

## Impact the World - Robert Mack

Welcome to impact the world the show for and about creatives change makers and entrepreneurs This is a conversation episode where a special guest shares with me what they are creating and the behind the scenes journey of their experience Hello welcome to this week's episode of Impact The World where my guest is Rob Mack I first met Rob about 2.5 years ago and his brightness immediately stood out to me when I met him So it was a real pleasure to get to have him here in the studio for this conversation which really is all about happiness how we cultivate it why we avoid it and some of our misconceptions about what happiness really is Rob's masters is in positive psychology and his book Happiness From The Inside Out which came out some years ago really details some of the key elements that we need to cultivate happiness He also shares that his forthcoming book is called Love From The Inside Out and that will be released in just a couple of months So you can learn more about Rob at coach Rob Mac dot com And if you stay tuned for this conversation you'll see that we go a little all around the all around the theme of happiness And Rob is just a delightful guest If you are a fan of the show and you tune in regularly it would mean the world to us if you could support us by either subscribing on youtube If you watch the show or if you listen to the show leaving us a rating or a review over on Apple podcasts and subscribing to the podcast we're an independent show So any support like that really helps us for now enjoy this episode with Rob Mac Robert Thank you so much for being here It has been two and a bit years since we've been in the same room together and I met you really briefly Uh but you made an impact on me when I was coming to do your show which was Good Morning La la Land and my book had just come out So it was about 2.5 years ago And I remember you know it's a busy studio there's lots of guests I mean it was a fast show because you would have loads of different guests every morning So there was a kind of that organized chaos energy in the room And I remember you stood out because you were so calm and you just held a calmness and a presence And I felt that from you when we were on the show but also just in the studio as well And then Kim Corbyn uh at New World Library said oh well Rob is one of our authors and he has a book called Happiness From The Inside Out And I said oh that makes sense because you know I tend to think that we we author things that are either our passion or our learning and you definitely embodied somebody who had worked on that Oh my goodness I cannot tell you how much I

appreciate you saying that And that feeling is mutual by the way I mean I think it takes light to recognize light There's no question about it And every time I've connected with you I have felt nothing but the most positive loving vibes So please know that don't drive with me it all out when I'm driving I have a lot of opinions about other drivers saying that totally Yeah Well tell us a little because I know the book came out a while ago um and has done very well It's been out for about a decade now But one thing that really struck me about not just the book but also you is you studied positive psychology which is something that was new to me And I know that at the time you took it you went to University of Penn you took a master's but it was still a fairly new thing So can you explain a little to those of us who are new to it what positive psychology is Yeah So um positive psychology is the study and science of what makes life worth living right So it's really the study in science of happiness for all of us slave people And it grew out of the work um that Martin was doing before that he was studying like learned helplessness and depression And he always assumed that if you just remove the mental dysfunction or the weakness or the illness from folks that you'll get like a happy thriving individual or a happy thriving couple or organization or team or country And he found you know through decades that that wasn't the case that you can remove kind of what's going wrong with people but you won't get thriving individuals or couples or organizations you'll just get flat lining ones right So he was like we've got to do a better job of studying what's right with people and study strengths and character virtues And let's put a little bit more focus on you know subjective well being and happiness and let's talk about success and relationships and some of the things that you know are often overlooked at least from a more positive perspective Um And by positive we mean not just that you know it makes you feel good but also that it's good for society or it's good for organizations And so it can add to the health um of an organization or a team or a couple or an individual Um So yeah it was an incredible program Um there at University of Pennsylvania it's a graduate program and it basically consists of like thousands of studies that have been done on the relationship between happiness success and success or happiness and love But it's really about um sort of improving the subjective well being of the world really And what surprised you because I'm sure going into that you you already had studied this field in some way But what what surprised you through your learnings Yeah I think the first thing that surprised me was that there was a ton of evidence for things that I heard poets and philosophers and priests and

you know spiritual gurus talk about forever right There's evidence behind it So that was the first piece It was evidence based in a real way that supported some of the intuitive leanings I think that most of us have Um the second part was that and this is what really got me excited was that you know happiness leads to success and success doesn't lead to happiness I think we hear that as a platitude You know it sounds like a cliché but there's real evidence to support that So that was surprising to me So the way I sometimes say it is you know happiness isn't only the greatest success which means it's the reason we want success right The only reason we want to achieve or accomplish or acquire anything is because we hope to feel better as a result of it So it's the greatest success but also it leads to success which essentially means that happy people experience better lives Right So they live longer 6 to 7 years longer On average they make more money than their unhappy counterparts About 600 to \$700,000 On average over the course of their entire lifetime they experience better relationships they get married earlier they stayed married longer and they're happier in all the relationships whether they're married or not because it's not about being married it's about being in love or about being happy Also you find that happy people experience less job burnout right They perform better um while they're alive they experience better health right They're also rated as more attractive like literally more attractive You can show folks pictures of the same person one in which they're smiling one in which they're not smiling and people will consistently rate the smiling picture as a more attractive individual Isn't that interesting Especially as so many people can say Well I smiled for the photo but that was one of the worst days of my life You know you hear that story a lot Exactly That's exactly right So um the other thing is that happy people tend to be kinder and more charitable and they donate more money and more blood but also by doing those things you become happier So I think what surprised me most was not only what happiness or what causes happiness but also what happiness causes what it leads to the consequences of being happy So that was pretty profound to me that like you can prioritize happiness and find a lazier smarter way to success in every area of your life right Which is fantastic So you lay out in the book the key principles that you wanted to share So can you share some of them with us now Like because I'm sure everyone listening is sold like ok go ahead I believe you rob This sounds really good So what what what would you advise like anyone listening watching or me uh a kind of good things for us to keep in mind Yeah So I guess you know the first principle that stands out to me is the principle of

