - Love From The Inside Out

Here we are Um Thank you so much for the great panel that we just had Uh And here we are we're just going to continue with um someone that I connected through actually Dr Darcy who's involved in a panel and then speaking over the weekend um and his name is Robert Mackie was already involved in a panel this morning So I'm sure all of you kind of well you know fell in love with him in many different ways because he's just such an eloquent guy He's he's such a lovely lovely guy Uh I'm just gonna read his bio and then I'll bring him straight in So Robert Mack is an Ivy League educated positive psychology expert inspirational speaker and published author His work has been endorsed by Oprah Vanessa Williams Lisa Nichols and many others In addition to serving as celebrity love coach for famously single on E network for two seasons Robert has also worked as consulting producer on camera expert for mind your business on the own network and executive producer and host of Good Morning L A la la Land on Apple TV and Hulu Uh So Robert uh thank you So much for being here again today Thank you Thanks for having me I just love seeing you Bernardo No I love seeing you man Uh My team love you because you you you've just been kind of like uh well you've just been a a star all the way along You've helped us supported us Um And obviously you know kind of promoted the event very heavily but I remember the first time we met we hit it off and then we did a a great interview on the podcast which people could find you on my podcast inspiring people But listen congratulations for all your great work Robert and congratulations for all the input you've already given us this morning in that amazing in that amazing panel and and excited to have you speaking here today Thank you so much for having me I'm always so excited to talk to you Ronaldo I could talk to you for hours I think because we've proven Yeah Yeah No Well listen it has been proven We'll listen Robert Thank you so much I will leave you uh obviously to just you know share your wisdom and expertise I believe the title of your talk is Love from the Inside out That's right Exactly That's right Ok The floor is yours Thank you so much Thank you So I work as a happiness expert and I find that uh so ironic and um so strange because from the age of about six or seven years of um years old I was probably the unhappiest most stressed out most anxious kid you could possibly imagine I always thought I grew out of it I thought that if I did well academically and athletically relation financially uh professionally socially that I'd eventually go out of my uh stress and anxiety and self loathing and

self hating and depression and I'd find myself happy Uh but that did not happen At least not right away As I got older I just became more and more unhappy I became so unhappy that I decided I was gonna research the ways to kill myself And I decided that I would slash or slip my wrist I still have the suicide test marks on my wrist to this day It's a very difficult time in my life And um and I decided I was gonna kill myself by slashing my wrist I remember going to the kitchen I got a steak knife and I dug it into my wrist and I had the most unpredictable inexplicable sort of ineffable experience of my life And that is for no good reason without any of my external conditions or circumstances changing So in other words I had a beautiful loving family Yeah we had a lot of stress when I was a kid but my family loved me and I knew it I was healthy I had a beautiful girlfriend She spoke five languages She could play uh a song just by year I was at my high school class Uh So I had the second highest GPA And uh I had gone on to a great college and had a college scholarship full ride went on to work for a consulting company made great money at two beautiful German cars Um So in all ways my life was phenomenal on the outside but on the inside I was really deeply and truly unhappy And so as I dug this knife into my wrist despite none of that changing I felt the most unlimited peace and unconditional happiness and limitless love that I had ever experienced in my life And that was extraordinarily surprising for me I don't know about you But when you think about an experience like that that's sort of the last thing you're expecting when you are contemplating or executing uh you know suicide thing And so at that moment I decided I was gonna postpone the suicide for like five or 10 minutes That was it at the time it felt like a very tall order Um But I postponed it nonetheless And I began at that time to do a different kind of research I started looking at what happiness was what unhappiness was what depression was And it led me down a path where very slowly but surely I became happier and happier over time I made lots of different choices during that period of time And some of those choices led me to Miami And that led me surprisingly enough to a modeling and acting career and I enjoyed for about 10 years And that led me to even writing a book Happiness from the inside out about that experience and about some of the clients that I began taking on Um because as I was putting myself through business school and paying for it with all the entertainment jobs and uh TV shows I uh started having more and more conversations with people in the entertainment field and in everyday life who wanted to be happy too And so I decided I would go back to this program at the University of Pennsylvania It's a master's in

