

## Facebook Live on Happiness with Rob Mack

I write about now All right good deal Let me find this on here and I'm so excited to be live today with you Rob and Reconnect And um this is Rob Mack um for those of you who are just tuning in and he's the guest this week on the Inter connection podcast And um yeah I have one of the things that I I have the honor of doing when these episodes go live is listening to them a few more times so we can do all the social media and the notes And so I've listened to your episode so many times Rob it was such an inspiration You are such an inspiration Well it takes light to recognize light So it's easy and it's so much easier to be the light when you're in the light So thank you for that I love that Thank you But really I um I may I might have listened to it like five or six times So I I invite you all to do the same It was just it was such an inspiring conversation and I learned so much and personally on my own journey I have and I think I talked about this in the episode two I've really been working on deepening my happy deepening my happy and learning to and we talk about this in the episode two learning to run on the fuel of joy right Rather than the fuel of anxiety worry like all of those things that were just you know how many of us live our lives And um so what you do is so powerful and important to help people to live in joy and ease and grace because that's our birthright Right Absolutely And you're also right which is joy peace and happiness and love is clean energy and stress and anxiety and misery and unhappiness is dirty energy I'm sure you can get some things accomplished through the dirty energy but it's so much happier healthier and I think ultimately wealthier to live your life with clean energy Yeah Yeah And it feels good And uh that's that's the important part So I kind of don't know where I wanna go because I also Rob has a second book out which you can't see because it's backwards Love from the inside out His first book is what is your happiness from the inside out Um And I just got I was telling him I just got this last night and already it is Dog Eared Um It's beautiful It's so beautiful and I'm curious about your writing process on this because this is so different than the first book which reads a little bit more like a how to book And this is just it's it's meditations and inspiration So I'd love to hear about about how this one came through for you if you don't mind sharing Absolutely I'm an open book with you for sure Um This was direct downloads and insights that I received Um They were all I wouldn't say they were unsolicited they were all so they were all invited and I was trying to stay open and receptive um to hearing or receiving the downloads

and insights when they came Um But they'd also come at seemingly the least convenient time and it was not for me trying um to force them or make them happen but it was just like just stay open rob just stay open and see what comes through And um so I just kind of collected these insights and downloads that occurred and surfaced over the course of many many years And then one day I thought I should put them together into a book or something somewhere and organize it all And uh that's ultimately what I did what I did So it was a much um more effortless enjoyable process for me It was like the book um more wrote itself than I wrote it That's what it feels like That's what it feels like And it's beautiful inspirations and all about love and self love and love in our relationships and love for the world and what I wrote in the back last night Um So I will I will read my notes Is that what I love about it Is I I feel like a lot of people in the world are teaching self love right Or they're teaching other love And I think those are two lessons that we have to learn and of course loving others is really an extension of your self love But the way that you do this book it's so balanced it's so seamless It's it's really beautiful because I you know I think sometimes we get out of balance of you know do onto others right Or take care of yourself And and I'm always about taking care of yourself all the people that come to me and other ones that have already learned how to love everybody else to the back and they need to come back and do it for themselves Um And and they often act kindly and lovingly towards others you know for the most part Um But I just love that there's there's a beautiful balance in this book and in the message of you know loving ourselves loving life loving the world Can you talk more about that Because it for sure I love the way you put it Victoria have such a way of a way with words and expressing um incredibly profound insights and really simple clear ways Um And yeah for me you know I think one thing I've discovered is to your point Um We don't often define our terms We assume that we're all talking about the same things when we talk about self love for instance But often when we're talking about self love we're talking about um you know love of personality that's great I love that love of body I love that and you know love of the mind and all these things and that's all great Um And I would say the true self that we all ultimately are um has a body but isn't a body has a mind that isn't a mind has a personality but isn't a personality It's that which is aware of the mind and the body the personality the job the possessions And so um that true self is love itself It's pure undiluted liquid love itself And so self love is actually for me to me a redundant term It's like love love like self and self is love and love is the self

