

## Robert Mack studied ways to kill himself, then...

Hello and welcome to the Happy Hour with Teresa Greco On the Happy hour you're going to have a very different experience than your traditional happy hour that you might have at a bar or restaurant We're not going to be talking about cocktails and the external ways we've been conditioned to look for happiness Is this show still going to be fun and about finding joy Absolutely The Happy hour is where you will learn about the principles and practices that lead to true inner happiness which is unwavering and in abundance and is not dependent on you buying earning achieving searching or doing anything to be happy A huge weight can be lifted off of your shoulders when you know there is a place within you that is always happy You just need to make time to connect with it on the show I hope to inspire and motivate you to discover a part of yourself where your genius inner magic and superpowers reside together with my guests We will explore the latest physical mental emotional and spiritual well-being practices and together we'll advise you on the actionable steps you can take towards a happier more fulfilled authentic life So I ask you are some of your relationships less than perfect I'm here to show you how you can improve your home and work relationships Are you finding that you're not achieving your goals because of limiting beliefs about yourself that are having you playing it small instead of living your big self Do you find yourself living on autopilot and just going through the motions I'm going to help you to be more present and grateful for your life and to show up every day as the best version of yourself so that you can live the extraordinary life you were meant to live Let me tell you a little bit about me your host I'm a certified happiness life coach a three time bestselling author and the editor and senior writer of a Canadian magazine from Toronto Ontario Canada I'm a Reiki master public speaker educator of over 20 years and educational technologies consultant I am also the founder of a personal development company that mentors others about achieving their own personal happiness and fulfillment So after feeling like I had lost myself in the living of my life with commitment and self love I was able to reclaim my life and arrive at true inner happiness And now I feel so strongly that what I have learned and how I was able to heal is now my life's mission to share and help others to do the same Now you might be thinking what did she mean by having lost herself in the living of her life Well let me explain approaching 40 years old was my turning point in my life Some people might call it a midlife crisis But for me it was an

opportunity to start asking some very important questions about my life Perhaps questions even you've wondered about yourself I began asking questions like is this all there is to life Where is my life going Am I happy Living the life I'm living Can I imagine living the same life for the next 40 years And most importantly there was this question Am I living my life's true purpose and full potential I always felt as though something was missing that there was a void inside of me that I could just never fill What confused me was on the outside You could say my life looked pretty perfect I had achieved all the things that society culture family religion tell you you need to have a happy life a fulfilling career two healthy kids our own home two cars in the driveway vacation a year lots of beautiful material things So if my life checked off all the boxes why is it that I still felt unfulfilled and unhappy with my life There was this feeling that I always needed to be more and do more and that maybe then I feel fulfilled I now know that I was running on what's known as the satisfaction treadmill which is when we continuously shift our goals upward once we've reached them and we keep running in order to feel satisfied again But despite the more certificates degrees and job experience I got I still felt that I wasn't enough and needed to be more than who I was for sh for fear of shame guilt judgment and rejection I kept my feelings to myself I suffered in silence for a very long time feeling like no one would understand why I felt unhappy The questions I asked were the catalyst to me realizing that I had lost myself in the living of my life that in trying to please everybody else by being the perfect mom wife daughter daughter-in-law sister sister-in-law employee friend I wasn't honoring respecting and most of all loving myself I had allowed society culture religion and my family and friends to tell me who to be and who I was And because of that I was always looking outside myself for happiness I believe we are conditioned to think happiness is found external to us through the various principles and practices that I'm going to share with you Each week I was able to realize that true happiness resides inside yourself and not in your possessions positions titles degrees relationships and experiences There was no more I'll be happy when I get that job or that new purse or go on that vacation get that promotion at work Happiness is no longer a goal or a destination You can choose to connect with the happiness within you in every present moment Even when your external ex circumstances may not necessarily be the way you want them to be Especially during a time like this People more than ever are searching up happiness on Google People wanna know how and where they can find it And I am here to tell you that you can

search outwardly all you want but you are never going to find true unwavering happiness outside yourself because it doesn't exist because it doesn't exist outside you But inside you instead that is where it is And I'm going to show you how to unite all aspects of yourself your physical mental emotional and spiritual self to tap into that happiness because you're more than just your physical self making your way through the world Your essential nature is love peace and happiness But the world leads us away from who we are and causes us to feel fear worry doubt frustration anger and all the negative feelings that we feel day to day So it is so important that we become familiar with the very simple principles and practices that can remove the blocks that are preventing us from feeling the love peace and happiness that is always there at our core So I hope you'll join me here on Hopeful radio as we talk about the ways that we can nurture and connect with all aspects of ourselves to keep us grounded centered at peace and happy So let's get into it I am thrilled to introduce you to my first guest on today's show He's an Ivy League educated positive psychology expert celebrity happiness coach inspirational speaker and published author Robert Mack Hello and welcome to the show Hello thanks for having me I'm so excited to be here Thank you so much for being my first guest on the happy hour Congratulations on the show This is exciting Thank you Thank you And I would I wouldn't have had anybody else other than this incredible happiness expert who sees happy us in exactly the same way And so today on the show we're going to talk about his two best selling books The first one is Happiness From the Inside Out as well as your latest one entitled Love From the Inside Out So Robert if you could maybe start off by telling us a little bit about happiness from the inside out Yes So I wrote that quite a while ago Um It was first and foremost based on my personal life experience I was an extraordinarily depressed kid stressed out anxious self loathing very self judgmental And I always thought I would grow out of it You know you think that you'll accomplish your dreams I wanted to be a professional basketball player My idol was Michael Jordan and I wanted to you know play basketball professionally get paid for it And I thought well over time I'll work hard enough at that and I'll accomplish that and then I'll be happy you know And so that didn't happen exactly the way I had imagined And despite doing well in school do doing well you know on the athletic fields in lots of sports I eventually had a few friends Um I was but the most shy of my high school class I was also sort of torn in my high school class despite doing well in those ways and not quite accomplishing my basketball dreams I went