smart energy investment That's what I sometimes call lazy intelligence Um But the idea there is you can get equal or better results in practically every and any area of your life with less time energy and effort if you just look closely And so that's a long way of simply saying can we stop or at least reconsider whether or not we route our happiness through middle men middle women and middle things right So can we go directly to the source for this happiness thing So instead of routing it through a better job more money a better body more beauty whatever can we go directly to the source for it And so that's what I call lazy intelligence It's like I'm really impatient and I want my happiness and I want it right now I don't wanna wait for it So I said that's probably one of the sort of first principles I generally discuss It's like what are you optimizing your life for What's it really for And then reverse engineering out everything that doesn't directly or essentially contribute to that ultimate end goal right So if it's happiness it's like are you spending time with people that support your happiness Are you spending time doing things that support your happiness Are you spending time thinking thoughts that support your happiness And there's lots of signs to tell us what direction we might want to lean in if we're not sure So do we get kind of caught on a track just based on conditioning habit what we were told So it it it's kind of like a reinvestigation around your awareness of the life you're building and how you're contributing to happiness Is that am I done this before Yeah for sure It's exactly what it is It's um sort of exploring and really challenge challenging yourself to rethink what your life is for to rethink the ways in which or the assumptions you've sort of made about what will and won't lead you to live a fulfilling or content life what will or won't lead you to living a successful life Right It's really getting at the root sort of causes assumptions and premises around the way in which you're living your life And what happens to most of us to your point is that we get stuck in this rut and we don't even know we're in this rut We end up living these scripts that have been given to us either explicitly or implicitly that we live our lives out And then we ask ourselves why am I so miserable You know that was my story I was like how could I be so miserable I look at my life and it was fantastic I had a great life but I was deeply deeply miserable And that is such a common story And I think the other common story I think is people creating the life that they thought was going to make them happy creating it and then going oh this is not this isn't working and that's often when people go and dig deep in inside themselves rather than looking for the outer status or the outer thing So for you what was the what was a game changer that you

applied to your life Like what what was a principle that perhaps was new to you Or or that was a real game changer for you around happiness Um That could be wrong that it could be wrong It's not that I didn't know I could be wrong in all kinds of other spaces but I think when I got to a place in my life probably about 2021 you know I looked at my life and I was living this incredible life as far as I was concerned I was a management consultant That sounded pretty cool I didn't love the work but I love the people I had this incredible girlfriend I had two beautiful German cars didn't need two cars one guy But like you know and I was living this great life and I was just more depressed than I'd ever been in my entire life And I was actually becoming more and more suicidal experiencing this suicidal ideation and thinking about killing myself more than I thought about anything or anybody else in my life And it was that point I was like you know I never really questioned too much that more money or better health or a relationship or a house would lead me to feel better about my life And when I got to this place where I was feeling so deeply depressed so much so that I was willing to end it all I was like maybe I'm wrong maybe I'm wrong Like maybe there's another way you know but it took me having actual suicidal experience first before I even began to consider that possibility You know the for me it was like the only way out of my misery is suicide right So I had went through basically a period where I just researched you know like ways to kill yourself because I was you know genuinely that depressed and that sad And I decided oh I'm gonna I'm gonna slash my wrist is what I'll do And still to this day have the suicide test on my wrist And what's wild is that in that moment Like for no good reason that I could explain or understand at the time I just felt the most peace and joy and love that I'd ever experienced Like because I'm digging the knife to my wrist And so I decided I was gonna put off the suicide for like 15 minutes It wasn't it was like 15 minutes And even that I wasn't committed to it was like I might last 30 seconds but I'll put it I'll postpone it for 15 minutes I'll do a little research And in that 15 minutes I started discovering a lot of this research and other things that was out there around happiness and unhappiness and depression and suicide And I realized I wasn't alone and that maybe just maybe I was wrong about life and happiness and success and love So I'd say really challenging and questioning what you believe about life in general In addition to happiness success and love is just a critical part of this happiness thing Such good advice too about Just just wait if you know I think especially and suicide is something that's coming up a lot at the moment you know we're hearing of more people who