and there is no love but the self and there is no self but the love but love Um So when you're tapped into didn't turn on to that when you're being your true self when you're being that love you don't have to work so hard uh at being loving and you don't have to work so hard at being lovable or receiving love You just automatically will say you give and receive love effortlessly but it's not even that you're just tapped into the infinite internal love that always is within you and around you and within you uh you know within everything that you're doing So you know in the within and without of course it gets a little confusing But the idea is that love is all there is when you're tapped into it and turn on to your true self I love that I love that And I can feel that when you say it And I also think when we're guided by that and aligned by that that everything flows through that and we we can't not express love We are an expression of love Oh that's so good That's exactly right You know I think we often think of the world in our lives as maybe an opportunity uh to get love or extract love from other people places things or activities Uh But really it's an opportunity to express or extend the love that we ultimately are And when you think about it from that perspective and when you think about it from the perspective of being um effortless and uh enjoyable in that fashion So in other words when you're just abiding in and as the self so when you're not lost in plotting and planning and scripting and reliving or reliving any moment you're just truly present living as presence itself So you're not lost in discursive thought you're not lost in the analytical mind You're not overthinking when you are just that you are abiding or resting in and as true love and happiness and peace and people feel that without you doing or saying or being anything else other than that Um So the opportunity I think for most of us is to learn to rest and relax in and as our true nature which ultimately is peace love and happiness Amen Sorry I was distracted by all the lovely comments that are coming in So everybody I am seeing you all Thank you uh Becky and Sharry and dot And Robin and Lexi for tuning in and um I will get your questions I'm seeing lots of love and lots of hearts going by and lots of comments Um If you guys do have questions for Rob bring them on I have questions for Rob Um The first one that's popping into my brain is around How do love and happiness play together Mm So I think of happiness and love as one energy perceived through two different lenses You know it's not two different coins it's the same coin but two different sides of the same coin So it's not two energies it's two perceptions of the same energy So a one way to think about it is that when you're really really happy and you're all alone you're introverted you're in that moment in that

day we'll call it happiness right Happy in your aloneness when you then um go out into the world and you're extroverted for a moment or two or for the day or you're outgoing and you're spending time with others When you're happy in your togetherness we'll call that love but it's the same energy when you're happy in your aloneness we call it happiness When your happiness happy in your togetherness we call it love Um Love is just your happiness shared that's all it is Um And we can also say it's yourself Love shared same thing So happiness and love are synonyms They are synonyms Uh And you can use any word you want But I think love has gotten a bad name and bad rap over the years And we think about it as though it's something that it's not uh you know it it's not different or separate from happiness If your love isn't happy I would not call it love right In the same way that if your love is not free I would not call it love Um So happiness is loving all happy people are loving people and um love is happiness All you know loving people are happy people And so it just goes back and forth both ways I love that I love that And you say in the book and I can't I want to find the page Um where is it You might remember what you say But I read so much but it's the myth of you know love is painful Love is difficult right And a lot I mean if you listen to any um any popular music song you certainly get that narrative right Can we talk about that Because I do think there are you know and I know some teachers that don't use spiritual teachers that won't use the word love because they're like I think a to is one of those because it's one of those words that's been so misunderstood I like you love the word love it It is what we are like bring it on and it's just such a beautiful vibration But can you talk about some of those misunderstandings around what it means to love Be lovable And also this this belief we have to love is to suffer Yeah Oh my gosh So good Victor This is why I love conversations with you my goodness such powerful point of Um Yeah So so we often think about love um as drama Uh We thought think about it as uh entertainment Um You know sure sure sure love can be entertaining but it's not entertainment Sure love can be lusty but it doesn't equate to lust Um Love uh can be exciting Um But it's not excitement it's not equivalent or equate uh you know to excitement and love likewise Um So sometimes you experience um unhappiness or misery or frustration or jealousy um in your relationship And then we say well that just proves that I love this other person and I would argue differently I would say that you might be attached to this other person you might have ideas about this other person But I would say that if you find yourself consistently jealous or frustrated or overwhelmed in those moments uh you're not resting