on to get a good job make good money but I was still in fact more depressed and anxious and even suicidal than ever So at some point I decided I was gonna do something about that So I started doing some research on means and methods to kill yourself And um you know I eventually decided I was going to slip my wrist and I had a strange experience there you know I a kitchen knife and a steak knife and I dug into my wrist and really without anything changing in my external world I mean I had a pretty good you know life at that point I had a good paying job I had couple beautiful German cars had an incredibly beautiful and wonderful and intelligent girlfriend and I had some friends and my family was healthy and I was healthy and I didn't really have anything objective or external to complain about And yet I subjectively on the inside was just miserable So anyway when I dug that knife into my wrist I felt the kind of peace and happiness that you dream about But I had never really remembered feeling in that way So I decided to postpone the suicide for a while I thought I could always no take that action if necessary later And I started doing a different kind of research And a lot of that research is what led to the book Happiness From the Inside out I also open personal stories And um at that time um shortly after that I opened a private practice And so I had some clients that I was learning a ton from and I was sharing a ton with And so that's included in the book too Now Robert you know I've heard that I've heard your story before and it's still it saddens me tremendously to think that and that it had to get to that point that our lives on the outside you know could look perfect Like just before I I had you on I was sharing my story as well that my life looked perfect from the outside It checked up all the boxes that society family culture religion tell you you need to have a happy life And why why is it that we're feeling so empty and that there's a void inside of us that it doesn't matter what we try to do outside of ourselves It just doesn't seem to fill it and it's that void that you felt inside was was a like not only just emptiness but darkness too Yeah Yeah Maybe you could speak to that a little bit in case there there's somebody listening that maybe is feeling that because I had you know that was my low point of my life too Um but yours was a little bit darker So maybe if you could talk you know a little bit like as I said to that in case there's somebody listening that's all could need to connect to that Yeah Um It was you're right It was uh dark and it felt lonely and it felt like this emptiness this vast emptiness that could never be filled or healed Uh Despite what I accomplished achieved or acquired which was strange It's not that I wouldn't get a little bump in my pleasure from good food or a decent

vacation or an exciting moment in my life but it wouldn't last and it wouldn't provide nearly as much pleasure as I thought it would would And I also at the time kind of thought of pleasure and happiness is synonymous and there were same things Um But I realized they are not the same thing at all Um There's a deeper fuller more lasting meaningful and abiding wholeness that exist not only within you but as you that were often or occasionally unaware of So the void and the emptiness that we often feel inside um is real in a way meaning that you certainly feel that there's something missing or lacking in your life The one of the insights I think I discovered along the way was that that void instead of spending time in the void and the emptiness long enough to see through it I tried to fill it with stuff and first and foremost I tried to fill it with thoughts Ok I was trying to figure my way out of this misery that I felt every day the pain and the suffering and I try to figure it out by Well I needed a new dream I gotta come up with a new you know instead of basketball be something else and maybe it's the relationship and maybe I'll move to somewhere new and maybe I'll just make more money Maybe it's the job I got to find a new job a new career It's not that those things weren't all true on some level on a relative level for sure You know moving to somewhere sunnier helped getting a you know um job that I enjoyed more helped um not being in a relationship that the really wonderful person um but that may be miserable Like like leaving that relationship helped and ultimately the void and the was still there And what I eventually found was that that emptiness that void is actually fullness It's wholeness it's holiness but most of us run from it or we try to fill it up with things or people or places or activities or sensations perceptions and thoughts and feelings Um so often so frequently that we never come to discover that that divine emptiness is really everything you're looking for and searching for that is so beautiful the way you just said that that is the truth that is the truth And that I discovered that with the void and the something missing for me was my true and authentic self that I had been living my life according to external expectations wearing many that many masks that I say that I had many cloaks on and that the cloaks closed my eyes to who I really was And that in order for us to discover the wholeness of who we really are it does um require us to remove those those layers of um for in this place cloaks that I had been put I had put on society had put on and that I now needed to reveal like in layers and that the universe very gently has given me situations where I've had to wake up to the cloak and then go ahead and heal and forgive and and let go of that so powerful I love that So that's exactly what it is right Per