are taking their own life because they've got to a point where they they can't ask for help or they they've gone too far down the road that that they they can't see any other way out And um it's interesting because hearing you say that uh about about 12 years ago in my life was like the lowest point in my life in my early thirties And I also had a whole period where I started to think to myself I don't know if I can take more of the suffering that I feel like I've been going through for a year and I started thinking about death and going ok well if I did kill myself what would and I really gave it a lot of time And the one thing that was a light bulb moment for me was I understood the principle of contraction before expansion from my spiritual work which is often things get worse before they get better or we have the breakdown before the breakthrough So my commitment to myself was ok This might take a year for me to work my way out of this ingrained depression that I've been in for a while But I will And I'm curious to see what's on the other side and I had to be willing to be patient which was not one of my virtues at at that time with myself Um because I was curious I was like I'm kind of curious to see what's on the other side of this because this is the lowest I've been in my life And yet I also understand the principle of energy So wow so profound It's so interesting hearing you say that too that resonates so much And without question this patience theme has played itself out of course of the course of my life but particularly around the happiness thing I mean as I started applying a lot of the tips tricks tools and techniques that I discovered along the way I was like what's happening I've been doing this for three weeks already Now why is it not working for three months Why is it not working And it felt like I would take two steps forward and 20 steps back And to your point the patience was critical And sometimes I I think only as of late I've discovered that presence is probably a preferable word for me than patience If I can just be present I'm patient already I can find ways to enjoy this moment more than the patience happens on its own Well and for me patience was what I needed to apply to get me to presence You know it's almost like while I was impatient I wasn't being present So like you know learn learn to calm calm that it's it's so interesting Rob because you know I I didn't know that about you and having met you the way that we meet each other briefly And but but orally what you embody to me is someone who has really spent time being present has really spent time in awareness has really spent time looking at happiness And of course we're all human so we'll all have our ups and downs But you to me as someone who has cultivated that And I think huh how interesting that you were in a position That was a very

silent position And I think that's one of around suicide And I think it's one of the cultural issues we have Why can't we go to our friends Why are we in a culture where we we aren't just able to phone our friends or and just go hey these are the feelings and the thoughts that I'm having and it not be a taboo or you not be judged or people not want to rush you to the hospital But instead that there is this this support that we can have for each other because so many people will have had the thoughts that we're talking about that you you describe um and just have no one to talk to them about or or think they completely uniquely dark thoughts that they're having are so good So I'm getting so shivers these soul shivers when I feel like I connect with someone so deeply and I get them every time I connect with you And that point you're making is so profound I think part of the work that each of us does is to help hopefully to normalize and destigmatize you know mental health conversations right Mental illness conversations conversations around suicide and depression Um ideally and I used to really believe and this is something I also was wrong about I used to really believe that I couldn't have these conversations with other people because I tried I tried to like I would drop these little morbid jokes You know it's like it doesn't matter We're gonna die anyway Just to kind of see if the person would have the conversation with me You know what I'm saying But they wouldn't bite like 99 times out of 100 nobody's biting on that They're just like oh that's weird Don't say that wrong And I used to think oh that means they don't understand that doesn't resonate with them at all They probably never had these thoughts or feelings But then I realized over time just the opposite was true It's because they've had the thought and the feelings more than likely and don't want to look at that and don't want to go back to that place that they don't want to have the conversation with You often You know it's an extraordinarily vulnerable conversation And I think a lot of people feel a lot more fragile than they appear on the surface Right And so it can be for both reasons Sometimes people can't have the conversation with you if you're deeply depressed or suicide or going through something traumatic because they haven't had that experience Sure in lots of other cases because they fear the experience or they fear going back to a place in which they were exactly where you are Right And so there needs to be and I'm looking forward to it and I'm hoping to support a safe space for people to have this conversation in authentic but carly vulnerable ways is so important and it and it it would be a game changer And I don't just mean around the area of suicide or those thoughts but just just for us as a connected culture like if we can connect and

talk about all these things you know I've I've said this before but you know for me what saved my life age 16 1 of the big things that saved my life was seeing the Oprah Winfrey show back when she used to have the audience be the show and you'd be going around the audience and hearing from people about their everyday trials and tribulations And as a somewhat um someone who was starved for emotional intelligence I think and needing emotional intelligence in order to figure out my own sensitivity But it wasn't really around in Britain when I was growing up Um That show was like a beacon of truth and a beacon of connection And and I think this is why the importance of anything where we can talk about This is is huge because it can be such a lifeline for people If you hear someone else having the same experience you're no longer as isolated and you're less likely to take action so good You know I love you bring up the Oprah example It's a perfect illustration right Because what was great about that You get to actually see people right Share in a constantly vulnerable way in a space that was safe and it was an actual conversation and dialogue that happened And then it was also an opportunity to model for you how you could might be able to have that same conversation with other people You also mentioned um sort of give you people a lifeline and one of my other favorite shows for that same reason was Love Line with Doctor Drew and Adam Corolla I never I don't think we got that in the UK maybe maybe not at the time because things were a lot more um separate what was going on in different different countries That's right That's right So we live in a much flatter world now right So yeah it was like a show and basically they would share sort of like dating love relationships sex and drug Like people would share their challenges and then you know Doctor Drew was like kind of a straight shooter and would just answer the question from a clinical perspective And Adam was comedian So he'd make jokes about whatever was happening and usually they were self deprecating often and they'd bring on celebrity and they'd have this very open sort of safe conversation in a relaxed way about some very serious topics Right But I love the idea of seeing and supporting those kinds of conversations more um in all of our lives Yeah So you wanted to study positive psychology for personal reasons But the other side of you you know you've been a presenter for many years and and you became an author with that book Um Did did it require a certain level of confidence to be able to step into becoming a voice in that world as well as a student of that world Yes And before the confidence was desperation I mean honestly it was like I couldn't figure out what to do with my life You know and I went down the