applied positive psychology program If you haven't heard of it it's the science of what makes life worth living It's the science of happiness and success and it has a whole lot to share with you And I about what makes for the happiest life the most successful life the richest life and the most loving uh life or the life where you feel the most loved And I wanna share some of that today Um But I wanted to share a little bit of that context 1st 1st because I think it's important for you to understand how sincere I am about the work that I do Uh It's a personal passion project and I initially set out to do it just for me Um It just so happened that it was benefiting other people as well And it just so happened that I turned it into a career also However when I put out my little sign uh which was a metaphorical sign it was an online sign but a website uh to be a happiness coach When I opened my private practice I expected like most of us probably that I would get people calling me because they were unhappy They were depressed or stressed out or anxious or self loathing or self hating and they wanted to help becoming happier Well that is not what happened Instead I get lots and lots of phone calls from people who really would call and say hey Rob gosh I could really use your help I've got a boyfriend or a girlfriend or a husband or wife that's dragged me up the wall that's just making my life miserable It's very difficult It's not doing what I want them to do or I don't have a boyfriend or girlfriend or husband or wife or I'm having trouble dating And I remember being slightly frustrated about that because I always consider myself a happiness coach What did I know about dating and love and relationships But as I listened and as I did my best to help these folks I found out very quickly discovered very quickly that we all live these lives that are based on these flawed or false premises And I began to sort of collect those flawed or flaw false present premises because I knew one day I would want to sort of share what I was discovering around the truth of those things around the truth of these myths misconceptions around love and happiness And so first I want to share a little bit of the research on the positive psychology field that uh test to how important it is to be happy So as you'll hear me argue a little bit today uh very briefly love and happiness aren't as different as they sound right They sound like two different kinds of experiences but you'll see very quickly that they're very similar And so the first thing that positive psychology has to share that you are and I are hopefully very aware well aware of but might might not always live out in our personal or professional lives Is that success doesn't lead to happiness right Success doesn't lead to happ that means money doesn't lead to happiness We know that if you're making below a level of subsistence if

you're making less than \$75,000 a year making more money will improve the quality of your life but it won't make you permanently lastingly meaningfully and abidingly happy We should all know that when you make about 100 and \$25,000 a year it's in US D you begin to flatline and experience what we call the diminishing marginal utility of the dollar Basically you get less happiness Bang for your buck right Success So success financial success doesn't lead to happiness We also know that uh marriage doesn't lead to happiness right So uh marital success doesn't lead to happiness We know that generally when you get married you experience a small bump in your happiness Um But during the honeymoon phase and then you quickly return to your baseline level of happiness or below We also know that strangely and surprisingly enough and we have a hard time I think most of us really hearing this but health objective health doesn't lead to happiness So success in your health doesn't lead to happiness In fact um there's uh no correlation at all There is a correlation between subjective health how well you feel or believe that you are how healthy you believe you are and happiness Um Kids don't lead to happiness either So parental success doesn't lead to happiness Um Believe it or not the first child actually causes a dip in your happiness level And the second child causes a statistically significant dip in your happiness level and your happiness doesn't return to its baseline level until those kids leave the house So that could be 18 or that might be 55 years old uh today Uh So you know kids neither And so uh success doesn't lead to happiness That's the first piece I wanna share second piece While success doesn't lead to happiness happiness does lead to success And this is where it starts to get really good especially for those of you who might be interested in love dating relationships Um happy people make more money than their unhappy counterparts So they make about 600 to \$700,000 on average over the course of their entire lifetime more than their unhappy counterparts They also experience better health outcomes They also live longer They live about 6 to 7 years longer than their unhappy peers They also get married earlier stay married longer and are happier in all the relationships whether they're married or not Remember it's not about marriage it's about love and it's about happiness So happy people uh experience better outcomes with respect to longevity health outcomes and romantic relationships also platonic relationships What else Happy people are rated as more physically attractive than their unhappy peers colleagues friends or coworkers right So they're they're rated as more attractive physically and it's not the other way around It's not that the more attractive people are happier We all know that's not the

