

Tuesday Talk Shine Your Light With Rob Mack!

Hi everyone Welcome to Tuesday talk Shine Your Light Sherri Henry here author of Journey of the Light Worker your magical Journey to authenticity self-love and finding life's true purpose I have a very special guest today I am so excited Rob Mack I met Rob about a year and a half ago when I attended this really amazing conference called Reignite Your Light Universal Light Workers Conference Rob was one of the speakers in his topic Happiness from the Inside Out which is also the name of his book Fired me up Rob began to question his success life and whether it brought him true happiness After stepping away from his corporate career he began to study applied positive psychology at the University of Pennsylvania He has now gone on to become a leading expert in transformational coaching to individuals and corporations One thing you'll definitely notice about Rob is his enthusiasm and compassion in helping others Welcome to the show today Rob how are you doing I'm fantastic Thank you so much for having me Thank you for that incredible introduction You are such a light yourself Oh and you're a light as well I just really connected with you when I met you and you're doing such amazing work and I really appreciate you sharing uh your time today with the audience I'd love to share a little bit about your background Um Rob is a highly acclaimed happiness coach endorsed by Oprah Vanessa Williams Mercy Shimoff and many others In addition to serving as a celebrity love coach for the TV show famously single on Ene Rob has been featured as a guest expert on the Today Show Good Morning America Entertainment Tonight and the CBS Early Show He is also the author of the book that I Mentioned Happiness From the Inside Out which is truly an amazing book that will inspire you to make tangible changes in your life Rob holds a master's in applied Psychology from the University of Pennsylvania Welcome to the show Rob Thank you so much Boy I'm gonna have to come back here more often You have such an impressive background I just wanted to make sure I shared it with everybody It really is and I'd love for you to tell the audience a little bit more about you Where did you grow up Uh Where were you born Um Maybe some obstacles in life that you've overcome Yeah I grew up in a cow town way outside of Pittsburgh Pennsylvania I had incredibly loving family Uh I did pretty well academically really well athletically but I was miserable I was a very unhappy kid very shy most shy of my high school class And I was also sort of to my high school class but very shy and insecure and unhappy went on to

take a corporate consulting job after undergrad and you know the people were great but I hated the work So you know that unhappiness that I always thought I'd grow out of simply by doing well in school and doing well on the sports field and by having some friends and a girlfriend that unhappiness never went away it just got worse Yeah And any um obstacle in life that you've overcome that you might want to share with the audience totally I mean you know I would say that this has been the greatest obstacle right here The unhappiness piece because I remember having two beautiful German cars and I was finally making some decent money and felt good about that But this unhappiness grew into depression and it eventually led to suicidal ideation So I was thinking that suicide dozens and dozens of times a day And in fact I felt like that was the only option for me So I eventually did some research decided I was gonna kill myself and decided I would slip my wrist the kitchen got a kitchen knife and I dumped it into my wrist and you might not see it there on the screen I have those suicide test marks to this day But something very strange and unpredictable happened in that moment Which is that for no good reason without anything changing in my objective conditions of my life I felt this inexplicable peace and limitless love and deep joy you know the kind of which I had never experienced before in my life So at that point I decided to postpone the suicide for like an hour which isn't a very long time but that hour bled into several days And now I look back two decades later and I can barely recognize uh you know that the young man it was still suicidal Yeah I think you totally transformed your life and I'm so proud of you And I know that we've all had those low moments in our lives where we have thought about you know exiting essentially we think how do we go on um from here And so I'm so appreciative of you sharing your story because I think it will resonate with with so many people out there And um I know you got your master's in applied positive psychology and I wondered if you would explain explain the concept of that a little bit I know it's based on scientific principles I think it may have originated at Harvard I might be wrong on that But I believe you're basically stating that happiness is a science and that it can be learned And I'd love to hear more about that so well said spoken like an author and a teacher Uh That's precisely it You know the science of applied positive psychology is really the study and science of happiness and what makes life worth living And so there are thousands and thousands of studies that have been conducted over about two decades that basically tell us what does lead to a happy life and what doesn't what leads to a successful life and what doesn't And we can sort of call on