psychology path as an undergrad and you know lots of folks said to me for good reason you're not gonna make any money you gonna be starving your whole life you go down that path and I just couldn't help it because I didn't find anything else that interesting I was trying to really solve for my own problems I think like so many helping professionals you're really trying to help yourself first And so I went down that path did the consulting thing for 56 years Um Didn't love it at all Discovered how unhappy I was sort of I don't know if you had opposite day as a kid Did you have opposite day in school Ok So here in the States we had opposite day which meant like every few months or maybe once a month you'd have opposite day which was anything that you normally did You were supposed to do the opposite of that day whatever So it's like if you wore red you wear blue or if you you could wear your shoes on opposite feet whatever So I had got come to this place where I was like ok I think I'm wrong about happiness and about what life is for I'm doing all these things like this job I don't love this city I don't love this incredible girlfriend who I very much do love but it's not really harmonious And so I just decided I was gonna do the opposite of everything So part of that was I moved to Miami I stopped doing anything corporate I got rid of my two cars traded in for a scooter And then just by a number of sort of coincidences I find myself working in the entertainment business I was a model not something I'd ever imagined I would do but all of it was kind of from a place of desperation I didn't know what else to do I was like I gotta try anything Did it find you or did you go and find it it almost all found me Right You know that was the interesting thing One of my favorite quotes is that Martin Luther King quote And he says um you don't need to see the whole scare staircase you just need to see the next step And for me I remember coming to a place where it was like I have no idea what to do with my life but I do know I like warm weather and I was like how is that gonna help me with anything else But then I also had the insight and realization that if you don't act on the one piece of information you have no matter how silly or poultry it seems or feels then you might not be able to the the rest of the path won't let up I was like I'm gonna take this one step I'm gonna move to Miami moved to Miami a few months later couldn't find any work You know I was I did the consulting thing for a year virtually And then and then I was walking along Lincoln Road and the guy stops me and says hey you ever think about modeling And I'm like definitely not like in my head I'm like the ugliest worst model ever I was voted most shy in my high school class And he said well if you ever are interested stop by give me a card about a week

later I'm like I'm not gonna be able to pay my rent I'm not gonna be able to pay my scooter little note and I ran into somebody else and he said hey you have a model before I'm like this is strange Like and I said no you do look like a model by the way I appreciate that But in my head it was nothing close to model No I understand I understand So eventually because I needed the money started modeling And then what happened was I'm doing the modeling thing for year after year mostly which meant I was unemployed and I would be on these jobs and sometimes the jobs were with people that had were public figures and sometimes it was with other models but they would all say kind of the same thing which is you seem to enjoy having the conversations about happiness in the trailer more than you like being on set doing the other thing And I was like yeah they like you ever think about just like doing that and charging for it I'm like I don't even know what that is like you should consider that So you were unofficially counseling the people on the set in the trailer Yeah brilliant Like and so I can't say it was it was just like this is the only thing I want to do It's the only thing I'm interested in doing So it didn't at first take a lot of confidence It just it was out of desperation It was also out of like need for me It was like I had made a decision when I didn't kill myself that I was either gonna live extremely and extraordinarily like blissfully or not at all And there was there was some urgency in that like this is I'm doing this like you know and so so I guess we can call that confidence but it was really more just a full commitment and knowing that there was nothing else for me to do Like and in fact I had to almost make it a career in order to make sure it sit on my radar in that like intense way So later though I discovered the of course the importance of confidence and all that but at first it wasn't that I wasn't very confident It was just this is one thing that I know I need to do for me Do you find that the topic when you've gone into you know whether you're coaching groups individuals or or if you've been a speaker for the topic of happiness Do you find it makes people initially a little nervous or a little Because because I can imagine Oh my gosh Absolutely And what's funny is there's that piece and people then sometimes feel the need to either argue with me about it Right I'm like ok I don't know I'm open to being wrong if it means you being happier Um or they think that I might be psychoanalyzing them particularly with this happiness thing Right And what's funny is over the years I just set out to be a happiness coach because I was like I need to keep it on my radar and but I also want to share some of the tips and tricks that I've learned along the way that have been really helpful I wanna share it with other people It