and um relaxing in and as your true nature which is love um you're actually um under the sort of false impression and you're suffering out a flawed premise or belief that your happiness and your peace and your love is not within yourself it's within somebody or something else outside of you that you therefore need to control or change or fix or get rid of or attract right And so um you know unhappy love is not love right Unhappy love is 1000 different things all which I would call pseudo love which is not really love at all Um We might call it conditional love Um But it's uh not the kind of love I'm talking about I'm talking about a kind of love that doesn't come visit for a little while and leave It's the kind of love that um can't come can't go because it's always ultimately essentially what and who you are Um And that doesn't mean you don't have moments that are challenging or difficult Uh but it's never love's fault You know you might be ego you know it might be ego yes always ego If you're feeling or experiencing any pain or suffering that is ego that is not love love does not suffer Love does not fear love does not desire love that's never love's fault Yeah Yeah They blame love all the time as they love Oh you know what love does It's like no that's attachment Yeah I think that's also because we all have an innate sense that we are love and we came to have this human experience and sometimes we're like wait this is hard And so we blame the part of ourselves that was smart enough to know This is funny right Don't feel like a party right now I love that so much Absolutely It's just judgment You know anything that you feel that isn't love is just judgment Um And sometimes it could be good or bad judgment That's the other piece of it right Like sometimes we say um this person or this thing um or this activity is so great and I love it so much Ok wonderful Um And if you're attached to it and it goes away and you suffer then again it's really just a mistaken belief that you have It's never love's fault It's uh just a belief that you have that suggests to you that love is something outside of you in the past or future Um instead of something within you always here And now what what you just said was so powerful too And I think oh I lost the thread I hope it comes back because I think it answered another uh question that I've been asking and it's that there's a little piece I know of me sometimes that when the happiness gets really high when the unconditional love when that when I'm soaring there's that little bit that goes Oh yeah I know But you're gonna fall Right And then you know and and I think it speaks to that It's that belief right That you know there has to be the N and the A oh it's like how good can life get before I start to distrust life or I just start to distrust this happy feeling this loving feeling you know we have all these beliefs wrapped

up in these stories around happiness and love And one of them is no pain no gain And one of them is if it you know if it sounds too good to be true it must not be true You know and that in order to love you must suffer you must be in pain or experience happiness you must experience unhappiness and and from a in in a in a world sort of duality meaning that if your experience of peace love and happiness is something you mostly experience through the mind and the body and right then yes that's true You need it's the contrast of life that makes life so beautiful right So the sweet uh you know it's the bit that makes the sweet that much sweeter OK Yes the kind of love and peace and love and happiness that I'm talking about is the kind that doesn't require you to think positive thoughts It doesn't require you to avoid negative thoughts It's the kind of peace love and happiness The only kind of peace love and happiness that it truly exists that is unconditional immovable unshakeable no matter what you think what you're experiencing with or through your body no matter what sensation or perception is going on no matter what the condition of circumstances are like no matter how much money you do or don't have no matter your health or your you know lack of health Ok So it's always there above below between beyond and within every single thought feeling emotion sensation perception and activity condition and circumstance It's always there right So that's an important um difference here Something that's important to discern and delineate like you know most of us think we can think our way to happiness but you can actually only think your way out of happiness because you are Yeah Yes it's beautiful And what do you tell to the person that sometimes is soaring and and and you well you said something else I'm gonna say something else because this came to me the other day too Um I think I was listening to our episode and then I was taking a hike and um during the hike having some beautiful thoughts and one of the things that I'm noticing in my space right now which is so cool is I have intrusive happy thoughts Um you know we all have I think we all have I don't know I've always had the inner critic Right And in the last year I've become intimately familiar with that voice and and become more aware of it and learn to say hello to it Give it a big hug and then shift my attention because it's you know it's it's not it's not a fun voice to hang out with But what I've found too and this has been over the last couple months um maybe longer but very strikingly over the last couple of months is I have now an inner happy voice So intrusive thoughts are and and some of them have been going on for a while just you know Wow I'm happy Wow I love wow And they're not they're not thoughts that I feel like I'm you know

