

## Happiness, Love and Fulfillment with Rob Mack and Jacquie Blaze

Hi everybody I'm talk show host Jackie Blaze For those of you who don't know me I interview the world's top four love experts who together uncover Of course skill set of love here to help me delve deeper into love and especially happiness and fulfillment with which out we would have Nothing is happiness expert and dear friend and talk show host Rob Mack He's been on the Today Show Good Morning America He's been endorsed by Oprah He has an amazing amazing book and very helpful tips Rob Thank you so much for joining us today Thanks so much for having me I appreciate it Oh no My pleasure And our audience is in for a treat today That's for sure Let's start by talking about your personal journey because it wasn't until a couple of months ago when GQ profiled you that I picked up the article and I went oh my God I've known Rob for a couple of years is now and I had no idea about your personal struggles I know that you'd you know face depression Well I'll let you tell the story Oh yeah you nailed it I mean I was suicidal I mean that's how I do the work I do today I was suicidal I was deeply depressed Um not for a whole lot of good reasons I had a great family um a little bit of conflict there but like any family and uh I did well athletically did well academically But I remember being unhappy as long as I remember being alive quite honestly And uh I thought that over time it would just I would grow out of it you know you just think oh well when I finally become that professional athlete or I finally you know get the girl or I finally make some money I'll grow out of this unhappiness thing But actually just the opposite happened I became more and more depressed so depressed that eventually I started doing research on ways to kill myself And I got to a place where I knew I didn't have access to a lot of means and methods um to make that happen So I basically decided I would just go into the kitchen I got a steak knife and I just dug it into my wrist and uh you might not be able to see it there on the screen but I still have the suicide test marks on my wrist Something very strange happened though at that moment Jackie like I was really testing to see how painful it would be to slit my wrist And as I went about doing that I felt this indescribable peace and ex inexplicable kind of bliss and happiness wash over me even love for no good reason Like my life had never not changed on the outside but on the inside I felt definitely So at that moment I decided to postpone the suicide and I only postponed it for

like an hour I was not really committed You know I just thought well I can put this off for an hour but I should look into what happened here Like why am I feeling better despite nothing on the outside having changed So I did lots of research that hour bled into a few days and then a few weeks and then now it's been a few decades for the whole time It was like two steps forward three steps back But I just kept reading listening to and consuming everything I could about happiness and just applied everything I could and uh and I started tracking what worked and just forgot about what didn't That's amazing Thank you so much for being so open because you know let's talk about this crazy situation We talked about doing this interview and I was hoping to do it with you in studio and now we're at and uh you know dealing with this nonsense that's surrounding us called COVID Um um People are at home they're feeling depressed I mean I've even felt a little bit of that that whole like isolation and feelings and even though I'm equipped with all the tools and know how to handle all of this stuff It's been challenging at times How do we help people Yeah Such a great question Jackie Um I think that by first and foremost we want to be the change that we want to see in them right It's a cliché but clichés become clichés for a reason So if you really want to help people be happier more peaceful more relaxed you want them to feel more loved You wanna be that love you wanna be that happiness you wanna be that peace And so that means first and foremost doing what you can to self soothe to emotionally regulate to be cognitively agile so that you're reaching for and diving into increasing peace happiness and love yourself Lots of us overlooked that and we think oh that's not doing very much How's that gonna help the person down the street or the person around the corner But believe it or not as contagious as COVID is this emotional experience that we're all having is way more contagious Emotion by far is exponentially more contagious than any virus has ever been because you can literally infect people through the phone through email through text messages through video through you know and so it's important to remember that So the number one thing we can do is we can be peace ourselves and help other people experience the piece just through knowing us right Just through connecting with us So that's the number one thing I think you probably have a lot of experience doing that I think Hi Jackie Well and I'm feeling the infection just speaking to you You know you're just a ray of sunshine You are so positive and I absolutely adore you What are some things that people at home can do Obviously there's exercise there's you know picking up the phone and talking to a positive friend Um Certainly not

necessarily avoiding someone that's down because that would be like you know being a bad friend But what are some tools and strategies that we can employ in this time of crisis Yeah Um Great question I just want to reflect back something I absolutely adore and appreciate you Jackie And I mean that I love who you are I love the way you show up I mean you are this shining living example of divine light and love and you just always are spreading that So thank you for that And I mean that um you know so in response to the question great question I said that you know the first thing is this um lots of folks and I for good reason they've let their schedules slip a little bit and now is a great time to schedule your life you know in ways that makes you increasingly um happy first and foremost but also productive and helps you to feel good about yourself So like it's OK It's great We wanna sleep in If you can sleep in you wanna go to bed late that's fine But you want to create some structure for your life And as part of that structure what you want to be doing is you wanna be optimizing for the kinds of emotional experiences that you want your life ultimately to be about So for me my day is just about getting work done and about getting chores done But really it's about how can I optimize my life so that I feel the kind of meeting and the peace and the happiness that I'm ultimately after right So for me that means identifying what we call Happiness Islands Happiness Islands are those things that with very little time and energy or effort make you feel alive and inspired and just happy right Like and you wanna identify those things and then see what you can do to schedule those things into your day So for me that means exercise for sure we know that 30 minutes of a moderate exercise is the equivalent to taking an antidepressant and anti anxiety pill It has that much of a powerful positive effect on our psychological and emotional well-being Um We also know that a mindfulness practice is just gold Like not thinking is one of the best things you could possibly practice doing is just learning not to think you know you can learn to do things Swiffer vacuum laundry data entry Listen to people without thinking you can be and rest in that silent still serene presence inside that feeling of peaceful aliveness in your body Like that feeling of energy and life force in your body You can feel into that more as you go about doing what you do and you'll be surprised that activities that normally seem like seem like they've been their nuisances or they're very annoying Like the dishes suddenly have an aliveness that they didn't previously right So I say that those are my top three tips The fourth one for sure is staying off the news There's uh very little to be happy about there or they will you know no happiness in the news staying out of the