case but happy people are rated more attractive Part of that's because of a  
douche Chen smile It's a smile that you cannot fake Um It is socially and  
emotionally contagious Um And so when you smile or I smile and it's a  
Duchenne smile authentic smile everybody around us feels it also And this is  
also um extraordinarily relevant and important if you care about love and  
kindness particularly happy people are more loving charitable kind generous  
and donate more time money energy and blood to individuals and social  
causes that they care about But also more loving charitable kind caring  
generous people become happier as a result of that So we call that a virtuous  
cycle right You begin to spiral upwards and upwards and this is why I rarely  
talk about falling in love and often talk about rising in love right So let's  
revisit where we are So first and foremost success doesn't lead to happiness  
Happiness does lead to success particularly and especially success in your  
love dating and relationship lives More than that happiness is also the  
greatest success It's the greatest love It's the greatest wealth it's the greatest  
wisdom and it's the greatest help Why is that Because happiness is what all  
love aims for It's what all success aims for It's what every achievement  
acquire acquisition and accomplishment aims for It's what all health aims for  
It's what all wealth aims for It all aims for happiness right So happiness is  
the greatest success the greatest love I'm gonna go a step further than that  
And I'm gonna argue today that happiness and love are synonymous OK So  
we often think that happiness and love are two different coins They're not  
they're two sides of the same coin right Same coin two different sides We  
often think of love and happiness as two different energies They're not two  
different energies they're two ways of perceiving the same energy they're not  
too different phenomenon They're two ways of perceiving or experiencing  
the same phenomenon So let me break this down So when you're tapped in  
tuned in turned on when you're truly deeply fully authentically happy you're  
more charitable kind generous you're just a better kind of person right You're  
a more loving person And also when you're loving you're a happier person  
right When you're when you're loving when you're focused on the best  
within yourself and other people and you're feeling that connectedness with  
yourself and other people how do you feel You feel happier for it right So  
happiness and love are synonyms Does that mean that means when you're  
happy all by yourself right And you're alone you're happy in your aloneness  
We call that happiness We'll just call it happiness right Happiness in your  
aloneness we'll call happiness when you're eli similarly happy in your  
togetherness When you're happy and you're out there mixing it up in the

world you're not introverted in this moment you're not ingo in this moment you're outgoing you're extroverted in this moment you're spending time with other people and you're enjoying your togetherness That's when we call it love right So your happiness shared is love your self love shared is love They're not different energies of phenomenons or experiences the same phenomenon experience just perceived through two different lenses right So here's a great little metaphor that I'll leave you with today and I'd love to take questions if you all have them OK being happy and rising in love being in love or better than that being love So what I'm talking about is being love It means existing as a s as in a state of love In fact your true state the original state In fact the only state of love being love love in that way is not an exclusive relationship that you have with one other person in the world The kind of love I'm talking about the kind of happiness that I'm talking about The kind of happiness shared that I'm talking about The kind of bliss shared that I'm talking about is nonexclusive relationship with one other person It is an inclusive way of relating to everybody and everything in the world no matter who where or why they exist right So relating to everybody and everything on the planet in such a way that you relate to them with love and with kindness and with compassion And it doesn't mean not locking your doors It doesn't mean giving people your social security numbers or your credit card numbers right It means relating from a place of kindness and compassion and happiness So here's the metaphor I wanna share with you today So think about a meta think about a rain cloud So a rain cloud is just full of so much moisture You are a rain cloud I am a rain cloud right You are a joy industry I'm a joy industry You are a love industry I'm a love industry We're both we're all we every day forever and ever manufacturing Peace love joy and happiness Ok We are also rain clouds and so a rain cloud fills itself up with as much moisture with as much peace love happiness self love is humanly possible Right It fills itself up with so much peace love and joy It's selfishly ultimately in the beginning it's perfectly selfish in the beginning And so it fills itself up with so much peace love and happiness that it can't contain it It's so full of bliss that it cannot contain it any longer And without any expectation of reciprocity without any expectation of reward without any quid pro quo without any negotiation without any business affair without any politics this rain cloud showers down indiscriminately unconditionally on the entire planet All living beings that peace love happiness and self love not to do good not for a moral or ethical imperative or prerogative It does it simply to relieve itself of the burden of carrying around this bliss peace love and