because like the inner critic is you don't feel like you're generating it right on some level you are but you don't feel like it's not like a thought that you are you know pushing out there So I will have these beautiful thoughts that are loving uh encouraging exciting inspiring And um I was out on this walk and all of a sudden I was like well can I trust those thoughts And I was thinking right like why are we so focused on Yeah I can trust the one that tells me that you know I'm dumb and it's not gonna work out But you know the good ones I can't trust those Like what's that about It's so interesting isn't it I love that point You make you you know um we all have these success contracts or love contracts or happiness contracts in our head which is just really a system or story of belief systems that sort of indicate or tell us when it's ok to feel or be successful or what it requires to be successful what it requires to be happy or loving It's sort of like um a governor on a car that puts a limit on how fast you can go um or a thermostat And so once you hit that 67 degrees it kicks in turns on and you know brings the temperature back to 67 or whatever And so you know we have these thoughts in our head these beliefs since in our head and they sort of kick in Now that being said you bring up such a great point with just like how can we experience that Only with the you know negative thoughts and not with the or you know or only with the positive thoughts but not with the negative thoughts It's like we can think negative thoughts all day and still sort of believe in them and trust them while whereas with the positive thoughts we don't trust them at all and we think you know things can't get so good although things can get much much worse always And it's really fascinating in a way and I would say um you know a couple of things one is the brain is wired uh you know way that um sort of prioritize the negativity bias So the brain is wired and designed to keep us alive not necessarily keep us happy Although if we stay alive easy to be happier in these bodies right Um So there's that um another piece of that is that we generally beat the drum of what's going wrong in our lives not just to survive but also becomes it's become a habit and everybody and everything around us encourages us to do the same because most of those folks haven't spent time or energy really diving deeper become more self aware Um and uh self loving whatever Um You know the other piece of that is you know every thought is really limited ultimately And so you know we talk about limiting beliefs but every belief is limited we talk about limiting thoughts that every thought is limited sort of like trying to empty the ocean with a spoon you know like you be better off just throwing the spoon away and just diving in the ocean And so you know my encouragement I think um

certainly for myself but for everyone is to like you know enjoy all your thoughts particularly your happy thoughts And of course in miracle They say something really beautiful which is like at first we all start off sort of loss in the nightmare the bad dream And then as you kind of just dive deeper and deeper into who you to and who and what you truly are you begin to wake up from a nightmare and that nightmare turns or transforms itself into a happy dream to a good dream So from a bad dream to a dream and then as you continue along that process and journey you eventually wake up entirely and there's no dreaming and reality is sweeter than any dreams you can possibly have about it So um certainly if you're experiencing that kind of positive good thoughts that you are and hopefully I am uh please know that's worth enjoying continue and keep that up and uh you don't have to have any thoughts at all to feel true peace love and happiness right No I love that And I think to what I hear you saying and this is something else that I've been feeling into a lot It's you know it frees you from the up and down because neither thought a good thought a positive thought may feel more comfortable but it's not better It's just a thought Yeah you just know that I mean that a sort of challenging opportunity is that we experience so much emotional disregulation in our lives and it's like this and flow and that you know good one moment and then bad the next And you know it's sort of like going to a movie And I think we've talked about this metaphor before and you're familiar with it for sure which is like you go to a movie and before you maybe if you enter the movie once the images are already projected on the screen maybe part of the way for the movie you can quickly find yourself caught up in the movie and you experience one moment where you're super excited and you're happy and optimistic for the characters in the movie And the next moment you're depressed and scared and worried and overwhelmed for the characters in the movie And you can get lost in the movie for getting all the wild that none of it's real It's just an illusion It's all projection uh of light onto a screen And the reality of the movie is actually the screen itself the screen that sort of holds or contains all those images So that screen behind all the images and the light projection is unmoving or immovable It's unshakable and unconditional and it's all embracing all loving all welcoming peace love and joy And that screen ultimately is who and what we truly are It's within you it is you And so it's easy if you get lost in the condition circumstance of your life I'm rich One moment of poor The next there's a pandemic Now there's a recession Now it's you know boom era again you can get lost all in that up and down experience But if you're aware all the all



the while that the true reality is God or spirit or your true spiritual divine self you don't get lost in the ups and downs as much And as a result of that you experience a much more tranquil serene and much more enjoyable experience of life Yeah that's beautiful And it doesn't mean at least in my understanding that you can't play in in creating in the outside world and have a a blast doing it What it means is that you know you're painting you're creating you're having fun but you're you're first of all involved with the process because when we paint the funnest part in my mind is the painting not the finished product but also that you know we we're not attached to any particular outcome We're just we're just playing with a paintbrush we're just paying playing with a paint brush and we may love some of those brush strokes more than others but it's not doesn't define our inner well-being or who we are You nailed it I mean it's like waking up one day and realizing you're a multi millionaire or billionaire or trillionaire OK Just imagine one day you wake up and and you're just as wealthy as any person on the planet's ever been And so suddenly you can play at everything you want to play it without any real fear or concern that you're that if you lose it all you can't make it all again or that you could even lose it all right You just have some more fun with it all And so there's less fear and there's less needy desperate energy in your desiring and so you can just enjoy everything so much more without the feder of fear and attachment Yeah I love that So there's a question and it seems like a non sequitur but it won't leave my brain So I'm gonna come back to it because II I trust I trust it Put nags in my brain It's around this idea of set point and our you know happiness set point our well-being set point Um I don't think love has a set point Love just is But um I don't I don't know where the question is but I guess the question is how do we change that Because I know that for me this year has been about really raising and and changing the that point But sometimes I get frustrated Yeah there's lots of ways to do it So I'd say start where it's easy Uh So for instance let's talk about it from a money perspective I think it's easy for people to think about that So if you think about um money and wanting to create or cultivate a prosperity perspective or abundance attitude or mindset At first I know the mistake I made was trying to call myself a millionaire when I had just a few dollars in my bank account of that Ok And when I then redefined abundance and prosperity to go beyond money and say what ways in what ways am I abundant and prosperous already And I started looking into my life and I said wow you know not only do I have all of these incredible people in my life but I also have health and I have these organs that work all