future Ok And I know that's hard for people if you can plan for the future in a healthy productive efficient effective way Do so But most people just spiral when they start thinking about the future And so stay off out of the future if you can the increasingly present moment minded which just means doing more things for themselves for joy's sake alone And you'll find that you actually do those things better and you have a lot more fun doing them But those would be my four top sort of four or five tips Um The other thing is like you mentioned something powerful too which is just reaching out to folks that are professionals or folks like yourself or like myself that you know are have practiced holding space for people who might be having a hard time right now You know my work is really saving me and I've started running and I'm not normally a runner and you know when you run and I think this is a really great analogy to what you've just been saying is when you run like I've started running but I'm running like I started with 100 m Rob and then I built it up to a kilometer and then I do a little bit of a walk and how you build kilometers But I was looking at all these people that are doing 20 kilometers and I mean I'm never gonna get to that And I think happiness is a little bit like that isn't it It's it's about building bring out the best of us the joy in us and then things get easier and better So there's always hope there's always a line at the end of the tunnel I think it's really important to you know kind of emphasize that message that you're sending to people because you're just such a bright light and people really really need this message right now more than ever I've been saying that you know love is key to all life situations but happiness is love and without happiness you don't have have fulfillment in love Let's talk about that because a lot of people look for the other person to fulfill them And right now there's couples at home or people are single and they're wishing they had someone who could make them happier What's that all about How do we help them I love this man There's so much there that you said that was so good Like I got shivers again I have something called a shiver test or a soul test When I get these soul shivers it just knows that I'm connected Right And um so the first thing I want to do is just echo what you said which was just so wise which is that happiness and love Really It's more about consistency than it is intensity just like working out And I used to be a runner and the first time I ever ran a mile Ok And I was used to playing basketball It was the most torturous thing in my life you know and I always thought I would never be able to become a runner and lo and behold just every day I did just what I could And before long I became one of the best cross country runners in the state at the time I

was in high school And I remember thinking how odd is this That I could be so bad and get so good so quickly but so much of it was because I just did what you said which was just put 1 ft in front of the other Don't try to see the whole staircase You don't need to see the whole staircase Just take the one present step here and now right So to that end what else you said was just pure platinum was that you're right Happiness is love And um I think of love being your happiness shared So when you feel happy truly deeply tapped into and then turned on for no good reason other than you're just out to who and what you truly are We call it happiness When you share that treasure with the world we call it love So happiness kind of gives you the treasure is the treasure sharing it we call love right And so I agree with you totally You know the challenge right now is that and the opportunity is that lots of folks you know before all this pandemic we had an epidemic of stress and loneliness and of folks feeling loved uh loveless you know without love OK And this pandemic in lots of ways has really enhanced that or emphasized that or deepen that pain that people feel but it's also increased the opportunity for us to sort of resolve all that And so we often think that being alone means that we feel lonely But the truth is is that being alone and being lonely you know two different things you can be and feel lonely in a crowd right You can not feel lonely alone And so part of the challenge and the opportunity at hand is to realize that if you're really wanting a relationship uh whether it's a friendship whether it's a romantic relationship whether you want to network better in your professional life the master key scientifically and statistically is to get happy first having that relationship without having the romantic or the professional platonic network necessarily to find a way to get happy within yourself without the partner And you quickly discover that you'll find a partner particularly a happy one so much faster and the relationship will be so much happier and healthier for it We know that statistically happier people get married earlier they still be married longer despite whether or not they're in a relationship or whether they're married at all Right So happiness really is the best thing for your relationships I 100% agree And you've said that so well because if people aren't happy and they get into that relationship that relationship inevitably always turns into a toxic relationship and then people are either faced with domestic violence or they're having to face a breakup which is so painful to start with And I think people right now who are at home and they're alone I think that they're alone because in a way they're holding themselves they've chosen not to be in that relationship I think it's all a choice just like

happiness is a choice I think those people have chosen in the past to be alone whether they hide they've been hiding behind those social circles or behind a busy career or for whatever reason they don't like to be triggered in a relationship or they don't know how to do the work I think that right now they have a golden opportunity to sit at home and start to do the work Obviously we recommend that they go and read your book that they watch Love Unravel and really get the skill set to know how to make themselves happy But let's start with it being a choice Is it as simple as I choose to be happy Because I know as a woman at least once a month I go into this funk where I'm like oh I'm feeling really anxious or I'm feeling a little bit depressed and I know my partner gets really annoyed with me because he's like you know don't get negative Well how do we do this It's a great question Um so I'll put it this way Um you know the the um for most of folks it doesn't feel like a choice even though most of us would agree Oh yeah it's a choice You can choose to be happy I'd say for most of it doesn't feel like a choice because the brain doesn't like change And if we've been programmed or conditioned to practice unhappy thoughts most of our lives we've gotten really good at practice those those unhappy thoughts and it's become automatic and so your brain is literally wired in a way to support an unhappy experience to support unhappiness And if you can see through that and realize and recognize that you always do have a choice in terms of thinking about things that hurt or not thinking unhappy thoughts or not that you don't have to always put your hand on the hot stove It's very appealing and very attractive but you don't have to put your hand on it You know it's hot and instead of touching those hot thoughts you can distract yourself you can pivot and put together a better feeling story that's still based in truth You can just entertain yourself on some other way but just not entertain those and feed and fuel those unhappy negative thoughts If you can do that for 66 days consistently you don't have to do it every single time You're not gonna do it every single time but you'll find yourself ramping up more and more And after about 66 days at least so says Neuroscience you will actually begin to rewire your brain for a much more effortless and easy and automatic and organic and natural experience of increasing peace love and happiness Ok So in the beginning it feels like hard work but everything feels a little hard In the beginning Walking is hard in the very very very beginning That's why you crawl Then it becomes easy Everything is hard until it becomes easy So you put the effort in it first But that effort turns into effortlessness over time And one of the keys I would say for most people particularly when it comes