this empirical data to inform us about how we can live a happier healthier and wealthier life for ourselves and our loved ones And so it grew out of um Harvard and University of Pennsylvania's uh research labs Um but also a lot of the surveys they conducted with everyday people like me Yeah I find it fascinating that you could study happiness You you would think that it would be intuitive But I think the way that we grow up we learn as you were mentioning we're not really our authentic selves and we learn to focus as you were talking about on things that will make us happy that don't make us happy And you just you know focus like someone who's had firsthand experience with that right Like you know and you and you're right sort of happiness is a science which means it's something that we can look to the scientific world to inform us about but it's also an art right So we have to customize it for ourselves and there's something incredibly intuitive about happiness I think often you hear what the science of positive psychology has to say about living a happy life and it resonates with you at a deep level despite may maybe not having read all the scientific books And that's what I discovered is that you know lots of what I was reading and learning through the science of positive psychology I had heard shared with spiritual teachers and philosophers and poets and so it's both an art and a science You're absolutely right about that Yeah And then you took all of that obviously you do coaching but you've turned it into this amazing book that is so easy to read But then it's based on those scientific principles and it's got a lot of very um I think well eight principles that we can apply and if you just can tackle even three or four of those your life is gonna be so different And I know one of the principles from your book happiness from the inside out you talk about non attachment And I'm just curious how difficult is that to achieve Because that's been one of the ones that I've struggled with Welcome to the party That's why I had to share it I'm a make it happen person Oh my goodness And you really are It's one of the things I love most about you Um So the easy way to explain non attachment is that it's the lazy intelligent way to achieve Ha right And so the idea is that instead of routing your happiness through other people or places or conditions or things in the world you go directly to the source for it which is within you And what that means is not attaching your happiness to anybody or anything in the world That doesn't mean you can't enjoy people and you can't enjoy the world In fact you can enjoy the world so much more and you can enjoy and love people so much more when you don't need them to make you happy This means for the most part creating a practice where you consistently go directly inside for the

happiness that you normally or have historically sought through people and places and things Yes And I I love that whole concept And again that's something that I've had to study and I have to keep reminding myself of and not overly focused on the outcome of something It's more about being happy in the moment and that I'm not always very good at doing that So I still work on that a little bit Welcome to the Human Race party She Yeah absolutely So I met my flaws and you talk about another principle embracing adversity which I think is perfect considering that we've gone through a pandemic this year Can you talk a little bit about how we can constructively embrace adversity Yeah So this is a beautiful segue and this is why these conversations with you are so great because if you look at your life I know when I look at my life some of the worst things turn out to be some of the best things in my life and some of the best things turn out to be the worst things in my life So one thing I'm clear about is is that I'm not very clear about what will and won't make me happy For instance I often think it's gonna be a person or a place or a thing But if you live long enough you begin to see through all of that right And so part of the challenge and the opportunity with that is coming back around to realizing that whatever it is that you're seeking in the world you ultimately have sort of within yourself and it's creating a you know a sort of practice of that day in and day out Um you know it's um yeah just stop there Yeah I agree with you wholeheartedly It it's sort of like it was the best of times It was the worst of times And when I look back at my life I've had the rug kind of pulled out from under me where everything fell apart at one time And I just really had two choices I could sit there and wallow in my despair and just and do nothing as we were discussing earlier or I could pick myself up look up to God and ask for help and just start making the best of what appeared to be a bad situation But ironically it took me down a whole another path I ended up becoming an author Uh I will be producing uh teachings this this coming year And so without that adversity in my life I would have just stayed stuck I think uh and never move my life forward so well said and that's precisely it You know the thing about adversity is that it causes you it forces you to slow down take stock of your life and what's truly important and Reprioritize your life accordingly And it often strengthens the strong relationships that are like in your life but we doubt the weak ones And so there's a reprioritizing and recalibration process that happens kind of effortlessly in lots of ways But if you put effort in it goes even better The one thing I want to speak to you real quickly is that most of us hear a lot about post traumatic stress disorder right

So when we have something bad happen lots of adversity or trauma we often or sometimes experience post traumatic stress disorder but a much more common outcome from adversity and even the worst kinds of trauma is post traumatic growth Most people when they face adversity and they face tough times they actually grow as a result of it even if they're not trying So they come out better and often more blissful more tapped into it and turn on to their purpose and their meaning and to passion and they live lives that they feel are much more worth living And so that's a really important you sort of point that you make around adversity The challenge there is just to you know of course experience what you're thinking and feeling fully and all the way through but also use it as an opportunity to clarify your values and what you most want you know to experience in your life And I totally agree with you And that segues is very nicely into another principle that you have about positive focus and basically finding the better feeling aspect of all experiences Can you describe a little bit about how you achieve this I sure can the hard way I've learned everything the hard way sherry So too I mean I I learned things the hard way So we have that in common and when you learn them the hard way they often stick though And so positive focus This is really about this idea and I heard Wayne Dyer say it well once he said the law of flotation wasn't discovered by contemplating this thinking of things So the way I'd say it simply is that you can't be happy by focusing on unhappy things It's impossible You know you can't be happy by focusing in an unhappy way on happy things And so you've got to get this sort of like positive focus down Pat And you want to practice telling a better feeling story about everything in your life based in truth Of course because it's not based in truth it won't feel better but do that consistently for the joy of it alone So it sounds like that That was a tough day That was a tough experience But my favorite part of that was or what I enjoyed about that was or sometimes you see this meme that says something like I never lose I only win or I learn right It's that's the idea Yeah I I love that I also find that by keeping a gratitude journal it helps me to focus on the uh the good aspects of what happened in my day because things are gonna happen Things aren't always gonna go your way But it's more your perception of the world around you where you choose to focus your attention and that is the law of attraction attract more of what you focus on So I think that's what you're kind of talking about here Absolutely And you nail you nailed it and said it so beautifully You know another way to talk about gratitude is love What do you love What do you love in the world about yourself And can you spend