day tirelessly day in and day out to pump blood through my blood vessels and to breathe air through my lungs And when I look beyond that I look at how many grains of sand are on any single beach And I look at all the leaves on the trees and then I look in the sky and I see the stars in the sky and then I realize oh my gosh should we live in this infinite universe And then there's you know this strange little rock that we all live on that's spinning super fast and revolving around the super hot star just the right distance and not freeze us or burn us up And it's doing all that without my conscious effort or will I suddenly come into a recognition that my gosh I'm rich I'm infinitely rich I'm as wealthy as any person who's ever walked this planet before in the things that truly matter like my creative faculties my ability to think like all these things I'm really actually quite rich if I think about it and then if you can do the same thing with love and and with happiness it's like all of those things the organs the heart the lungs your brain that orchestrates it all Um this life or infinite intelligence that spins the earth on nothing or hangs the earth on nothing spins it on its axis rotates around the super hot star that shines that star that we call a sun that makes the grass grow and the rain flow like all of that is love like existence loves you Life loves you so much that it gave of itself to continues to give of itself to you every single moment of every single day without asking anything in return no expectation of reciprocity OK So the more you can look into your life as it exists now to see the infinite ways in which you are already blessed with infinite love and peace and happiness the easier it is to really truly let in more and more of the goodness and the peace and the love that you ultimately are Of course you're not letting in you're just recognizing it more and more So I'd start there like and try to be you know honest about it Uh It's not always easy Um Over time it'll get easier But if you beat that drum more and more you'll discover that you're resetting that set point in ways that um you know you won't need to continue to reset You just find it over time It um it's adjusted to a place that's higher and higher and higher and hopefully eventually to a place where there's no set point at all It's beautiful You got me thinking when you were talking um you just reset my set point So thank you for that And I was like oh now I feel good again Um But I also was thinking you know when I spend time in nature which is a big part of of what I do nowadays that's for me when I feel that interconnectedness that's when the mind and Victoria goes away And I just know I'm part of this thing that's greater than me That's beautiful and wonderful Uh Do you have do you have practices like that that just you know not you don't have to think or try or do It's just the little like nudges like ah

you're home so beautiful Yes Um So I call those um you can call them Love islands islands Peace Islands Inspiration Islands But you know I think it's important to your point to identify the people places things in activities that allow you to feel love for instance easily and effortlessly and Enjoyably right So those people places things and activities that let you feel love or loving or lovable with very little time energy and effort you just identify those things and then you try to schedule them more and more into your life Sometimes you can't do that right away Sometimes Um some of us are so disconnected and out of alignment and have been so for so long from this true nature which is love that we are not familiar with It's not easy to access right away So instead you can identify the opposite of those Those are your love deserts So those are things people place in activities that make you feel less than loved less than loving and less than lovable right Or you have to work really hard and spend a whole lot of time energy and effort to feel loved or loving or lovable Um And so the idea is that you want to sort of reverse engineer out of your life or get out of your life or schedule out of your life all the deserts and as much as possible and schedule into your life as many islands as humanly possible I think that is that is sage advice that's beautiful And um and you think people can find those things easily like when we start to tune into them Yes And the important thing is um to start with the lowest hanging fruit humanly possible So like gratitude not the way to talk about love is gratitude not the way to talk about happiness gratitude um or presence works as well Lots of synonyms for these um words But um when I started I remember really struggling and saying I don't feel love ever I don't feel loving ever And so I had to start with a word that was easier for me to kind of embrace which was just like well what do I enjoy Or when do I feel the least pain and suffering Right So you start there and then you start with the low hanging fruit which is like in the beginning all I could come up with was like well I don't know I kind of like the taste of chocolate You know it was all I had you know or I kind of I do love that's a big one I'm sorry there's no all about chocolate I mean chocolate is pretty awesome I agreed Right Agreed Like you know and then I thought gosh I love beautiful I love seeing beautiful women I love seeing beautiful people and I just started there It felt really primitive I started judging myself a little bit about that but I noticed that the key was start where you cannot fake it It's got to be authentic and it doesn't matter how sort of primitive or elementary or introductory it seems just start there and beat that drum over and over and over again and really try to juice and milk that thing Person place activity for as much joy and love