to happiness and enjoying your life is that you don't want to make this so much about bliss of sort of about discipline but more about discipline right Listen discipline means how can I make this fun How can I have to almost make a game out of it So that when I have a negative thought thought or negative experience can I just have a little more fun and try to enjoy thinking a happier thought or focusing on something happier just for the fun of it not to get the result because that's a trap but just because it would feel better right now to be you know happier So that's step one there's kind of two levels The first level is positive thinking essentially or positive feeling There's a deeper level and some people prefer this other level more so which is not trying to think positively So when you have a negative thought you don't need to pivot you don't even need to be that caught in the agile But what you do is you're able to step back and remember and realize and recognize that you're not the thinking you're the awareness behind the thinking There's something that's able to see the thinking which means you're not it you're this awareness this thoughtless awareness that exists behind the thoughts And if you can identify more with that thoughtless worthless awareness that is happiness itself It's the deepest kind of happiness At first again it doesn't feel like happiness But as you practice you get better I love that So as you got out of this state of wanting to take your own life how did you enter this journey What was the the turning point for you Yeah So uh I basically made a decision that I was either going to kill myself or I was going to live blissfully There was no in between like I meant that you know and so it was a life or death thing and when something is life or death that you know you get really good or you quit So it was a life or death for me every day I thought I'm literally fighting to live or not and to live or not So I just kept going and going At some point in time I discovered Abraham Hicks I love Abraham Hicks and Right Yeah Led me to ear toll and Ernest Holmes and a lot And then I found uh this masters of applied positive psychology at U Penn and I took that program but I was already really quite stable and secure and standing firm in my happiness at that point But it was mostly it crept up on me little by little And one day I just realized I hadn't thought about killing myself for like a day or two And that was a huge accomplishment Um but it wasn't really a moment when I was like whoa things have really turned around It was so gradual It's like losing weight one day you just look in the mirror and you're like oh wow I guess I did lose a little bit of weight but you kind of have to see the before and the after picture to really know That's awesome I love that I love how the universe has kind of brought everything

to you And I think it does start with a choice and sometimes our brains kind of go into this automatic Oh my gosh how is it gonna happen Which is creating a whole bunch of anxiety and I love what you said that you know we do kind of hit rock bottom before we make that turning point And that's something that I'm uncovering with quite a few of my guests that are coming on We had a housewife of Orange County on last week and she was dealing with anxiety and depression and she basically hit rock bottom but she promised herself just like you that when she recovers she's gonna celebrate life and she's just a ray of sunshine just like you are Rob Thank you so much for for sharing more of your story I want to know more about it So after you discovered Abraham Hicks how did you then develop all of this And has all the challenge that wanting to take your life has that completely disappeared Oh yeah I mean um complete like I would say and I don't this isn't um you know the one thing I've learned along the way is that uh it's gonna sound kind of funny to folks but I think they'll get it which is um when you're not happiness is when you are happiness isn't meaning that when I'm in my head and I think that I'm the one making myself happy that I'm doing all these things That's when you make your life really hard and you're not really happy you kind of compromise or dilute your happiness It's kind of like sleeping You try too hard You can cause it's a backfire in a way And so um I will say that I am genuinely pro I've never met anyone happier than me And that's because it's the only I can't do most anything else in the world I mean I honestly I could barely tie my shoelaces Probably I can't cook I can't do anything you know but this one thing I've spent decades just really wanting to get good at for purely selfish reasons really You know So I I initially turned the corner really I guess as I started throwing myself into everything I could read everything I could listen to on positivity on happiness on peace on love And then what happened was I started tracking the stuff that worked and then I would keep it in this journal and I would just keep doing it over and over and over and over like kind of a crazy person And before long that journal became happiness from the inside out which is the first book I read I wrote And honestly it was around that point probably a year or two before I wrote the book when I really felt that shift And it was mostly because I realized that whether I called it a career or not I needed to make happiness My number one career that more important than my professional life or career I need happiness to be the thing that I was making my life about Like I couldn't put anything else or anybody else before that happiness thing or it's gonna be of no value value to them So that was what I did that made the

most sense And then I just started doing whatever I could to get my life the logistical parts of it in alignment with that So I said well this is a job I don't particularly love I'm not gonna do that kind of work anymore You know this is a friend that I love very much I can probably love better from a distance So I'm gonna let that person experience their life from a distance and I'll send them nothing but love But I started making these decisions that felt a little hard in the beginning But because I was so committed to happiness they were really easy in the end I can completely relate because that's exactly what happened to me with love I mean I in a way I didn't choose it but I needed it more than anybody perhaps because you know I was I was dating lots of people Rob and I was dating amazing men I was living in Los Angeles living the high life I had an amazing career wonderful dates Um But I wasn't feeling fulfilled So and I wasn't realizing that that fulfillment was a choice that I had to make I felt like I was missing out on something and I kept falling into that comparison trap Let's talk about this What was that all about Why especially you who could be compared to you I mean you're such a light you're so beautiful you're so I mean really accomplished and successful and so eloquent and and yet we all do it right Even folks that look and are as accomplished and as beautiful and as brilliant as you We all do it right So it's true Um You know I think part of the challenge is that society is set up in a way that kind of encourages that almost I mean even when you're a kid and you're on a playground or you're in the classroom it's all about the grades that you got and you know how you could do so much better and sometimes our families um unintentionally you don't always have bad will or bad intentions around it They encourage us to be competitive and to compare And there is this healthy sense of competition sometimes in life But it's interesting um technology and social media has just held up a magnifying glass to that comparison and comparative sort of trap that we all um have experienced uh in our lives That's part of the reason I think it's so important comparison and competition is a real problem If your litmus test for life or your litmus test for self-worth is success in the world And that's why a huge part of this happiness thing is look you've got to redefine success and redefine self-worth and self value in terms of happiness or something that's way less conditional than success That's way less externally driven and other referent than success It's gotta be something that's internally driven and self referent And so but until you do that you're always gonna fall into these comparison and competitive sort of traps Um But it's the one thing that will always compromise your happiness um because you're not meant to be like