personality persona is a mask It literally means mask And if nothing else happiness and love and peace and wealth and success is an unmasking It's more like subtraction than it is addiction And we often think it's addition I need to add something or someone to my life but it's an unmasking that happens and you begin to it And then you see through this illusion or this lie that tells you everything you're looking for is outside of you in the future You know and you come to realize and recognize that wait I experienced for instance me this moment of peace love and happiness at what most people would call the bottom the rock bottom point of my life I'm taking a knife into my wrist Now how can I possibly feel better than I've ever felt when things seem to be going worse than they've ever gone So that recognition that where I was able to tease out or divorce or disconnect happiness from what was happening out there in the world and say wait I can feel whatever I want to feel despite what's happening around me despite what I think should be happening around me And I can take that to every experience new now that took me a while to really get to that place Um But it is an unmasking It's an unveiling it's um like clouds in the sky The sun is always there it's always there but we call it it's a bad day It's a rainy day It's a cloudy day Ok True relatively speaking But if we look at it more deeply and more truly we'll say it's always the sun is always shining always and forever It's never not shine as far as we know Right So it's more about seeing through the clouds or allowing the clouds to dissipate so that you can find the experience this we call it the eternal sunshine of the spotless mind right Because ultimately the veiling the masking that happens is really just a cloud of thoughts the cloud cloud of feelings and perceptions of sensations and it doesn't ever truly blot out the sun It doesn't blot out peace love and happiness at all It just mask or veils your ability to see and therefore feel it in the way that you want to Um So yeah now uh I am so like I feel so grateful that in that moment that you did choose to to stop you know with the intention of of her killing hurting yourself Can you talk to us about that moment when like what is it that inside of you What happened in that instant where you just you knew that you needed to stop and which I'm so like eternally grateful that that you did But please share that moment because that moment is really powerful too for sure It was the relief I felt relief as I dug the knife into my wrist and look this is taking me probably 20 years to truly understand and process and intact into my life Because at that time all I knew is that wow I feel pretty good and yet nothing outside my life has changed I also thought my brain was broken There was something broken about me Clearly I thought that even the best

medication could never help me So I never went down that path You know I could have but I never did I just knew or felt knew quote unquote that there was something wrong and broken about me when I dug this knife into my wrist and I realized I was feeling this other way which was peaceful and happy and self loving I thought well that's odd And at the time I just decided I was gonna put it off for five or 10 minutes honestly and said I should just do a little research in a different direction before I was looking at ways to kill myself Maybe I'll now I'll look up people and works that speak to what happiness is where it's to be found You know I wasn't that clear about It Sounds so clear now But at the time I was just like let me just look up some stuff about happiness And then I discovered that first of all oh my goodness most people have been through at least one period probably more in their lives when they felt really really sad Now clinical depression is different It's more than that It's different from that But it's mostly that ok you're feeling deeply sad you're not interested in things that you used to be interested in You might not sleep well you might sleep a whole lot You might feel tons of anxiety you might feel totally lethargic but the idea is feel deeply depressed That recognition that I wasn't alone that most people had felt something like I had felt And that beyond that lots and lots millions of people have experienced clinical depression Lots and lots In fact famous people popular people rich people had experienced suicidal ideation and made suicide attempts I was like wow there's something going on here So that was the first piece I'm not alone And the second piece was like and lots of these people have recovered or found their way out of the darkness and the depths and the depression to the light again they found peace and they found happiness they found love and a lot of them are talking about it They're online like you are Teresa like sharing it with the entire world They've run well you know written not just one book but dozens of books or they do dozens of talks and they give them away for free So I thought this is fascinating I'm if I know anything I'm not very smart but I'm smart enough to know that I'm not very smart and I can learn from smarter people right So I went down that path and that's what it was like For me most days it was two steps Forward and 1000 steps back That's what it felt like Most days for weeks and months felt I still thought about and kind of wanted to commit suicide Um and then one day after keep do if I kept doing it because I didn't think or find or see any other options Uh I woke up after a few days and thought I haven't thought about suicide in a few days you know And isn't that interesting And then before long it was a couple of weeks and then before long it was months Yeah Now

Robert did in that in that moment when you started to feel that peace just envelop you Do you attribute it to the Holy Spirit Are you attributing it to God Is it your higher self Like who came to you in that in that moment where you halted What is what was that for you Yes So the answer is yes The Holy Spirit the higher self the inner self life universe infinite intelligence whatever word we wanna use right Because they're all synonymous they're synonyms Um For me at least for the first time in my life my mind was quiet truly quiet in contemplating the end of my life I also contemplated the end of my problems quote unquote and the end of my pain in that contemplation or what I might even call the end of contemplation There was the perfect piece It was perfect stillness and silence and in that piece stillness and silence was happiness it was joy Um And so it sounds so almost laughable now that I worked so hard in my life to conjure up a feeling that I found simply by stop being thinking so much or at all So that's taken me quite a while to kind of come around to at the beginning I just call it divine intervention which is what it was also There's also that um and and the divine is intervening on our behalf all the time We are the divine Uh we are divine each and every one of us and every moment is divine you can't escape that no matter what it appears to look like no matter how much it contradicts your intellectual or logical or rational thoughts about what it should look like Um Every moment is infused with um the divine We're always standing on holy ground um because we are holy Um And so yes for me it was just an opportunity where the stillness and the silence and the quiet allowed the innate inherent infinite eternal peace love and joy that is always within us And it is always us who finally bubble up in a way that it came to the surface And I could feel it I could recognize it's like finally stepping out into the sun I just had finally stepped out of my house You know I took off my blindfold I unmasked myself and stepped into the sun and it was like oh it feels so good Yeah So it was mostly that and so with all of the things that you learned prior to um that experience and then all the studying that you were doing afterwards is that what then prompted you to want to write the book Yeah So I didn't have I wasn't in full recognition the power of presence alone Uh um when I wrote the book um and I love that about the book because if I had tried to start there oh I had read all the books before I've read you know to I had read Raman and my heart I'd read these books before but they didn't hit quite as hard as they do now Then it was kind of like oh there's truth in this I can see that And so for me you know happiness from the inside out is really about starting where it's easy starting with a low hanging fruit For me one of the