was a genuine and but then what happens is most people don't call you and say I'm unhappy They call you and say I don't have a girlfriend I don't have a boyfriend or I do have a husband or wife but they're making me miserable So then you become known as a dating in love and relationship coach That's what happened with me I'm like but I'm not I'm really a happiness coach but people think of happiness they mostly think about relationships right So that became a thing And then I went to people and they say hey aren't you aren't you on that E show or then you do that other show you were the dating coach guy and then they get freaked out and they're like what makes you qualify to be a dating Right And then they think you're analyzing them about that So yeah it can be a little challenging I kind of love it though you know because we get to have an important conversation um that I love that I enjoy I love it A friend of mine who's a therapist was once saying that she hates announcing that she's a therapist at a dinner party because so many people go and kind of look at her and I went oh it's the same If you say you're an intuitive or a channel they're like you're reading my mind and it's like I'm not really I mean not right now I'm not at work you know it's kind of just enjoy the everybody else Yeah I was actually talking about the movie with you but ok Um it's funny Um So when you wrote the book how how was that for you Because I know a lot of people with our show they've either written books or they're wanting to write books What was the process of becoming an author like for you both practically and emotionally psychologically Oh my goodness great question So in the beginning it was just like all I was really doing and I think some of the best you know at least the projects and books and films and TV shows that I most enjoy often came from a place of pure selfishness right And that was the case with the book For me I was not intending to write a book I was just tracking the things that were working or helping me to feel happier It That's it I was like OK they say keep a self love journal keep an appreciation journal Um keep a moral log whatever it was And then I would do it and this track and say is it working or not If it wasn't I just scratch it out at some point And I was just kind of keeping my and then I would also read things and put quotes in there And then over time people would ask me what are you writing What are you working on Like oh it's just this little journal thing and like what's in it Like happiness kind of best practice I guess And I said you ever think about like sharing that with other people I'm like I don't not really it's not really like that kind of thing And then I thought maybe I should actually maybe I should share it with people right And so through some encouragement along the way I just was like I'll

put it out there and then I sent it probably to I don't know 2030 publishing companies nobody was interested Like what is I didn't even get responses from most of them And then as I'm sure you're really familiar with I was like I surrendered to it I said why I never got into this to publish a book I got into this to be happy and share my happiness I don't need a book to do that I can just just be happy And of course when you surrender and something happens that comes along and next thing you know I had met Vanessa Williams and she was like all right the Ford and then publishing he wrote the Forward for you based on her belief in the topic you both So that so I was doing the modeling thing and then I was moving more into acting I got a phone call one day to come to this audition And I didn't think I'm not much of an actor you know in my own head I just didn't feel much of an actor but I had a friend my friend Melissa who needed a ride and had my scooter So she's like but can you at least drop me off And I was like oh it's the same audition Sure So I gave her a ride to the audition and then it was for a show called um South Beach on the CW It's a very short loved short lived show Um And they said hey we're looking for someone that can just pretend to be a model OK I'm like I can do that Like there are a couple of lines we think that you might be good for as well And I'm like I don't know if I'm not that great of an actor you know like let's just read these lines and then show us your abs That was literally it show us your ass and read these lines read the lines and because I didn't care to really get the part get the part the surrender piece book the role ends up the role was opposite Vanessa Williams right And so um I shot with her that day several months later ran into Lincoln Road and I just we struck up a conversation and struck you know struck up a relationship and it just evolved from there you know and in the process she was extraordinarily extraordinarily supportive and helpful and um just encouraging me to move in a direction that was um to help people you know And um yeah and then when I told her about the book she said oh I'd love to I write the Ford and I thought my God that's big you know so it wasn't you know the the joke I have with myself about my life is that none of it has been scripted It's like you know um all the best things have happened to me out of divine grace out of thin air And it's mostly happened when my heart has been in the right place and I've surrendered How has your heart and your happiness been over this past 18 months And you know it's been it's been a complex time I think you know that depending on who you are what your circumstances are it's different for everybody But I think one of the things that we can talk about a lot of people have had epiphanies revelations or had

to really dig deep into how they look after themselves So I'm curious what you have learned about maintaining happiness and balance that you either applied in a whole new way or at a whole new level over the last 18 months And yeah how it sustained you Oh really profound question Um So first and foremost what it's reminded me of um is that happiness takes practice takes practice And as long as you're alive the practice will be necessary you know get to the end of the internet you don't get to the end of the practice piece And the practice can be extraordinarily enjoyable Like for me it feels like play Honestly it's like it's the most enjoyable practice I've ever discovered in my life So that's the first part The second part is I think when you decide to write a book about happiness and you decide to become a happiness coach there is a responsibility that comes with that that does not you know let you off the hook easily And if you think it does your mom or father or someone else is there to remind you like Rob you're a happiness coach and an author how you doing you know it's like and I love that you know and so um particularly in the beginning when I wrote the book the first year or two is tough It's like all of a sudden you write this book and then people expect you to be happy all the time and be smiling all the time And that was tough for me But then as I got older and I kind of evolved and deep in my practice I realized that um I actually love that I actually love that because that always holds me accountable It's like I gotta be accountable and um and it becomes easier Right So the first thing is it takes practice and it continues to take practice That practice can be fun and enjoyable Um It's the second thing is I think it's about the moment you know um I forget about trying to be happy or live happily ever after It's not about being happy tomorrow or five minutes from now or five seconds from now It's just right here And now can I enjoy more deeply what I'm doing no matter what I'm doing even if it's something I don't want to do And for me brings me the next part um that I sort of discovered which was that I can enjoy everything and everybody so much more when I'm not thinking when I'm just enjoying it's like if I'm evaluating I'm not enjoying If I'm examining I'm not experiencing Right It's like if I'm analyzing I'm not appreciating So it's like either appreciate or analyze enjoy or evaluate And so for me it's like you don't need to figure anything out You don't need to solve anything for this person You don't need to come up with something witty and funny or whatever to say You can just literally be there commune with them and spend time with them the way you would your own mom or your brother or the way I would with you not to get something from you but just to be there Right So I think that part of it is like think less live