anyone else in the world I mean that's what makes you you that's why every snowflake is different because they all all have something uniquely divine to offer in terms of gifts and talents and services So until you sort of discover who and what you truly are and make happiness your litmus test and measuring stick for life And for self-worth it's very difficult um to sort of get your hands and your arms around this comparison thing and you're spot on because that's exactly what I was doing I was measuring my success based on my career And then when my career took a dip because I had moved to Los Angeles I was a small fish in a much bigger pond I didn't know what to do with myself And in actual fact now in hindsight looking back I had nothing to be insecure about nothing So I think sometimes we can also be our own worst enemies And I love what you said that our self-worth does not depend on you know how much money we have or how successful we are We are worthy simply by being ourselves and being our own unique self is the best thing that we can be How do how do we get in and switch off that little voice in the back I know meditation has helped me But what other tips do you have Yeah So um so it's all about practice and I would say that the one thing I remind myself of often a couple of things OK So sometimes it's nice to lead into science Sometimes it's nice to lean into spirituality religion whatever works for you you wanna lean into that Um I lean into all of it because I like to be you know uh inclusive and I'm like yes Right And so I would say that the first thing I could kind of have come around to realizing is that first of all um life loves you that's why you're alive right Like life itself like the infinite eternal like life force and energy that's keeping this planet of ours spinning on its axis rotating and revolving around the sun that keeps the sun shine it keeps your heart beating that keeps the lungs breathing that same life force and energy loves you so much that it continues to breathe life into you So you have to know that existence in the universe itself life itself loves you so much Who cares if anybody else likes or loves you right Like it's the ultimate prize right there So that's one thing I like to remind myself of you know the other thing is I think lots of studies that have quite frankly found very directly that the most confident people and the people who believe themselves are not In fact they're largely not the most competent people It's called the Dunny Krueger effect But the idea is that um lots of the most successful people success is correlated with confidence but it's not associated or correlated with competence with intelligence with knowledge It's not it's kind of wild to think that But what that tells us that if you really want to be successful in the world you need to develop and establish an unconditional

kind of confidence that does not waver based on your conditions that does not waver based on how successful you are how much money you have or any of these things And so you begin to put more faith in faith you put more confidence in self confidence itself knowing that if you can grow it even if it doesn't feel real at first even if it feels like made up at first or like a you know self like really just a make believe over time as you practice you start to see and build evidence for why it's true So one of the greatest things you can do is simply decide like a lawyer This is the outcome we want and then reverse engineer and build the evidence into that So for instance I am worthwhile and then begin to look for evidence of why am I worthwhile Why am I why should I can I feel better and prouder about who I am And you simply say well I'm kind to people and I do work hard and I have a great heart and you build evidence And so I call it a self love journal but a book of positive aspects Anything that lets you build a case for why you're perfectly priceless and why you're so worthwhile is a very useful task I absolutely love that And again our housewife from last week she mentioned something very similar and I love the fact that I can combine the two right now And she said look at ourselves in 2022 and look back and say OK well I'm so happy that I learnt a language or whatever skill set that you want to learn And what that does is it distracts our brain from being in that state of anxiety which is fear based or feeling depressed like you know being vibration low and it helps us actually plant seeds in our own brain of things that we're gonna achieve And even in yesterday's interview with a crisis intervention therapist she spoke about visualization and it's the same concept really as well It's reverse engineering thing where we see ourselves in the future And again I you know I said this in that interview but visualization for some people are like I can't see myself I can't see him putting a ring on I can't see myself at the beach with a child Well it's not necessarily about seeing yourself there I think it's about planting that seed within our brain to say OK I'm going to have this whatever that is Yes Yes I think that confidence is so closely related to happiness Let's talk about this and delve deeper and define it for our audience at home Yeah it's a great question So you know um the world of positive psychology they don't do a whole lot of research on self confidence They study self efficacy they self study self compassion Um but not a whole lot around self-confidence But they do study is optimism And so from a positive psychology um perspective when we talk about optimism we talk about it in a different way than we do as a as lay people as everyday people So you know scientific optimism is really about explanatory style So it's how do you describe or

explain things when they go wrong or when they go Right So what you ultimately want to do is you want to develop a very optimistic explanatory style What that means is when something goes right you wanna be able to say it was personal it was persistent and pervasive meaning that when I passed that test yes I did It had to do with me I worked hard or whatever I'm smart that that's a quality or trait that's going to exist through time and through space that's pervasive and persistent when something goes wrong or something goes bad you wanna be able to do the opposite of that you wanna say well maybe I played a role in it but also I just didn't study that hard but it was all these other things too And this isn't something that will transcend or that will exist in other places and spaces in my life And so essentially what you're wanting to do is you're wanting to build an optimistic explanatory style that lets you build self confidence in a deeper deeper way that lets you be resilient And so in the face of adversity or failure you're able to bounce back in ways that are increasingly happy and peaceful and loving and you come out better on the other side of it right And so really at the end of the day it's a lot to say about just wanting to recruit and entertain and feed and fuel thoughts that are helpful not necessarily thoughts that are truthful So what happens with most of us is we say what's true I did fail that test and I and I and I've been failing the test and instead of entertaining those thoughts it may be true but they're not helpful So instead of that you say well what's the helpful thought here The helpful thought is well I probably could do better if I tried a little harder I probably I've done better in the past Where else have I done well And you start to just find or tell yourself a better feeling story based in truth It still has truth It's still based in truth but you're looking at it in a way that's much more optimistic And so it's a little complicated But the idea at the end of the day basically is look for things about yourself to love just look for things about yourself to love It's all about self love isn't it That's where it all starts Let's talk about ambivalence for our audience at home Ambivalence is I guess kind of vacillating between and I want to relate this to relationships because I spent a very long time in therapy because I was ambivalent and ambivalence is basically you know kind of questioning or in some ways it's well it's definitely fear based but in some ways it's being overly cautious and overanalyzing with which us women love to and it's about you know is make a great dad or does he love me Does he not love me Oh Is this meant to be Is this my God given relationship So we kind of vacillate nonstop but in a way it's kind of um a self fulfilling prophecy which is actually negative It's self defeating How do we help