first things I did after this experience after doing the research was I decided that if I know nothing else everything that I'm doing with my life is leading me to depression and suicide What if I just do the opposite It is that simple I'm just gonna do the opposite It's like opposite date It was a Seinfeld episode like that George decided to do the opposite and his life started going well and working for him So I did that I said I don't like this job I'm gonna find a way out of it I love this woman so much but I'm gonna find a way for us to go or separate you know an and happily um I don't like the cold weather I'm gonna go move somewhere warm I don't love the job I'm doing I'm gonna find something more interesting more purpose driven for me more passionate And I essentially did that I couldn't do it all overnight I did lots of it over the course of several weeks sometimes several months And that all got me into a place where then I could begin implementing some of the other stuff but it was a kind of a hack job at first you know it was just kind of cobbling together stuff that I had read and felt and knew and the big recognition at that time was like you don't need to see the whole staircase Rob just the next step And in fact maybe you shouldn't or don't even deserve to see the whole staircase Maybe it would get in your way if you saw the whole staircase unless you take the next step just take the next step and then the one after that will light up But if you don't act on a little bit that you know you can't ask for more So the one thing I knew was like I'm gonna move somewhere warm it was like a big thing for me Like I was like but how am I gonna pick out my career and I'm gonna keep them build I have no idea I had no idea But I knew that if I continue doing what I was doing I would land for sure back in suicidal ideation and probably a suicide attempt So I just started with what I knew and happiness from the inside out is really about that It's like really trying to express in the simplest cleanest clearest way and easiest way I can begin moving in or trending in a direction that feels happier and healthier Yes And so there are two nuggets that I want to pull out from what you just said So happiness is also us allowing our joy to guide us towards our happiest life and that I see happiness as a compass that if we our mind of how we feel in a in any moment that and we trust that feeling and we allow our mind to be a slave to the heart So what I heard you say was I knew that I loved the warmer weather And so you were referring to feel how you felt about certain things in your life how you felt about your job how you felt about your relationship how you felt about you know where you lived and you said how can I use my mind to figure out how I'm gonna make this happen And that is the key to us following our inner joy versus

being guided Looking out aside for that guidance and saying you know where can I find it How do I search for it Where do I look all of that where it's actually about tuning into how we feel And as I said using our our mind to be that state and that's what you did And then the second nugget was that you said I didn't have to know what the whole staircase looked like I just had to know what the next step was And that's really another key and that there was a leap of faith that you took there that you said I don't know how this all this I just know I need to follow this feeling of joy when I'm in these situations And so I just and ultimately how did that how did that turn out for you allow yourself to have come following happiness as a compass So good I just love the way you summarize that and reflect that back to you So that's precisely it I just let my feelings be my guide beautifully put Um It's easier to hear your heart We need quiet your mind So it could be difficult for all of us You know it's like what is my intuition saying And is that just me following the path of pleasure or whatever And it should be pleasurable It should be pleasant um but you nailed it Absolutely And you know it was looking back a risk and it does require a a leap of faith And also it didn't feel so much like a risk because it felt necessary You know it's like not a risk if it's necessary I thought it's like it's like basically do or die I can do this or or die And so it became a lot less I guess scary in a way Um at that time because I just thought well what's the worst that can happen I'm gonna be suicidal again I already know where that's that's like right So uh yes you nailed it there and you're right though It requires a tremendous amount of um it requires some trust just a little trust It must receive level of trust right Uh To know and a huge part of it is knowing that it's good to feel good that it's good for you It's good for all of us It's good for the world that you feel good That is something that I've had to spend most of my life really turning around because we often are sold or buy a bad deal of goods that tells us no pain no gain If it feels bad it must be good for you If it feels good it must be bad for you It's like no no no no Hold up There is something so infinitely intelligent about the way in which we are all designed that when you feel good it is an indication and is proof and evidence that you're pointed in the right direction in some way Now you might misinterpret it a little bit you know the heroin addiction is not necessary Ok That's there are there are other ways to fill a lasting meaningful and abiding the pleasurable and pleasant feeling and with a lot less side effects right So we over time develop and deepen our discernment That's what discernment is being able to see through that right Um But yes you absolutely nailed it It was trusting that just

because it feels good doesn't mean it has to be bad In fact it good because it feels good That's right And now we came here to be happy we didn't come here There's this quote that says something like you know you come to you you come to earth you live and then you die like that's just and you're miserable and then you die and it's like no that's not true We didn't come here to be miserable if the if the essence of who we are is love peace and happiness that is who and it's not that we're not going to have the opportunity to experience other emotions We came here also on a soul level to have these experiences that would allow us to feel these other emotions other than just love and bliss So we should feel into it when those situations happen But ultimately it's like how do we get back into alignment with the truth of who we are which is happiness And so you know there was uh you're probably familiar with it There was a a study that was done where they offered people this this situation where they said if you if we could give you a happiness pill where you would feel happiness just like all the time 24 7 and only happy would you want to take it And they said and most of the person said no they wouldn't That we actually like the opportunity to fluctuate between like happiness and joy and peace and love and anger frustration and sadness and all the other things that life brings So it's not only about always feeling happy but it is about returning to that part of ourselves that is infinitely eternally unwaveringly happy and then abundantly happy I love that Absolutely true You're right about that And gosh I remember seeing that study love that study And why do we go to the amusement park Why do we want to be physically intimate and have sex with someone else Why do we go to the movies Right We want to feel the entire range of emotions and it's nice to be able to dial back in to the truth of who and what you are Any time any place at will on demand on demand right It's like sitting in a movie theater and you just remember wait I'm crying I'm laughing I'm turned on I'm turned off all within an hour or two And at any point in time if I want I can close my eyes Go inside forget the movie that is life the movie that is the world the movie that is other people acting up or misbehaving or not giving you what you want And I can feel perfect peace and love and happiness call it God call it life all source on demand at will as you desire when you desire right That's the beauty and power of it That's why we go to the movies Think about how crazy it is to go to the movies or to watch a TV show It's actually crazy in some ways and yet the other it's so beautiful It's just a testament to precisely what you just said which is with that we love experiencing the entire range of human emotion and you might like me and some other folks

