

YoJ JSP Interview Week 6 Love Robert Mack

Welcome to a year of joy My name is Sherry Elise and I will be your Joy reporter every single week I will be introducing you to one of your joy superpower partners on behalf of the team of the art and science of joy We are thrilled to be able to bring this to you So without further ado let's meet your joy superpower partner So here with me today we have our joy superpower expert on love Rob Mac Hey Rob Hey Sherry how are you so good So excited to have you here with us because you are gonna be sharing with us an entire week of love So let us know a little bit about your own personal journey with love and why you're so passionate about it Oh for sure But it's the personal journey And for me uh it was a tough long scenic probably unhappy path I mostly look for love in all the wrong places I think like most of us do and other people places activities and things Um I never found it there and then eventually came around to realizing and remembering that I had to find it within myself That was a personal journey along the way I had lots of um exciting but also tumultuous relationships and then the professional path for me you know I initially set out to be a happiness coach but most people who called me called me because they were having relationship problems which I always thought was kind of ironic I'm like but I'm not I'm a happiness coach I'm not a love coach And then before long I discovered um both the air in their ways but also the air in my ways Um I think there is a relationship between love and happiness that often goes unnoticed and missed Uh so yeah both personal and professional reasons led me to this conversation with you today and we are not that we're grateful for your challenges but we're grateful to that It led you here So um why do you think though that it is important for people to cultivate love in their lives Well I think I love the idea of living in an even more loving world You know it's uh wonderful I think it's for selfish reasons Uh The more loving other people are um the more loving we all feel and the more love we can all feel and share and experience and enjoy with each other Um I also think there are lots of um flawed premises that we have around love and dating and relationships that often get in the way of our experiencing this thoughtless world this faceless formless infinite eternal happiness that I call love more consistently You know love is always infinitely internally available to all of us at all points in times no matter who we are or aren't with And so I love the idea that we all experience more of this experience that I'll call true love more consistently no matter what's going on in our lives And as you say all

that something sparks within me which is going to ignite my next question Uh which is what do you see as the link between love and joy Yeah So um this might be a hot take for people and I rarely say that something is gonna be a hot take But I see love and joy as synonymous Another word for joy is happiness We might call it bliss You might have call occasionally called peaceful aliveness But love is your joy shared It's your bliss or your happiness shared when you're ingo or introverted or you're having a moment alone and you feel happy we just call it happiness or joy fullness or blissfulness But when you got into the world and you share that bliss and love that joy and that happiness with even one other person That's what I call it love right You shared this self love You shared this happiness with someone else But I think that love and joy aren't two different coins They're two sides of the same coin They're not two different energies They're two ways of looking at or perceiving the same energy And so yeah love and joy are really synonymous And I think probably lots of us would be behaved to think of love more in terms of enjoyment Can we enjoy each other Can we enjoy ourselves without any expectation of reciprocity or reward Let the enjoyment itself be the reward And I think we'll find if we do that we can experience a whole lot of love and a whole lot more happiness as well Hm So everyone's gonna be able to experience more love with you for the entire week which we know is connection to our whole selves which in and of itself sparks joy So thank you so much Rob for being a part of a year of joy and we can't wait to spend the week with you Oh my goodness me too So well said Sherry Thanks for having me Thank you