people that are ambivalent Yeah Such a great question Jackie such a great question Um So I would say that you know that um we do know that women tend to ruminate more than men do right Um Although men and women experience about the same of depression and learned helplessness but they express it they manifested differently Lots of men will turn to alcohol lots of women will turn to other Um You know they'll basically ruminate Um And they might go get therapy maybe not maybe share with friends but at the end of the day I'd say the number one addiction on the planet by far is obsessive compulsive thinking It's over an analysis right Period Um And that's the root of every other addiction too It's the ability not to step outside of your brain and outside of your mind and exist in a much more sort of a happier or dispassionate and detached place So again it comes down to practice I think the best tool that I ever discovered for quieting the discursive mind is micro meditation So micro meditation is just one breath right And it's only one breath that you take for the sake of enjoying that one breath while not letting thoughts get in the way So while you do whatever you do during the day you take that one breath you breathe in and out from the stomach that all your thoughts go and you just try to enjoy that one breath like it's the last breath you ever experience on the planet you never know it could be right So as you go about your day you're vacuuming you're walking you're talking you want to take at least one of those breaths as often as you can remember as you practice that and just doing it for the joy of it you're literally rewiring your brain to be less over analytical and to obsess and be less and less compulsive about that Thinking about that discursive like circular logic of thought or thinking that goes on because it's like 90% or more of our thoughts are redundant and negative So if you can just practice something as simple as micro meditation um you'd be surprised the ways in which you can begin to get that over analytical mind under control Can you walk us through this micro meditation Because I agree with you completely meditation changed my life I started with headspace which was 10 minutes a day And within the 1st 10 days I just set a goal I'm gonna do this for 10 days And if it doesn't work I'm never gonna try it again And literally I think at about day five everything changed for me I went from being in a based state where I was financially so stressed out because I had my daughter at the time and I was a single struggling mum years ago and I I was like oh my gosh how am I gonna do this And then within five days I was completely like in a much better financial state So it was I was amazing I was completely changed within five days So I completely believe in this How do we do it in one

breath Wow that's fantastic By the way you must have been really receptive It took me a while a longer a lot a lot longer Um So the way to do it is um first of all so we're setting our attention to enjoy what we're about to do That's the most important piece If you try to do this to get good at it you won't get good at it Um or it'll take you longer to get good at it But if you set your intention to only enjoy as deeply as you can you'll get good really fast Ok So that's the first piece The second thing we're doing all we're doing is we're breathing into the nose and out through the nose and it could be a deep breath that whatever feels comfortable and enjoyable to you just into the nose out to the nose Oh ok Yeah And what we're doing and every time we're doing that all we're doing is we're letting our thoughts go and we're really becoming more aware of how the breath feels maybe what the air smells like how our stomach feels But we're much more aware of our body as we do this than we are of the thoughts in our head And the more you focus on being really curious about how good it feels and what part you enjoy the most the more quickly your mind will quiet itself So you just into the nose just really try to enjoy it And the more you focus on the experience of enjoying the less lost in thought you'll be ok So the idea is that you wanna do that no matter what else you're doing At least once as often you can remember you might literally be walking to the bathroom and see if you can't just take one breath all the way in all the way out as you continue walking You don't have to stop what you're doing that one exercise micro meditations If you did that and didn't do anything else in the whole world you never read another self help book psychology book It would be more transformative than practically anything else you can possibly do because you're doing something that even expert meditators don't do which is weave and integrate a quiet cool calm composed mind a meditative mind into your daily activities You know and that's even something that's very difficult for expert meditators to accomplish So that has been one of the greatest tools It seems so small and so paltry and you're like what is this gonna do But your experience testament literally feel all the tension in my shoulders when I'm working Sometimes I I don't realize that my whole like back tenses up and I hold all my tension Um I just felt it will melt away and it's very closely linked to the Vegas Um I'm not sure if I'm pronouncing that correctly but not Vegas but vagal um nerve breath which is expanding our stomach we breathe in expanding our stomach and they breathe out through the mouth But it's it's a very similar thing I love this better because I could actually do it while I'm doing an interview and no one would even know Right That's the best part I love that And you're right I love

that um point around sort of inducing the relaxation response right Because if you notice most adults we mostly breathe from the chest and that's inducing a stress response and your adrenaline goes off your cortisol goes off That's the stress hormone that puts on weight It also narrows your perspective of the world So you can't find solutions or answers very easily You can't be nearly as creative Um You're basically wearing yourself out when you breathe in the stomach for the way you just described So eloquently you're inducing that relaxation response the more relaxed you are the more creative efficient effective more efficacious you're able to enter the psychological state of flow or the zone where you're 500 to 1000% more productive at whatever you happen to be doing Um You're also happier you're easier to get along with you find other people easier to get along with So in all ways relaxation is the greatest gift we can give ourselves in the world really And it's so such a happy place to be And it's you know being relaxed and in a state of peace and automatically our partner fuels that energy and they're automatically just happier you know and I love what you said earlier in the interview about that You know we need to be a walking example Let's talk about how being in the flow automatically puts us in that and gets us out of our head and out of our own way because being in our head is really no way to live No it's not no happiness is there You know I used to always think about how I wanted peace of mind or happiness was a state of mind And I've come to realize or even love maybe it is a state of mind and I've come to realize that that's true In the beginning It's mostly about thinking happier thoughts or more peaceful thoughts or more loving thoughts But really that's even what too hard at some point in time you stop thinking and worrying about thinking positive thoughts and you can just not think thoughts at all And you realize there's this infinite pool of happiness and of peace and of love always that not only within you but is you right And so you know part of what the invitation I think for all of us is to begin to dive into that pool of infinite peace and love and happiness and to do that all day no matter what else is going on around us You know I think sometimes we're too tolerant of mind wandering and we're too tolerant of and we let the world push us around our conditions or circumstances push us around and then dictate what we think and feel And there's no happiness in that There's also very limited conditional success in that we want an experience of increasingly unconditional success and peace and love In order to do that you've got to found and base your happiness and your peace and your success On something that's perfectly unconditional that's unshakable That's