and peace so you can get out of it And if you can keep that up long enough and stay off of the deserts you'll quickly find that it grows and then you look at things that you thought were unlovable and something they feel so lovable too I love that I love that And I think when you say milk it it's just a matter of just get that in your life get that get that flowing get that happening And my guess is too that when you start to bring those things in and find them you find more right Because you've you've opened the door to bringing that in Well yes what you appreciate appreciates right So what you appreciate grows in value right It grows increases in value And so the more you spend time focusing on and savoring a piece of chocolate uh the beautiful artwork the puppy that you love seeing every day the walk in nature uh the exercise that incredible song that just makes you feel good for no reason Um The smile of a neighbor whatever it is the more you just think about it reminisce about it a little savor it really just try to feel it and experience it in your body more than spending time trying to understand it so much Just try to enjoy it as an experience Instead of trying to explain it with a thought the more you really try to embody it so to speak the more it grows in time and you're right before long you start looking around You're like wow I don't just love this person who's shining all this light towards me or this chocolate or this puppy I love everybody else and everything else too You know and I'm not doing it to be a moral person It just feels so good to do it you know And I don't have to do it necessarily It happens through me It's done through me Can you fake it till you make it Because I would think that sometimes acting as if can be really really powerful But I I want your take on that Absolutely There's no question about it It can um it's sort of like a jump starting I had I used to have I've had scooters over the years like that Best business Sometimes you have to kickstart you know this the scooter the best So or maybe a lawnmower you kickstart it and it gets it going So taking it So you make it uh fantastic Actually it helps you kickstart gratitude or love or peace or happiness And there are some folks who don't feel any resonance around that and they say it doesn't matter how hard I try I just can't do OK let that go You don't need to fake it Then take the smallest tiniest thing that you can feel any gratitude or love for or from and just focus on that to the exclusion of everything else and let that you know do the work for you but yes faking to you make it's fantastic All right Last question Um I think and this is a this is a a whammy though So our mutual friend Lisa mccourt talks about how shame the energy of shame is like the lowest the lowest you know bandwidth And I think it's one that unfortunately many of us have been you know raised

with What what do you say to that I'm I'm I'm not formulating a question but I wrote it down in my little book last night and I really wanted I wanted to get your take on that Like how how do we deal with that It's it's in our world everywhere for some of us more than others Um And I do think it's one of the most caustic experiences that a human can have because it gets us to you know doubt our very own lovable nature Yeah Yeah I mean um so to your point you always get more of what you focus on OK So um sometimes the challenge and the opportunity with feelings or experiences like shame or like guilt is because they feel so big and so overwhelming So stressful anxiety provoking we focus more of our time energy and attention on them sometimes in an effort to get rid of it or to change it or to fix it But generally what we do is we feed the very emotion we're trying to extinguish right We feed it with energy and with attention that generally does not go well does not work well And so instead I would offer something different Um a couple of choices one is you can um this is not about repressing emotion it's not about um avoiding emotion Um It's about simply noticing what you feel and where you feel it in your body That's a good second step So we might call it somatic experience But where do you feel it in the body And then instead of going to the explanations in the brain we go to the experience in the body and we say what is it with the temperature of it like Is it cool Is it warm Say OK what's the texture of it like Is it hard or coarse or sp soft or spongy So if it had a color what would the color be Right So all this is an effort to get you to feel into the experience or the emotion of the feeling instead of retreating into the thoughts or explanations in the brain When we go to the brain we often think we're processing We are not we are more than often ruminating and reliving or reliving the experience We are feeding the very emotions we're trying to extinguish with time energy and attention OK And that just makes it grow larger and loom larger So you want to go to the body notice what you're feeling focus on the experience of feeling it and do so without judgment As soon as you find yourself slipping off to the brain come back to the body again And if you can go deeper than that and then you can even come to a place where you say well what is it that is aware of this emotion or feeling of happiness Something that's aware of that You know so I'm not the feeling or emotion I'm experiencing this feeling or emotion but what is it that's experiencing it What is it that's aware of that That awareness itself that works right So if you can learn and over time you'll learn to identify more and more as the witness of the emotion or experience of feeling And that's sort of a master key of extricating yourself um from the emotion of feeling I