happiness all day every day It can't help but get it on everybody and everything that it comes in contact with or in touch with that showering that indiscriminate unconditional no strings attached sharing of peace love or self love happiness and bliss down upon everybody and everything on the planet For no other reason than to feel good to relieve yourself of the burden of carrying that peace love happiness self love around all day every day is called love I call it love That's the only experience that deserves the word love Everything else is ego gratification ego satisfaction it is lust it is entertainment it is 1000 and one things but it is not love right So if it's not happy it's not love If it's not loving it's not happiness right So happy happiness is loving love is happiness Love is free If it's not free it's not love right So the idea today I'll just recap briefly Ok success doesn't lead to happiness Happiness leads to success Happiness is also the greatest success Another way of saying that love doesn't lead to happiness We should be disabused of that notion By now all of us who are here today should be disabused of that idea And if you're not don't worry give it some time life will disabuse you of it on its own But other people are terribly unreliable sources for peace love and happiness That's the first point Ok If you're relying on or waiting on depending on or postponing feeling love or peace or happiness because you're waiting or hoping that it's gonna come from somebody or somewhere else Uh You are setting yourself up for disappointment Ok There is an easier lazier smarter way to enjoy the peace love and happiness that you ultimately are and that's by going directly to the source for it Instead of rounding it through middle people middle women middle men and middle experiences middle activities OK You go directly to the source for it So love doesn't lead to happiness happiness leads to love and happiness is the greatest love and also happiness and love are synonyms There are two sides of the same coin So that's what I want to share today If you want a little more information you can always put up a book which you can't quite see there But there it is love from the inside out Um There are each page is a meditation on love and happiness that I share from my heart Uh For perfectly selfish reasons I hope in the end you find a benefit to you too Uh But if there are any questions I'd love to take them Um Thanks for having me Robert Thank you so much I loved your talk It was um Yeah Uh Happiness doesn't necessarily have to come from love So um you are working with a lot of clients obviously over the years what is it You're you're finding um kind of more of now What have you seen Have you seen I think I asked this question I think we talked about in the podcast is where's love

going Is relationships What's happening Yeah It's such a great question Uh Bernardo I'd say um you know one of my favorite expressions is if you're going in the wrong direction increasing your speed will not help So we've been going to you know direction for a little while here Um And that direction is often loneliness and disconnection and dissatisfaction and uh while on the surface and for those of you or us who are experiencing that it could be very unsettling and very disconcerting Um and very disappointing Um On the other hand it's precisely what we need at this point in time right Is a reminder that the world and everybody and everything in the world makes a promise that it cannot keep which is essentially I'll make you happy right Every person every experience in the world itself makes this promise that I'll make you happy or I'll make you feel loved or I'll make you feel love And so I would say on one hand if you look at it just based on appearances alone we'd say well people are becoming lonelier they're becoming um unhappier they're becoming more anxious more stressed out more distracted uh more narcissistic Um On the other we could look more deeply and say um actually people are coming to experience the truth which is that the world other people and other places and other things and other activities are terribly unreliable sources for peace love and happiness And they're coming to discover every day more and more that the peace love happiness and true abundance and prosperity that they seek is always not only within them but exist as them So when your mind is cool quiet calm composed and essentially turned off and you're just feeling into the experience of simply existing believe it or not the peace love and happiness that you've been seeking through other people places and things is already there It's already your experience And so the more time you spend in that place this place or space this place the more the higher you sort of turn up the dimmer switch on the peace love and happiness that we all ultimately are So there's two ways of looking at it One is that things are getting worse The other is that things are getting much better and I think they're both true and it just sort of depends on the depth of your vision I think Yeah Absolutely That's a great answer It's getting better and it's getting worse Yes Very very Charles Dickens The best of times in the worst of the time Depends on what you focus on Exactly But I think I think part of the problem is is that people just struggle to be alone isn't it I mean just I can't be alone I can't be alone I can't be alone You know I need someone I need someone Is that not part of the issue So good Bernardo I mean gosh this is why I can talk to you for days and days on end and everybody is here today Yes Absolutely You know and