immovable Right And for me that's not depending only on positive thinking It's mostly realizing and recognizing that my very existence that thoughtless worthless existence or life force that I am That that is happiness already It's peace already It's love already And I just need to get out of the way by always thinking so much And so my intention every single day knowing that this planet is we're just a bridge We're just here for a weekend really on this earth And then we you know continue on in whatever you believe spiritually or or you know religiously but essentially we're here for a short period of time And so we want to make the most of it and we want to live it as happily as humanly possible The only reason we want to achieve or accomplish anything in the entire world is because we think that accomplishing it or acquiring it or achieving it we're gonna be happy So it's happiness That's the meeting and purpose of life It's the ultimate aim and end of human existence So we're ultimately after that So if you could just put that first you'd be surprised how everything else is added When I get there I'm going to be happy or when I get married to this relationship I'm gonna get a happy that's actually coming from a very negative state Isn't it a state of optimism Because it's very limiting and as far as law of attraction goes it's very um it stops us from attracting more because we're putting limitations on source or God or the universe whatever you wanna call it So it's actually it's such um such it stops us in our tracks Really doesn't it Yeah it's a scarcity perspective It's a it's a scarcity perspective and we don't always know it Sometimes we think when we're focused on desire that we're in a place of positivity but mostly usually we're in a place of scarcity And we think that somehow by achieving accomplishment or acquiring something we enhance our subjective well-being that we'll be happier as a result that will somehow be more worthwhile will be more attractive We'll be more something And uh that's mostly ego right That's coming from the ego that's coming from a place where we aren't in touch with our infinite eternal source of everything right So in any way the point really for me is to come from a different place where you know that you are one with everything and everybody that you want to attract you know then then there is no attraction There's just that which evolves from within you and unfolds from within you and yet may show up as this person or this thing but it wasn't coming through or coming from that person or thing it just comes through them right But it ultimately came from you Um But through that person or through that channel And so the idea essentially is that you know you are one with every everybody and everything in the world that you could possibly ever want and need And you

can spend more time trying to realize that really trying to realize how that's true You'd be surprised at the ways in which you don't need to chase things because things start chasing you You don't need to go after things start things start going after you And I love that especially for women that are watching this special for you want them to be tracing us and really staying our feminine energy I think thinking is a very masculine um energy and you know I'm not suggesting that women don't do it but we talk about it in my interviews in love unraveled especially with Doctor Pat Allen who's our communications specialist And she differentiates that when women drink it kicks in their thinking So they think more Let's talk about alcoholism and addictions um and how happiness is related to that Yeah So you know ultimately my firm belief and experience is that at the heart or root of every addiction is an addiction to thinking right Um That's all it is It's and you said earlier which I absolutely love that The worst addiction that we have is thinking Yeah totally I mean it's a thought that tells you you need a drink to be happy It's a thought that tells you you need a a drink to be more social It's a thought that tells you you need a substance in order to be who of what and what you really are right And so you know there's nothing outside you that can add to who and what you are but there's also nothing that can take away from who and what you essentially are And so the practice really is discovering that deep within yourself And that's what meditation is for That's what prayers for it What you know affirmations and gratitude is all about It's all about coming to understand appreciate recognize and be what you truly are which is just source itself And so so much of the um you know work around addiction I used to work in a um a clinic really a rehab place and as a spiritual counselor and you know it's such a such a challenge but also a great opportunity I think because we don't realize often how lost in our own minds we are Um And how much we think all day long and how we mistake those thoughts for reality right But really thinking is always about the past or about the future Very it's it's almost impossible for it to be about the present If you're truly present you're not thinking you're just presence itself And when you're in the here and now very little thinking is actually happening But if you're in your mind you're always living in memory or you're living in fantasy And so the opportunity for yes yes In a state of anxiety have you know it it's all anxiety happens in the present moment Yes exactly It's all anxiety And so part of the I I think part of the work to be done with addiction Um you know there's lots of approaches but one thing I realized was that and this is where mindfulness comes in really handy Is that what

often people try to do is they try to repress this primitive almost or this knee jerk reaction to use a substance or to go participate some unhealthy activity and they'll try to repress it But of course that doesn't work very well because like a cancer grows And so most of us think that addiction um you know like is pain but addiction just is an expression of the pain already inside of you right It just an expression of that It symptomatic really the addiction And so so much of the work around addiction really is not repressing But when you are going to indulge and you can't help yourself from indulging indulge but indulge without thinking be fully in the experience of having that drink like go slow like drink one drop drink like drink it real slow really try to milk it and save it for as much as you want You'll be surprised there's this intuitive knowing this in your body that when you're fully mindful with mindful means not being full of mind or full of thoughts but empty of mind empty of thoughts but full of awareness when you're not thinking But you're drinking let's say you're smoking you'll suddenly discover instead of needing 12 shots of tequila you have two and you you already feel kind of sick and you're already over it You know but it's this story in your head that convinces you that the next drink will give you more happiness to the next the next But if you're really in touch with what you're feeling psychologically emotionally physically spiritually as you're drinking or as you're smoking you're doing something unhealthy you'll quickly know what's right or healthy and what's not and unhealthy And it becomes much easier to drop that addiction without the pain that we usually associate with breaking an addiction You know alcohol sales And I know this because my neighbor is the CFO of Mastercard So al and I think the news has talked about it as well Alcohol sales are soaring right now I think tequila especially in the United States probably Yeah will be thinking of killing right now I have a couple of friends that did invest and start a tequila company So they're doing amazing right now I wish I'd put my money there But look it's it's easier said than done because and I know that I found myself guilty There's been a couple of times in my life where you know I haven't realized the stress levels are up so high because I've got the pressure of deadlines at work and I've got the stress of having to create stuff and you just don't know how it's gonna go sometimes or you get so busy and again it's about slowing down and getting back to self love But what message can we send people who are you know in isolation and they're still kind of carrying on with these bad habits which I think are quite toxic right now because I think we're given this time to really do the work on ourselves And I think anybody that's drinking to numb their pain