have a preference for peace love and happiness And that doesn't mean that you can also feel the rest of it Also Last thing I'll say is you also sometimes get to a place and this is why let's say a roller coaster is so much fun It's more fun if you're strapped in if you're not strapped in Ok And you're like just swinging there you know in the wind as the roller coaster goes up and down and twists and turns It's not fun anymore It just feels terrifying finding God within spirit recognizing your oneness with God within with spirit with life intelligence with infant intelligence whatever you wanna call it just call it yourself Feeling your connectedness your eternal connectedness with yourself The self is like being strapped in all of a sudden It's like being in the movies and recognizing it's just a movie and I can pretend and play and forget that it's just a movie and get drawn completely in and go crazy and cry and all that But I also can live and watch that movie or ride this roller coaster knowing that I'm perfectly safe and sound the entire time There's nothing at risk This is just a big virtual reality amusement park Enjoy it as much as you can take it sincerely but not seriously That's the challenge It's like you can enjoy it more deeply if you take it sincerely but not seriously If you take it too seriously then you're screwed You get lost in the world you get lost in your own mind instead of being lost in God or spirit or source which is something that you are Thank you And that just reminds me of So I know you're also a student of the course in miracles And that just reminds me of how you know we look at it It's just that the whole our whole human existence just an illusion So just as we go to the movies And that whole situation is an illusion that reminding ourselves that the human experience that we live in every day is also an illusion And that it is really about always coming home to who we really are And that I loved when you said that we can do that at any moment just by closing our eyes and connecting with our inner being instead of our outer being that we are so outer and externally focused it with our persona with our personality with our identity with all the things that define us on the outside But how much time do we make connecting with our inner being and that we can do that at any moment And why I love that is that people think that no I got go to like the yoga center I have to go to the meditation center I have to go to like a location in order for you to like to connect with that And it's it's none of those things It's not dependent on the candles and the incense and the outfit and the stone and the crystal and the music It's none of those things Robert that when you and you said like earlier too that it's so simple that in that moment of when you connected to your inner being your holy your the holy spirit your holy spirit

In that moment it was like when all of that is gone and closing your eyes and just centering on your breathing and going inward to say like it's like saying hello to you It's like hello hello hello And that and that part of you is saying you're amazing You're incredible We love you You're doing such a great job You're just like it You're magnificent You're extraordinary That's what happens when we go inward It's like all the things that we're looking for outside of us that validation that status that reverence that that acceptance that as soon as you go inward your inner being is like oh my good And then when you're there you know for me what meditation is one of those ways but I no longer need to only connect with that place within me by doing meditation often It's just in complete silence Now that when you practice it enough because it is a practice that you can get to the point that you don't need any of that which I think makes Eckhart Tolle's um meditation work like a little bit challenging in the sense that it's just like silence It's OK for a beginner I don't know about you but for a beginner that is hard But I have worked my my because I've been on my happiness journey for over 10 years Now that I've worked to a point that I'm like you that any moment you can just stop Is it stop stop um drop and roll Yeah Yeah Oh that you remember Oh my gosh Couldn't remember Yes Stop drop and roll It's right Stop what you're doing Right Drop whatever it is you're worried about at the moment It I just love what you're saying here so much I mean and you see I used to have so much trouble I grew up Christian and I love and I'm a lover of all religious and spiritual traditions and I mean that quite literally um you know I call myself more spiritual than religious and spirit as we talked about spiritual is um the husk and religion is the husk And I feel strongly that um God doesn't have a religion He doesn't have a favorite religion or chosen religion Uh God has no religion and God appreciate loves all religions right Um And and my experience growing up was so difficult because I was so at a heart for the Bible And so I tried to read the Bible of the Old Testament through and I was boy really tough I just felt worse and worse as I read it with my little 13 year old brain you know and then I discovered later I was dating a woman and she was a Muslim So I started reading the Koran You know I thought it was so interesting is Islam is so fascinating It's so powerful And then I found the and I became interested in Daoism and then you know you discover all these different religious and spiritual traditions And I had such trouble along the way because so much of them so many of them spoke precisely about what you're speaking about which is the stillness the silence the quietness that they sometimes in some cases they call it meditation