love that Yeah that totally worked And that moment when I was like the witness then boom you just go right back up to um that natural state That's beautiful Yeah Yeah I'll be I'll be listening to that little that little talk through again And I think too you know for years I was fascinated by um all the way back since grade school the difference um between rumination which we know feeds depression feeds like people that run I was a ruminated true story Same big big time ruminating Um But I also you know you hear and you believe this idea that when we express we release and I knew that was true too And and one of the things that I did in my years as a therapist because I can I don't know if I always get it right for me but for my clients I can feel when the energy is building when we are ruminating and we are just making the problem larger And when we are releasing to me it feels very different And you know releasing really is to me bearing witness releasing is like when you say yeah you know what I always felt really sad that my parent behaved that way and you know I'm seeing this in her child and I'm seeing her sadness and I'm bearing witness with a loving heart and it and it goes yes Um Rumination is where we tell ourselves a story about it like I'm the wounded person that's mother did this and you know blah blah blah blah and and that's OK because you know it's not ok I mean you'll just keep feeling it for longer you're making the story bigger Um But again it's just energy that wants to move and sometimes it moves recursively and sometimes it it vamooses it's so good Yeah you're absolutely right about that It's a beautiful of describing it Um Rumination is uh indulgence right Um Distraction is often repression um value in that um right releasing you're right Does a number of things one of things it does is it allows you to experience the emotion or feeling from a distance So so there's something about releasing that lets you recognize and realize that you are not the feeling in the emotion right So um there's a distance that comes from it and same thing with witnessing So the same thing when you go to see a coach or a therapist I mean all of it's really the same work which is like helping you come to a recognition and realization that you have emotions and feelings but you're not you're not your feelings and emotions right Um So um and I'll go further and say at the end of the day there is no releasing I mean because there is nothing that's attached to you and that goes their way right So um yeah um you know and and there's also nothing removed from you at the same time Um And so yes uh gosh I love this so much Victoria You're such a um phenomenal teacher Likewise But thank you I'll take that in Um I will take that in but I will also send it right back No it's beautiful and I can I can

really feel that and I love what you said too There is no releasing because but there is that feeling right There was that feeling when I was doing a little exercise and I went back to being the witness and I just felt like the cork popped back up you know to the top of the you know there was so there was a release there was a feeling of ah now I'm back to I'm back to myself again in the highest sense Yes That's a beautiful way of putting it II I love that so much Like so the idea is the way I think about it I'm trying to think of a good example Um but I love the practice of the presence of God And you know in Eastern spiritual traditions we might just call it self inquiry we can call it meditation we can call it prayer we can call it conduct of prayer The idea is to practice the presence of that which needs no healing because there is no illness that uh needs uh no therapy because there is nothing that needs catharsis or processing right There there's this the practicing that um and that ultimately is one way of talking about release right It's releasing this identification with thoughts feelings emotions sensations perceptions conditions and circumstances and recognizing that you are this infinite eternal thoughtless world this faceless formless spiritual being or energy that is always untouched and unmarred by anything that happens to you right Like uh so there's that So yes I love what you're saying There's that it's catching a break and returning to your true self That's what it is right And that's what healing is It's it's returning home right So beautiful Yeah Oh my gosh go ahead No it's you're right about that and and that and and and home is a place where your heart is right home is where the heart is not where the mind is Home is where the heart is So something you feel into more than you think into all the thoughts You know your mind can be very helpful in that respect and sort of leading you there Um and also home is where uh there's nothing but love right And home is where there's nothing but happiness and home is where there are no problems at all You know we might also call it presence we might also call it spirit Yeah that's beautiful I I am mindful of your time my friend even though I want to talk to you forever and ever and ever like I get so I so excited by this conversation So inspired you make me So I'm so deeply inspired and grateful just to connect with you and every single time I walk away and I have these shivers Oh my gosh you're making my day now I know I can't attach to this But I'm gonna anyway OK just just to let you know where my human the state of my humanness right now Um But there was one more thought that was coming through when you were talking and maybe it maybe it's it's for the next time or an off camera thought Um oh I am gonna bring it up because it it just