although I'm not completely oppose it You know I think if you have a couple of drinks it's one thing if you're drinking every night and getting drunk and things in your life aren't healthy I think that's a whole different story and that needs to change What message do we have for these people Wow Love that question Um So I would say that the name of the game here is again love and uh love is non judgment OK I don't just nonjudgmental awareness Um It's not more than that it's not less than that And so if you're drinking if you're doing something that you consider unhealthy um or toxic there's no judgment there It's just a question of what works and what doesn't And if you're really paying attention to noticing and that means staying out of your head But just being in your body and noticing what you're feeling in experiencing psychologically emotionally physiologically and physically before you drink when you drink after you drink the next day you'll come to see the ways in which it's not about a judgment or moral morality question or ethics question It's just about what works and what doesn't work The drinking doesn't work in terms of bringing you happiness It doesn't work in terms of bringing you peace It doesn't work in terms of bringing you love it just doesn't work And so it's not even a question of what the right thing to do or the wrong thing It's just a question of does it work or not And it doesn't work And that's the point is that it doesn't work And so you'll continue doing it for as long as you are caught up in the story of it working But as soon as you step out a little bit away from that and really immerse yourself in the experience of it you'll find that it doesn't work And underneath all that really is an invitation to practice self soothing Really another word for love just like non judgment It's self soothing right So you can find things to do healthy alternatives that just put a little space or gap between you and that first drink where you say OK maybe I'll have this drink but let me go for the walk first and see how I feel or let me go call a friend first and see how I feel Let me take a bath first and just see I let me put that just outside for a second I'm not saying no I'm just gonna do something else or I'm gonna have something to eat first or whatever You might be surprised that that little gap if you can spend it without thinking and you can practice something that allows you to self soothe It can be something as simple as taking a bath is speaking to a friend is laying up down on the ground and just breathing It could be anything You might be surprised in the ways in which you suddenly don't have the same urge for the drink You don't have the same urge for smoking or doing drugs or whatever So just an opportunity there and there's nothing but love here and there's no judgment here Uh It's all really about doing what

works in terms of bringing greater happiness and peace and love Um And doing less of what doesn't bring that I love that you're such an epitome of of love rub and the sort of love that's just you know that shines that's completely fulfilling Tell me how is COVID and being in lockdown being for you Have you had any personal challenges Yeah Um So I I feel always um funny about saying this but I'll be honest I have enjoyed I haven't enjoyed I haven't enjoyed what's happening globally Ok That that that um iii I nothing makes me happier than seeing people happy and at peace and healthy Ok And that being said I have stayed focused on my little desk and little things that I can control And the one thing I most love doing is I love writing I love writing about happiness and about peace and about love And I love doing and having this kind of conversation with you Jackie So a long time ago I decided I would focus on what made me happy and what I could control Ok And I've realized over and over again that I control so much less than what I thought I could control But the one thing I can always control is what I think or whether I think and what I feel So this experience has been I mean honestly I've I miss the gym and I love the gym I've been running outside like you I don't necessarily look forward to running outside the way I did look forward to going to the gym And I miss you know seeing beautiful faces like yours you know on about But um it's only one of you but I miss seeing beautiful faces And um that being said I have to say like I have had more peace and I felt more blissed out working on these books that I feel so much passion around and just spending time not thinking and just breathing and swiffer in my apartment and like it's just been amazing in that way honestly And I feel a great piece about it Um But that's not to take away from folks who aren't experiencing that It's just to say that it's possible I love that And so how are you managing without the gym Have you turned your living room into a workout Oh I wish you don't know And I I um great question like let me just say to everyone at home Rob has an amazing amazing body I know it doesn't just come with you know half an hour a day So how are you handling this I'm gonna receive I'm gonna play that compliment in my head forever You have no idea especially coming from you That's the highest compliment Um You're just gorgeous Um You know so for me what I've done is um I run outside I used to run when I was younger Um and I go hard on those runs like every other day the days in between I go a little just light but I'd go for a five K run not long you know and then I do this home workout That makes me feel like I'm 10 years old again I mean and I've been trying to recruit a friend of mine who I know has been re um quarantining like me she's very