sometimes they call it prayer the holy of Holies you know the kingdom of Heaven within what's all this mean And I remember seeing in scriptures like you know unless you're like one of these Children you're not fit for the kingdom of Heaven What does that mean Right The kids get it so much you know so much greater way instantly immediately Um that rather than you know than adults do often And that's because we have these phenomenally intelligent problem solving devices we call a brain that are equally phenomenal as troublemakers You know it's a great problem like problem solver but also phenomenal troublemakers In fact almost better troublemaker than they are problem solvers because the brain's job is to find problems to solve to justify its position It's like the captain of a ship this job So if and when it can ever find a problem it will create one just for the purposes of solving it And that's the very thing that we love that can keep us alive It's also the very thing that keeps us from thriving and keeps us from experiencing the inherent innate piece of unhappiness that exist always within us And when you're able at the beginning It's hard to just say I'm not gonna think I'm just gonna go into the quiet like you said you know that's why I wrote Happiest from the inside out from a different place Really One is because I wasn't there yet And second because you know uh it's just way too difficult Hi Hanging Fruit I just couldn't even barely recognize I knew it was important and I put in parts of it I put it in the book but it's important to start where it's easy Right And for me and we all have something like this Something that puts you in a flow state For me it was running sports when I'm running I hate it so much that at some point I hate it so much At some point my mind just goes quiet and you enter a little runner's high and then you get these little downloads these little insights about life and about yourself And before long you discover that you can have that same or experience that same flow state when you're not running when you're in the shower when you're eating And then you discover oh wait I don't need to do anything with my body at all You just sit here and fill in to the peaceful aliveness or the alive Peacefulness in my body The an animating force or life energy in my body Now that vibrating energy that's in your hands and your feet that is your true self this self that is God or life or spirit and just feeling into it without thinking about it You don't need to have any color commentary about it You can if you want but just feeling into it for its own sake for joy's sake for peace sake for love's sake alone And you discover that just by doing that it's like a dimmer switch It just turns up the light that you are the peace of love and happiness that you are And then you see it reflected

in the world around you in your circumstances and conditions in your finances and your health and the beauty of your body and all ways in all places right But again the encouragement at least from me I mean I think it's from you too is to start where it's easy You don't have to start the equatorial level You can start with running with art whatever whatever it is that you feel called to do Yes Yes And that was part of the message that spirit gave to me about happiness that I was also living the human experience and looking outside myself for for all of the things that we attribute happiness to be found And I was like then the pandemic But even prior I had already been but during the pandemic I had some more conversations So I'm a Reiki master and channel as well where I said well now look everything is closed down how do you expect me to be happy when I try to go to the mall I told me told me you can't go to restaurants so you can't hang out with friends And that was lots of people's comments right It's like how do you expect us to be happy when we can't do a lot of the things that we attribute our happiness to And so when I asked Spirit that it said to me that these things which I now call part of our happiness tool kit are all vehicles that help us to connect with the place inside of us that is always happy So if you think well I'm happy when I go to the um sporting event or to the concert or to the patio or to the networking or the parties or wherever you think your happiness is found is that all that's really happening is that those are a vehicle that helps you to connect to the happiness As you've also said that we can connect to at any time at any moment that we experience as that flow state because it just feels so good and time is like you don't even pay attention to it There's it's effortless tons of energy all those good feelings But really what's happening is that we're in the present moment right And so when we're there and we're completely appreciating what that present moment is offering us is that we're connected that's what we are we are connected to that inner being to that love peace and happiness our original nature our essential self is always that so you're connected So I want people to know that it's not the things it's not the environment it's not the people it's it not the vehicle that's helping you to get there because the vehicles can change as we know right The circumstances outside of ourselves that we cannot control are constantly in flux constantly changing So how do we always remain in our happiness bubble That that's how I was during COVID I'm in my happiness bubble and wherever I go it it's with me I'm in my bubble And so I was very happy sitting on my boring back porch looking at my backyard and being very excited about all the animals that were just doing their thing and and seeing the colors and the

vibrancy of of nature that I that I didn't even see before really like really stopping and smelling the roses to a whole different degree that everything is bad Everything is sparkling It's li like it's it's like that it's magical and it's sparkling and I don't know if you experience like life like this too That as you said as we continue to move more and more into that connection with our truth that it just changes how we live every day Absolutely Um It's gonna be practical right So and it is practical In fact it's the most practical thing Everything else is only pseudo practical It works for a little while and then it doesn't this is something that works always in forever Um because it is what you are always in forever I love what you called these like joy vehicles I call them movies called Joy Riding I used to call them Happiness Islands But it really is maybe a better word It's like joy vehicles or Joy riding which is like these activities or people places or things that allow you to feel that happiness and that peace and that flow state more most easily and effortlessly and Enjoyably critical to identify those The real recognition there of course is a couple One is recognizing that those are channels and not sources they're the channels and not the source and always and forever anything you feel comes through you it comes through your consciousness your awareness And so you you can also call it God of spirit but is source always So wherever you go you take yourself with you I promise you wherever you go you take that peace and love and happiness with you even the worst of places um like God And that's why in the Bible says something like and I will always be with you kind of thing you know what no matter where you go kind of thing So the idea is that first and foremost um to and we want to feel grateful for the channels it's nice but you don't want to become so attached to the channels that you forget It's the source that deserves your true appreciation and gratitude It's like acknowledging yourself the self God in all its ways right And so yes and like you said over time you discover as you put more and more of the focus and attention on the source itself you can turn it off on at will right There's another piece here too which is that for lots of us you know like all those things in the world the new car the new partner the kids or the family or maybe the divorce whatever it is you're looking forward to and hoping will be an opportunity for happiness in the future is often an obstacle to being happiness happy now So it becomes an obstacle right Because you're like oh I'm gonna I'm gonna get this thing and then be happy So you're kind of committed to unhappiness you know until this desire is realized or until this dream is fulfilled It's part of the challenge with this future oriented mindset And then we get into the future