more think less love more think less enjoy more and do it Only in this moment don't try to get into the past clean up everything there Don't try to get into the future and be happy forever It's like right now can I enjoy this moment more by thinking less always I love it And it and it's interesting Rob because again this goes back to the whole I said to you earlier Do people when they learn Oh I'm about to hear a speech from a happiness coach or have a one on one session or a group consultation you know I'm sure defenses come up But I also feel like we have a really um in the same way that our society is far too one dimensional in the way that we look at things Like so you're a happiness coach doesn't mean you're going to be happy all the time equally I think we have a very weird fixed idea of happiness like happiness People tend to think euphoria hedonism excitement you know And actually for me I can be happiest when I'm in that really peaceful still No thinking no evaluating place So when I when I started to understand that joy is a scale and that the for me the access point there is peace like if peace is the center of it And yes sometimes it will look like excitement But actually really for me happiness is feeling balanced and present and calm And then any decorative elements to happiness can get added to that But I don't think we really you know we don't really break it down that way because we we and I think that can be a barrier Like I'm imagining people listening to or watching this I can feel the people who are listening to this or watching this who are at home going oh God I'm so far away from happiness And I and I think that can be a barrier too because you think oh I should it should look like this So I love the idea of just you know stepping in the moment simply each day If you can't get to happiness can you get to peace if you're in judgment or fear or you know it's kind of like working your way up the scale so good So yes Yes and yes to all that you're right Emotional scale right It's an emotional scale and sometimes it's just reaching for a feeling of relief sometimes reaching for anger right You're in a place of hopelessness helplessness and you can reach for frustration or even anger Is it a more empowered place to be often you feel that way right Like when I'm suicidal definitely if I could have reached for anger not against other people but just a feeling of frustration it would be more powering and that could move up from there Right Sometimes we do try to take this quantum leap from like hopelessness to like hopefulness in one fell swoop But that's too much of a leap right So there's that and you're also right The word happiness itself can be a challenge and troublesome which is part of the reason I like to use it I used to struggle a lot with like should I call it fulfillment or contentment But

I like the word happiness specifically because people have emotions around it It's like no I don't want to just be happy I wanna be fulfilled I'm like OK good Describe the difference Help me understand the difference for you right But one of the things I discovered to your point is that OK happiness is not what you think literally So anything you think that happiness is it isn't OK Because it's not a thought it's an experience it's really a state it's our natural state and that natural state is one of peaceful aliveness OK So the way I describe happiness is it's peaceful aliveness and it's by saying it's in our true nature I mean that it's always there it's always inside you further than that it's always you and the thoughts and the feelings that you experienced The up and flow of life the up and low flow of thoughts and feelings is it comes and goes But that peaceful aliveness that I'm talking about never comes and never goes It always is It's always underneath above beyond below in between every thought feeling and emotion sensation and perception that you have always there OK So the challenge of course is that we get so distracted by the thought by the feeling that we miss this undercurrent this stable lasting meaningful abiding this infant internal like life force and life energy that I call happiness or peaceful aliveness right And so the challenge of course is to be able to appreciate and accept and feel your feelings and notice your thoughts but not to lose this awareness of this deeper peaceful aliveness That's always there A great metaphor and spiritual teachers have used it forever So you'll be of course familiar with it It's like the screen in a movie theater like think about it when you enter a movie Um and you go to watch this incredible movie you laugh you cry there's something sexy there's something scary there's violence all this stuff is happening and you get drawn and so caught up in it It's consumed with it that you cry and you're laughing but it's all fake It's just characters and they're all playing a part and it's just light that's hitting the screen and the screen itself no matter what happens on this screen no matter what images are projected on that screen no matter what circumstances and conditions change in the movie or the character's lives the screen remains untouched right It remains it's unmoving it's unconditional and its acceptance and its love It it allows for everything that happens on that screen Right And and it's immovable and unshakable and unconditional and indestructible nature it remains peacefully alive right And so that screen is essentially within us that screen is what I call happiness or peaceful aliveness It's always there But because we become so caught up in the circumstances and conditions and other people and other things and places and people and activities and our thoughts and feelings and sensation