she's you know she's been saying it and I'm like listen this friend of mine I'm like can I just I wanna bench press you because I've not been able to get like weights and I just feel the need to push like you know really lift real weight So I've missed that part of it the most and I I've tried ordering weights through everywhere and now the the couple of weights that are available like on ebay they've hiked their prices up like 100% or way more than 1000% in some cases So it's been a little tough What about you I know you are just um always in fantastic shape always Um you know just looking beautiful but it's been hard That's a huge compliment coming from you Thank you Well if you were here I'd make you bench press me If that was perfect I'd be all man then I would be all set No complaints with quarantine You would definitely get a good workout And um I have had my um physiotherapist do um she's on an app So she has all these exercises I think about 13 in total and they're just simple mat stuff which I initially found so painful to do Cos they're quite the opposite to my usual workout They're kind of counterintuitive where I'd normally be doing sit-ups and kind of sweating and pushing myself These are all about breathing and kind of doing reverse stuff Um but I'm working on my core strength and So it that's been a little bit different but it's been great because I can do it by the app and I have to check off every time I do it So it keeps me accountable to her which I realize with myself if I'm not accountable to someone I did a workout today I walked around the block for five minutes which is like nothing And now that I'm over 40 it's true What they say you have to really work out harder which is why I added the jog in So I um I'm stuck in Sydney right now as you know and I couldn't get back to Los Angeles and it was better for me to stay here because my family is here and my parents are older So I wanted to make sure that I'm close to them and I you know my daughter loves to hang out with them And so I have made it my tour to run from my house all the way past the uh Harbor Bridge around the opera house I have no excuse because you know to be able to live where I do I which I'm so grateful for is such a blessing And so I've made it a goal to run But what I was doing wrong was I was doing this every day So at about day four of running I went oh my God I feel depressed but I wasn't sad What was happening was I had gone too hard on my body and my body needed a little bit of a break So I'm back to doing two days of running and a day of walking and then two days of running So but I'm still thank you I'm still doing the run walk So I'm building it up I don't think I'm ever gonna get to 20 kilometers but who knows Maybe a marathon at some point Look at you Oh my gosh I love it I should have I should have known I just love that I

remember running like you know I think that I've never ran probably more than 12 miles but I remember seven or eight being like that sweet spot where I was like ok I feel like I've really done it in anything more than it's supposed So I am so impressed that you I mean my goodness a half marathon a marathon That is incredible Uh Just when I thought I couldn't be more impressed That's pretty incredible Find that the energy that it stores in my body especially when I start with it early in the morning It really sets the tone for my day and it gives me that really kind of you know positive vibe and energy And I I do my workout I come home and I have a piece of fruit because it stores that energy and then I'm able to put that really you know good energy into my work Wow See that That's why I think to this day the one thing I never miss is a workout if I can't I mean really like I just have to get that run in I have to do a little home workout the squat jumps and all that stuff push ups But like that's creb incredible like incredibly important And I love you really emphasize that point It's so easy to overlook and say oh yeah exercise But you feel so much better when you're done you actually feel like even more self confident and more self loving for just because you worked out Oh absolutely And that's what I miss about being at home in Los Angeles right now is my amazing heights because I love doing Runyon And I remember when I first started Runyon I was really struggling in my career Rob and people don't know this about me but I really really did it tough I mean there was a point in my career when I lived in Los Angeles I was at crossroads I was basically you know faced with no work and I didn't have any money in my account Like to the point where I wasn't sure how I was gonna survive to eat or even buy water at that point So I was like and of course in Los Angeles you can't drink tap water And what I did was I set one simple goal and that was to go for a hike every day And when I first did Runion you know that hard part of Runion I couldn't even walk up there I was like and my lungs were literally burning up That by the end of the 30 days I was running it up and and I just love doing that hike and it automatically you know makes sure that my legs are stronger And what I did within that 30 days it completely turned my life around I had an amazing job I had money come in and it just changed the trajectory of my life I just love that story because so many examples like that in my life as well like and it's hard for people to understand that it takes a little bit of a little bit of faith But when you just start doing things that might feel a little hard in the beginning but you know they're better for you and they're gonna increase your happiness It's amazing the way everything else begins to come around and

find you an opportunity to show up and people show up and even money starts I mean it's really wild Like it's so easy to just you know explain in a way but it's actually a principle in a life law that it work right So I just love you saying that Um and I'm inspired by that and I think um you know it's something I always want to remember that at the end of the day prioritizing happiness is good for your success and it's good for your money and it's good for relationships I love that Are we gonna see another book come out of this Oh my gosh Yes So that's part of the thing I've been working on these books and initially started out as one book and now it's over 10 because they're little um at first it was like long form books but now they're mostly quote books They're little meditations little sutras um that I've polished over and over again So I just got rid of all the words in between and I just keep in the little gems the best parts of each of um section of that book So yes I'm actually um I got a contract with a new publisher So uh I just have to send that in and yeah hopefully um in the New Year right around January they said uh we'll start releasing the books but I kind of wanted to release more before that So I guess we'll see like I'm I don't wanna wait you know can we get some sort of nugget about what it's gonna be about Yeah So I did it you know ultimately I always always write about the ways in which happiness and peace is a master key to everything else in your life That's what I know from science That's what I know from spirituality That's what I know from my private practice in my own life And so you know really the one book I think I'll probably release first is just peace from the inside out Um And so it's about not seeking peace of mind but peace of no mind Right So there's the peace of mind that we think of but usually there's some anxiety underneath that and that piece of mind thing is very fleeting but there's a piece of no mind and that's all about losing your mind When you lose your mind you don't end up missing it right You lose your mind you don't miss it you just enjoy peace And so so much of it is about that And there are these tiny little sutra like one or two liners that basically just each little meditation is an entire teaching supposed to capture an entire teaching So you could literally read two lines and that would be all you needed You could read the rest of the book too But that's the idea of the book is that every line is supposed to capture an entire teaching So it's mostly about peace But there's one on success love bliss one on spirituality Um At the end of the day though they're um really about enjoying the happiness that you are Oh I love that I love that And affirmations are so important and what you're actually doing is you're doing the work for everybody really which is sometimes hard to get

started I think once they pick that up and read that first affirmation and I love affirmations I use them all the time They get out of a state of stuck into prosperity and everything you know evolves from there Rob Thank you so much for joining me Please go ahead and pimp yourself out Where can everyone you're so much better at piing me out though You're so but but I and I like to be that but but um so you can find me at coach Rob Mac dot com that's online You can also find me on all social media accounts Instagram Twitter um Facebook at Rob Mac M AC K official And you can find my book everywhere Great books are sold including Barnes and Noble and Amazon I love that happiness from the inside out Thank you so much for joining us Rob Mack I love you to the end of the year Oh my gosh I love you so much and I appreciate you so much Truly I appreciate you Amazing