we just say hey when I get there I'll stop slow down and smell the roses I'll finally be happy But no you take that future oriented mindset with you into the future and then you project it into So the next moment the next year the next decade and that's kind of the part of the problem with um sort of a destination addiction that we often develop around this idea or concept of happiness And so to your point happiness is in the present I'd say it's presence itself that presence already has everything and everybody that you're seeking on the outside it's already there It doesn't feel like it And at the very beginning and I wanna hear your experience around this So he said in the beginning it's like stepping into that dark room Any dark room At first you're convinced there's nothing there If this room is empty it's so dark So why would I be in here I could be out there in the light Sure the light doesn't have what I want I've been searching my whole life for this feeling of peace or love or happiness or I can't find my partner anywhere Why should I spend time in meditation or prayer or doing things that allow me to feel more flow state It feels so dark in there right But if you spend enough time in there if you just sit it out a little you know come back to it return to it over and over again before you realize that your eyes begin to adjust in this seemingly empty room you realize it's full it's full of stuff There are furnitures there's there's furniture there's couches there's gold coins there's money there's other people in there all this stuff but you don't realize it If every time you enter in you quickly run out the door again You never realize that the true treasure you're looking for is inside And that once you sort of discover the peace and love and the happiness that's inside that doesn't feel or seem like much At first once you realize that and stay with it long enough and do it for joy sake alone you begin to see it appear outside of you in the world as well It really does without you having to do all this hard work around it and struggle and strain yourself in the way that you're accustomed to But just doing this one thing going in you find that when you get that inside right the outside does you know tend to fall in place It's like all of the events of our life are leading us up to that moment where we stay in that room just long enough to actually discover the treasure that's inside of us That was right all along that we've been searching for those treasures outside Then meanwhile they exist and always had existed inside of us And if we just stay there long enough it was like that moment when I first I meditated for the very first time And I went in saying I have a stack of books on my nightstand I want to hear from God how come these people can see how come these people can hear And I my entire life I've been I've been praying to God and I want I want to hear And

so um spirit said to me through a medium that you need to meditate And when at the moment and I didn't know what that was I was like I don't know what that is And so luckily I went to a meditation center close by my home They said we will help you to get started and it will help you figure out what this is and what how to do it And it was like literally like spirit was like like that like that quiet moment Yes of like we have been trying to talk to you like your entire life and you just didn't quiet yourself enough to listen And they will tell you that I cried for an entire year every time I went because I was like oh my God that my whole life had led me to that moment of discovering that light as you said that and it was there that I discovered the unconditional love that I had been searching for outside myself in all the wrong places And so that if we could now I'm thinking I know you're I can see you're nodding and I'm like but how do I like now segue into your second book And I know we're running out of time too But how can we maybe bridge the gap between both of those two books And just before you answer that I want to say that Wayne Dyer you know one of my also spiritual mentors that who wrote tons and tons of books that one of his latest books which is I can see clearly Now is this him looking back at his entire life and how the universe very slowly brought him along to like where he was at the end And that his you know his his very first book the Erogenous Stone said you know best seller International whatever was him very much stuck in in the psychology of him you know being in a professor and all of that and that all the events of his life slowly began to reveal to him more and more in who he really was And that you know my book too uh which is called The Steps To Happiness that I can only uh release once my phd is complete Um is exactly the same spirit had me write it in 2016 And then five years later when um I was ready to start to put it out But then the phd opportunity came so I could I didn't And I said to like why did you have me write the book when I did And it was because there said the person you were five years ago is not the person you are today And that the nuggets that I managed to um to record let's say that summer as they had this huge download that that was the book at that time that's gonna connect with a lot of people that were there that are there at that point And so I don't know I know And am I only saying this because when you're referring to that first book that you're like well that was like my understanding of like of what happiness was like and everything But things have evolved since then And I know you also shared with me just personally that you've written other books too that I'm sure are going to you know release and that are chronicling this evolution of knowledge around what love and happiness

really is Absolutely Gosh he has so much so many gems there so many gems really The first part I'll say is um you're right foresight seems blind hindsight is always 20/20 And you wanna keep that in mind as you're living your life you can only sort of connect the dots looking back often and that's actually beautiful It allows life to remain a mystery And if you allow life to remain a mystery and you live it like a mystery it's pure bliss But if you deny the mystery or try to you know you live like life like a problem to be solved instead of a mystery then it's misery It's just misery right And so it's important part to remember that um even if you can't see how the dots connect I promise you they connect this the second piece is if I were to describe an executive executive summary format both books that say happiness from the inside out essentially is about unconditional happiness how to be happy No matter what the research there all points to the fact that success doesn't lead to happiness Decades of research proves that But happiness does lead to success So success doesn't lead to happiness but happiness does lead to success and happiness is the greatest success You get happiness everything else is added Love goes beyond that But also repeats that in a way Love for me is just your happiness shared self love shared That's the heart of happiness Be inside out when you get happy and you share it we call it love when you are happy but you stay at home and you're just hanging out by yourself It's called happiness right But it's really one energy perceived in two different ways It's one coin but two sides of that single coin So at the end of the day lots and lots and lots of words are written and spoken and shared about peace and love and happiness in God And they're all extraordinarily valuable pointers But the invitation for all of us it's certainly for me is to spend more time applying or spend time applying what I know what we know already Whether it's from Teresa's book whether it's from my books whether it's from anybody else's book out picks to Spra Robert Maar oh my gosh of course in miracles so many phenomenal authors and teachers out there all with incredibly well infinite wisdom to share Um But yeah it's like knowing is doing and if you don't do you don't really know So you wanna you wanna apply as much as possible And I think it was Bruce Lee that said this and I love this so much He said I I fear not the person who has practiced 1000 kicks once but the person who has practiced one kick 1000 times So we don't have to know a whole lot In fact often it's the knowledge that gets in the way of you experiencing and enjoying the inherent and innate peace love and happiness that you ultimately are Take my breath away there Robert Thank you so much And I just feel like it's such