percept It's a lot we get so lost in the movie that you forget you're in the movie right And so sometimes I don't know about you but I've occasionally had the experience where a movie was so intense and I was so caught up in it I had to remind myself it was a movie like Rob rather it's a movie you know and in that moment I'm like oh I can enjoy the movie again right So it's not to say that the things that happen to us don't matter but there's something that matters more and I call it happiness beautiful beautifully I love the movie analogy It's funny too when you said something about anger I remember once working with a client who had a lot of resentment and judgment And um you know and she would talk to me about how this was running through her life And um and I remember saying to her you you need to get angry and she got really angry at me and I was like great That's it That's ok I I can take it This is the and then she got angry at herself and upset at herself for getting angry at me And I was like no no no And then she started crying and I'm like if we can just let this out a bit more then all of those mini resentments and judgments which is like tightly contained anger is not going to run through your life Um And that's you know something all of us have to look at like I notice for myself if am I compressing my emotions and some of my behaviors So I love what you're saying here about you know it's it's always there it's always underneath and it's so interesting hearing you say all this I'm like God we're told what to do in society We are not guided on how to feel how to be we're told what to do And that you know that's that's why we have such a dysmorphic society and cultural programming at the moment You nailed it Absolutely I mean and you actually just sort of outlined the experience I've had I think the journey that most of us have with happiness is like in the beginning you think happiness is mostly either what you have or what you do And there's a there's value in that It's like definitely do the happier thing Please don't do the unhappy thing Do the happier thing if you can and definitely have this stuff I love stuff You know I got stuff right Stuff is great and you get to a place where you're like OK I have some happy stuff seemingly and I've done some happy things but somehow I still find myself unhappy in moments even when I'm doing the happy stuff or spending time with the happy people or whatever So then you graduate from that it's like happiness isn't just what you do It's not just who you spend time with all of those things matter for sure Choose the happy people and happy stuff and happy things and then you get to a place where it's like maybe happiness isn't what I do Maybe it's maybe it's what I think you're starting to get there right But then you discover as I did that you can think the most positive thoughts



and you can think really any thoughts you wanna think right But still underneath that still this undercurrent of anxiety that was my experience I was like I'm still thinking very positively I feel better certainly than when I was thinking very negatively or very pessimistically But there's this undercurrent of anxiety and lack of fulfillment that just won't leave me alone what's going on there what's underneath that Right And then you come to realize that part of it to your point is like are you allowing yourself to experience the entire spectrum of the emotional scale Yes But also you come to realize at least for me I did that happiness is also not a state of mind It's a state of no mind it's a state of being right And that doesn't mean that you need to get rid of all your thoughts to experience it Although it's a heck of a lot easier to see the screen when there's nothing on projected on the screen but it's a state of being And for me that means experience everything you wanna experience and think everything you want to think and feel everything you wanna feel Certainly if you have the option you do lean into the more supportive thoughts and feelings and people But at the end of the day the happiness that we're searching for is always there it's always there And it's just a sense of I sometimes I talk about it It's like it's the naked awareness of your blind being It just means before you have a thought you're aware that you exist that at first feels like nothing right It's like entering a dark room It's like meditation You enter the meditation in a dark room and you're convinced there's nothing in the room So it's like why do I stay here Just gonna get out of here There's nothing here It's all dark but you spend more and more time just filling into that spending time in that dark room whether it's meditation or whether it's noticing that you exist just that awareness that you exist just that it sounds so silly But and then all of a sudden your eyes start to adjust and you're like wait there's stuff in this room you know and then you spend more and more time and your eyes adjust more and more Then you realize oh my gosh this room that I thought was so dark is full of light is nothing but life and it's full of infinite riches right So same deal with me It's like once I got around to like all right let me just observe and feel the anger without thinking about it without escaping in my head I'm just gonna experience it for what it is without judgment And I'm gonna experience the sadness now How are you gonna experience the pleasure in it Can I just do more of that And while I'm doing that can I just notice that there's something noticing Can I just just a little bit and then you suddenly discover all this emptiness that I thought I was I felt it's it's really full it legitimately is it's not just a like a spiritual platitude It's not just a cliché like the emptiness is full

It's like overflowing like the like the misery that you think is there It's like underneath it deep underneath it is this overflow of pure bliss But it requires precisely what you said which is like sitting in the discomfort without judgment for long enough to discover There is no monster under the bed You know it's like you have to look to know I I know that you we spoke about this a couple of years ago I know that fitness is a huge part of your life and has been like a a really important baseline for you And um I think it was about three years ago now that I really I mean I I'd I'd gone in and out of fitness all my adult life but three years ago I really just committed and it is a complete game changer But it's so funny because I think you know some of the reasons I might have gone into fitness before would have been more to do with self judgment or you know the the stuff that we all have but the the beauty of a consistent fitness practice of course is what it unearths in you and what it reveals And I'm listening to you And I remember one of the great things that I once heard that has stuck with me is you never regret working out which has been very important for me to remember when I'm coming up with all these oh I could just I could just not today I could you know all those reasons and and it's the same like to me that's the dark room It's like oh I don't want to go in the dark room but and that goes back to we we're probably wrong Like you know if we if we let every thought in our head if we believe that is the only and total truth then we aren't going to go beyond those barriers And that that really to me the fitness and uh practice of happiness it's kind of the same thing It's like anything we cultivate anything we keep going at it will reveal things to us that we could never have known would be there It is it is the same thing and what a great metaphor And without question I mean somehow you know more about me than I know about me It's pretty incredible because sports and exercise has been a part of my life since I was small Right And it's still a part And it's interesting to your point when I stopped playing sports I was like ok I need to just go to the gym for the gym like just or just exercise just to exercise It was different because before I was used to competing or whatever And so it wasn't so easy at first But then I realized that as I kept it up and did it even though I didn't feel like doing it Right It became easier and easier and then got to the place where it was like actually and still is the most enjoyable thing I do all day long And now it's harder for me to miss a day than it is to go Like it's it's legitimately harder when I want to say hey listen I'm a little tired She'll probably take the day off I I can sit there for 15 minutes and I I can't I gotta go to the gym It's just way easier and more enjoyable and it becomes