you bring up a great point which is something worth discerning You know we often think of loneliness and aloneness as being synonyms as being one and the same experience But uh lones is the objective experience as being by yourself Uh Loneliness is the subjective experience of being by yourself Um Aloneness doesn't necessarily lead to loneliness and loneliness isn't necessarily precipitated by aloneness right So in other words you can be in a crowd surrounded by thousands of people or an intimate relationship and feel lonely Still You can also be totally by yourself with no one around at all and feel love and connection and happiness and peace Enjoy it We do it all the time we do it in our sleep It's that easy right So yeah Um loneliness and aloneness are really um important topics um to discuss and and to share with people But the most important piece is to remember and remind everyone that um just being alone doesn't necessarily have to lead to loneliness Um And there's help out there Hm Great Robert Yeah Listen I can speak to you all day Uh By the way I my book is out today I will ask for your address I want to send you a copy and you can send me one of yours Um I'd love you to read it I love to see what you think I'm gonna heat it up You know I'm a voracious reader Bernard especially anything coming from you So please send it to me I'll be all over it and I'll make sure that I give you a five star review because I know it's that good Thank you so much Thank you so much Well Robert thank you so much for your great energy Uh I think we got you working on another panel Haven't you another day or I'll be here tomorrow Yeah Work you hard Robert work you hard That's how we that's how we roll out the best of you Thank you my friend Thank you Thank you so much Uh What a great man What a great speaker Uh Robert Mack Thank you Robert Well um I'm loving it What about you Loving it Absolutely I used to do this anchor when I was at uh the events I used to do this Well I used to say you used to go love I used to do like that and I used to do the voice on the hand and at the end at the end we always go like that and people knew it was love So I'm loving it anyway Um I've got a great speaker coming up soon She's my spiritual coach Jennifer Ho love her Uh And she's gonna be coming up in in a few minutes I've got a message coming up Uh It's all very interesting guys I hope you I hope you're taking advantage I hope you're getting your funds out to scan those QR Codes so you can connect with these amazing speakers I hope you you I don't know uh connecting with them and also taking advantage of all the amazing great offers that we have but we'll be back in a few minutes Uh Lots of love to you The Inspiring People interview series is a collection of exclusive interviews Sure to inspire and motivate you

I'm Bernardo Moya the founder and chief inspirational Officer of the Best You And in this series of interviews I'm in conversation with industry leaders thought leaders self-made millionaires Olympians and global sports personalities the influencers of today's world I find out about their start in life their early days their rise to success and both the good and the bad times We discuss their opinions on education business money and just how to be happier Join us to find out more about these fascinating and inspiring people My passion is to set people free by helping you transform any area of your life more effectively and faster than anything you've tried before I do this by unique abilities gifted to me through two near death experiences that allow me to help you change your frequency changing your life But there's hundreds of thousands of people that are already living this way It's it's been a proven method and now I'm going to share it with you So I'll see you on the mosque experience the best new TV available now on Roku Amazon Fire Apple TV and Google Play What is life Your life isn't just about what you're doing now Your life is the sum of every hope you ever had and everything you ever wanted to be Life is about the situations you deal with how you get to where you want to be and how you become who you want to be Life is a collection of moments and memories Life is about being alive feeling alive life is about dealing with whatever faith throws at you Life is about staying on top When things are challenging life is about enjoying yourself about finding yourself about leaving a legacy Life is about looking and feeling good about staying ahead It's about being the best you are what you want what we all want is a life without limits So why don't you be the best You