came back into my brain because I've been told again and again to this information that I'm getting you know our mind has gotten a bad rap and I get that I get that But the mind is a socially constructed tool That's what I see I've been and we'll see what the science plays out I think this whole evolution thing that we were animals and that's why we have a negativity bias is absolutely b um I think it's b because animals are really really smart and in line and fearless they're fearless They they respond to life and they are they work I mean domestic animals less so but animals and they don't fear their death right They're just responding to it's my time to cross over It's my time to be food it's my time to eat right They are just part of that circle of life So I don't believe that our brain that came from that necessarily is the problem What I because the problem is is actually you know um years and years of human society becoming increasingly contaminated by ego and fear and scarcity and all of that And I also believe that there's also a critical time now that the mind itself can shift and become a more helpful tool a more helpful ally a more helpful partner on this human journey And I just got chills and I never get Children Um That's not even one of my markers Um I just I so I don't know that just came through to show I think it's so important So understanding too that you know the mind isn't your enemy It's just it's a little dirty right now for most of us Yeah It's a beautiful way to put it and I would I totally would agree with you that Um yeah So all of nature is perfectly blissful except for our human beings Um Only people make a problem out of their own existence right I mean think that we make a problem out of our own existence I mean look at the hours we work just to live I mean look at the way in which nature does not work those hours and lives so much more effectively and efficiently and Enjoyably and also notice the ways in which all of you know nature experiences the same losses accidents illnesses misfortune Uh you know that we do as human beings and and and yet don't for the most part experience the kind of depression or suicidal ideation or anxiety disorders or drug abuse or violence upon each other just for violence sake alone Notice all of that right So um yeah I would agree with you that this is where human beings and the rest of nature um have sort of taken different paths and a lot of that I mean really if we were boiled down it's the prefrontal cortex right The prefrontal cortex the much later development um in the development of the brain itself And that is a particularly human um kind of development Um and that's sort of where all these cognitive biases sort of exist that being said to your point And we don't have to look very far We can all look into our own lives and see the ways in



which we've all changed our own minds about a number of things you think about the things at 12 that you thought for sure you need to be happy and now the things at 30 or 40 or 50 you realize that you don't need to be happy Um And then look at all the other folks um teachers like yourself you know folks like Jesus or Buddha Harsher Joe Goldsmith and Graham I mean look at what they Yeah sure of course Absolutely You are Yeah that you that you are Um Right So is I 100% cosign everything you said there So cool All right Um I I will not talk to you forever Um But hopefully we'll have many more opportunities Um Rob just tell people where to find you what you do buy this book Um I'm gonna be looking at it all the time It is so beautiful and so inspiring your downloads rock Um um But anyway any anything else people want to know and we'll put all that in like the comments so that people can find you and connect with you and and experience your light even when they're not listening to the episode which you absolutely should do because it rocks It was just it does does rock Uh First of all so much gratitude for you Victoria You're just such a humble sweet beautiful brilliant living light and I'm just so grateful to be a part of your life So thank you for that Um And this guy is an angel does everybody I mean it's like so striking to me when I look at you first of all you have this beautiful energy and you are and you are all of those things of course but does everybody see his angel wings on the back with those I mean it's like so striking to me So anyway I so appreciate that you have no idea I can always use that Anyway sorry go ahead It's great This is listen we love this I will always receive that So thank you Um Yeah and you can find me at coach Rob Mac dot com That's my website You can find both my books love from the inside out and happiness from the inside everywhere Great books are sold including Amazon Barnes and Noble Target Walmart all the places And you can find me on most all social media platforms probably most consistently Instagram at Rob Mac official Beautiful All right Rob thank you Thanks to everybody for tuning in and all of you guys watching the replay I didn't get any questions because I think you are all just probably told us is is engrossed in this conversation as I was in listening to Rob But anyway thanks for everyone for tuning in listen to the episode and uh enjoy the rest of your day Have a great day All right