automatic Right So a huge piece of this entire you know I think conversation not just between us but the larger conversation is about neuroplasticity and rewiring the brain the ways in which you rewire the brain It's like you do this thing that seems un and is unfamiliar at first and takes a lot of effort and you keep doing it and even if you have to do it in small baby steps or in bite size pieces that's fine You have to do it all at once But as you continue doing it 22 66 days somewhere there you rewire your brain to do it in a much less effortful much easier much more automatic fashion So then your default mode your modus operandi becomes going to the gym not missing the gym it becomes feeling the peaceful aliveness not feeling the deep misery or discontent or dysphoria Right And it's profound So the brain wants it loves to change and adapt It takes a lot of effort And so the one thing I discovered is you're absolutely right about that Like if you can do it with exercise or fitness or you can do it any year of your life if you made a change in any of your any year of your life you can do it in any other area No question It's just rinse wash repeat So for you we're recording this near the end of 2021 What would you like to create or cultivate in 2022 This feels like a good a good a good closing kind of question for you Is there anything that's on your vision board or that you'd really like to lean into So I'll give you the answer that most of my friends want when I I give them my answer I really so I would say so Um a couple of books right I wrote like eight books and I haven't yeah I haven't One of them is in the process of being published So love from the inside out Fantastic so happiness from the inside out And I love from the inside out and um looking forward to um end of 2021 So OK perfect So it will be coming out not too long after this show comes out Exactly Exactly Um And so the other books I do that and then a few TV projects I'm working on Um We'll see Um you know this I I love what you do here Like I genuinely love what you do here It's like personally and professionally inspiring and it's uplifting and it makes me happy to be alive like to be able to have this conversation in this genuine sincere way Um So I'm working on things that are different but complimentary to that Right So that that's the answer that I would tell my friends and family and people I care about But what I'm most passionate about quite frankly is not really having a plan It you know it's like I just have discovered that I'm often wrong about what is in my best interest and I'm often wrong about what I think will lead to more happiness or whatnot And I'm happiest honestly when I'm just what I call practice the presence it's like I'm commuting with the God with and it's a thoughtless worthless faceless formless state the state I'm just being whatever

I'm doing could be swiffer or in conversation but it's like it's still part of my awareness like that and just letting that sort of pre pave the next steps for me personally and professionally You know I am not good at planning my life when I have done it I have wrecked it So I'm in a place of just I guess being a bit of a witness and observer to that I wanna to co create I wanna be proactive about it but I wanna make sure that I'm listening to my heart not my head Brilliant I love it bro You're a delight Thank you so much for being here today and I know that this you know we haven't we've done a lot of shows and we've never done a show that really focuses on happiness So not only thank you for sharing that with us but also thank you for making that your your life and your energy fields mission because it definitely is is wired into you and we need it So thank you so much Pleasure is all mine Thank you so much and I genuinely want you to know that I love not just what you do but I genuinely love who you are So thanks for just being um such a brother and a friend and um support in uh in these kinds of conversations So thank you so much for having me Thank you Rob Thank you so much everyone and you can check all of the links in the show notes to find Rob and Rob's work and Rob's book and his soon to be published book uh which will be out at the end of 2021 So thanks for tuning in today on Impact the World and we will see you next time Hello I'm Lee I'm an intuitive and a channeler and I've been channeling now for 23 years and the information and the energy that my guides have underscored my life with throughout those years has been very transformative for me And for those of you who followed my work over the past 17 years or so I know for many of you too as I was visioning and doing a lot of deep diving this summer really talking to my guides a lot through the month of August they gave me the name Initiation as the name for a series of messages that they want to bring Initiation will begin on October the 27th and every Wednesday live from this studio I'll be channeling for approximately an hour to 75 minutes I have asked my dear friend and sound healing collaborator Devo Boik to create some original music encoded with planetary frequencies but also frequencies that relate to our body that can run underneath each of the channels And my guides disease have given us a written message about what initiation will be and what will take place during it You can find that and all information about this experience on the course page which is initiation 2021 dot com In between each of the live broadcasts I will do a special calibration video that helps us at a human level calibrate to and integrate and absorb what each channeled message will be This is different to anything I've ever done before

I can't wait to bring it to you and neither can my team if you feel to be with us for initiation or you want to just get a sense of it please visit [initiation2021 dot com](http://initiation2021.com) or use the link below this video to learn more and to feel more and to see if it resonates with you If so we'd love to have you with us