more of your life and your time and your energy focusing on what you love Because look we've got to take this journey called life anyway Sometimes it's scary and it's painful other times it's fun and sexy and you know it feels alive but either way that you've got to take the journey you wanna try to enjoy the journey as much as humanly possible and you can do that best if you focus on that which makes you come alive makes you happy that you feel grateful for or that which you love Yes Yes The art of I guess Right That's right That's right And another principle that you have that I think is fascinating It's one of my very favorite it's inspired action And I love this concept Can you discuss a little bit more about how that happens And you know are are we paying attention to be able to figure out when we're being in you know inspired So yeah so this goes back to the lazy intelligence approach I talked about a little earlier which is how can we get better or at least equal results with everything and anything in our life based on less time energy and effort right And so the idea essentially here is you know we try to get too much leverage out of action right We try to do do do we're all about hustle and the grind and time management and all these things and that's great And that being said you'll notice if you look out into the world there are some folks who don't feel or seem as nearly as stressed or as anxious or overwhelmed who are accomplishing a lot more with the same amount of time and energy that you have And so it's about inspired action It's about finding alignment first and reaching for joy and happiness and self love and gratitude even but peace at the very least reaching for peace before you take that action before you speak or have that conversation before you make that decision If you're not aligned with the deeper intuitive knowing that I sometimes call God or source or life then it takes you a lot more action to get the results that you're after And so it's really about aligning first and then taking action aligning first and then having the conversation Yeah And it's funny to become aligned You talked about achieving peace and you're very right Like if if if we meditate and I know you're a big proponent of meditation as well if we can quiet our mind and really listen to uh our inner self and God And you know we will hear the answers but it's we have to have a quiet mind to achieve that So that's absolutely right And that kind of comes around to you know there's incredible benefit in positive thinking Positive thinking is so much better and more joyful than negative thinking And at the same time there is incredible benefit I'd almost say infinite benefit and sometimes not thinking at all Sometimes my best moments my most enjoyable moments in life are when I'm or my mind is cool quiet calm

collected composed and I'm just enjoying whoever or whomever is in front of me at that moment Yes And as Children we knew how to do that We were in the moment we were outside playing the sun was shining It was a beautiful day We had no plans agenda It was just one moment to the next And then as we go through our lives we learn how to become very structured and we have to do this And so to get back into that almost childlike wonder man of the world is is an amazing thing to accomplish So it's true as adults we feel guilty and we think we're being lazy but my mom is great about always reminding me hey Rob honey I know you're working at this you're working at that But you know all the great things that have happened to you professionally and personally have happened when you went to the pool when you went for a walk when you took a nap You know it's amazing how incredibly effective and efficient the universe or universal intelligence is when you simply relax Yes Yes And I know you put together coaching programs for either individuals or corporations Can you talk just a little bit about like the how you go about doing that like whether it's for an individual or just you know kind of highlights and things there Yeah So you know I have my sort of um tried and true approach to coaching individuals and teams and organizations And I always want to honor that But at the same time even more deeply I want to honor that every individual team and organization is different So I customize the content in that way But it's really a sort of time tested face valid you know empirically supported approach to helping individuals couples teams and organizations get the most out of life and the most out of themselves with less time energy and effort It really is about lazy intelligence Great And if folks would like to get in touch with you to learn more about uh your services Your book I've been flashing your website is that the best way to get in touch with you You are so good That's perfect Perfect good good Definitely check out his website It's beautifully designed and it will answer a lot of your questions and folks if you'd like to get in touch with me my website is Sheri a Henry dot com I do have some links on there for my novel Journey of the Light Worker to Amazon and Barnes and Noble on Amazon It's actually discounted uh about 25% with free prime shipping And I do have some free guided meditations on attracting love money and abundance and overcoming obstacles Perfect for this year and Rob thank you so much for being a guest today Any parting words you'd like to offer to the audience I just have so much love and appreciation and gratitude for you Share I mean I really I love what you're doing I love how you're doing it And most of all I love who you are So thank

you for being the shining living example of light and love that you are Oh
thank you so much Rob And that is coming from one light worker to the next
and everyone please shine your light out in the world this week because we
need you Everyone have a blessed wonderful day Mama's Day