a a beautiful uh winding down to our conversation today Now if I'm gonna ask you to leave our listeners with a piece of I know I'm gonna say a piece of knowledge but I'm going to say more of a piece of yourself because our self is all of that Our physical mental emotional and spiritual self all bundled in together So a piece of you with our listeners that you would like them to take away from our conversations today um to go forward So you know maybe what what nugget could you leave them for today Just to to either sum it up or something for them to think about or the most important part of our discussion today That and I I feel like I've heard you articulate it in you know many of the different ways that I'm gonna ask you you know how can people connect with you after the show which you definitely need to check out Roberts uh social media because he talks about this uh incredibly on all of those and just so eloquently and just for me just so bang on and and correct and true And so if you can share that in just a moment as well um But what would you like people to take away You are so wonderful Theresa I just wanna keep you I think we all wanna keep you forever truly Um Thank you so much I think less live more think less be more Um But I mean spend more time being less time thinking think less enjoy more just think less enjoy more think less feel more And what you really want to feel is fill into your own presence Your presence is God's presence it's the presence of everything and everyone you truly want I promise the essence of that The most important part of that is the cake And if you do that often enough meaning filling into your own alive presence not what you are but that you are it doesn't matter what you are just that you are just recognizing I'm alive filling into the aliveness in your own body just that you can call it God coming into the presence of God for its own sake no matter what you're doing going for a walk having lunch goes off to sleep listening to someone else speaking to someone else just allow for more and more touch points with the presence of God or the presence of spirit the presence of happiness and love that exists within you for its own sake And I promise you that your whole life will change your whole life will change without doing anything else without being anything else without asking for anything without begging for anything without visualizing a whole lot or smudging or doing any of these things or treats everywhere You can do those things too for sure But just by practicing in the presence of yourself the self God your whole life will change So I guess that's my encouragement Thank you We need to be more human beings rather than human doings just human beings and being mindful in every moment and how this gift of life is really a gift that

we call it the present I know it sounds cliché but it really is a gift And how many times do we stop and appreciate all day long The gift of what it means to be alive to stop and and look at all the miracles and to really tap into heaven on earth It's it's here just many of us are not tapping into it that that when you do and you and you do exactly as Robert said that it changes your life because heaven is revealed to you as you as more of yourself is revealed to you through these practices that we that we've spoken about Oh it's so good Teresa I just want to add so powerful I just want to say yes yes and yes to all of that Um And um that that heaven that home that you just spoke of is something that we wake up to right So there's no needing to go to it or get to it or even touch into it because you're just concession This is a concession to the language we have to speak about in some way But it's where we always live You're always living in the lap of God or spirit You're always in heaven you're always at home You don't recognize you don't realize because like all of us you've fallen asleep sometimes and you've started dreaming and you're having a nightmare that any number of things is happening Ok But as they say so beautifully in the course of miracles that which is real can't be threatened that which is unreal doesn't exist Uh So meaning that behind between above below beneath every single thought feeling sensation perception condition and circumstances of your life is perfect harmony perfect happiness perfect perfect love and perfect peace You're always existing in and as that And so it's just coming becoming more and more aware that where you want to be is where you always are and what you want to be is what you always are It's just that it's just an awakening So please don't think it's a whole lot of hard work I promise you It's not I took a hard long path Yes But you don't have to That's why Theresa and I and everybody else out in the world writes books and shares things So you don't have to take the long indirect scenic route to it You can go directly to the source board Amen Amen And and I it it sounded so much like this beautiful affirmation as well as this this beautiful prayer too So Amen and and as it is exactly as you said so thank you Robert Please share with us how people can get and find out more about you get in touch with you hear more about your work Sure Um You can find me at my website at coach rod mack dot com You can find me on most social media platforms probably most consistently Instagram at Rob mm AC K official And you can find both these two books and then the nine I'm gonna release hopefully soon we'll see um on Amazon Barnes and Noble and pretty much anywhere and everywhere else Great books are sold Wonderful I want to thank you So so so much for being with

me here today to kick off the happy hour with Teresa Greco on on hopeful radio You were the perfect the perfect guest and everything that you shared It was just so powerful and so enlightening and when I say enlightening it's because the light that you are is just just emanating through every word that you said and and just every inch of your being for those that are watching this you know over youtube Um It was just incredible Thank you so much for being with us I love and appreciate you so much You don't know and it takes light to recognize light So that is a compliment as much to you as it ever is to me So thank you so much Thank you Thank you I'd like to leave you with the thought for the day The mission of the happy hour is to help you connect with true happiness that resides inside yourself and is not external to you Yes you might feel temporary pleasure when you get that promotion at work you find that new love relationship You go on that vacation you get that designer purse but you'll you'll realize that once that feeling of pleasure wears off you're left feeling unhappy and looking for that next thing to make you happy again That's because those examples are talking about pleasure and not happiness or joy true inner happiness is unwavering and is always there for you to tap into even when your external circumstances may not necessarily be the way you want them to be You can always tap into the happiness within yourself so that you can be truly happy I invite you to check out my services on my website at Teresa Greco dot C A For more information about my coaching workshops and motivational speaking opportunities You can connect with me on my Instagram page at Res Greco underscore Steps to happiness as well as my Facebook page Steps to True Happiness with Teresa Greco Thank you again for joining me on the first episode of the Happy Hour with Teresa Greco Keep smiling and be happy