

## Understanding Happiness With Robert Mack

This is happily holistic where we dive deeply into everything health and wellness with a big dash of spirituality and a Sprinkle of business We spotlight the uplifting and the positive and share the secret ways Top wellness authors and celebrities get inspired stay healthy and enjoy this beautiful life I'm your host Amy Lee Merry best selling author of 15 books and Holistic health expert for the last 19 years I can't wait to get happily Holistic with you today Hello Hello and welcome to Happily Holistic I'm so happy you're listening to us today and I am very excited to be here with my friend Rob Mack Hi Rob how are you I'm doing good I'm doing good I'm excited You're here Good to be here Yay Rob is an Ivy league educated positive psychology expert celebrity happiness coach author and executive coach His first book that's the first book is Happiness from the Inside out the art of science and fulfillment That's your first book right We're going to hear in a little bit about his next book but not quite yet You can find him at his website coach Rob Mac dot com and Rob's been endorsed by Oprah Vanessa Williams and many others He's been a regularly featured guest expert on Good Morning America the Today Show Hollywood KTLAE Network own Uh and much more He's been in GQ self health cosmopolitan and glamour and he's one of the world's leading experts on the relationship between happiness and success I'm so excited You're here with us Rob So excited to be here you look like you're doing well Every time we connect I always feel so inspired and uplifted So just thanks for having me Yeah I'm so glad you're here Rob and I got to chit chat before we recorded for you guys And we're just we were just Kindred spirits We did I'm I'm glad to meet you and your co-host uh Jas and Dr Aaron which is awesome A couple of years back I think I was promoting the mood book and Rob was hosting Good Morning La la Land and I just love always love coming on there and just you know getting into these in depth talks and plus we get to go be in L A and it's always fun right And you and I are come from the same club that way We both love those deep meaningful hopefully spiritual conversations We love the other ones too But special affinity for those spiritual conversations I know I think we do and I think that's why we like to share ideas and knowledge with like-minded people I was just as I'm reading your bio I'm thinking gosh like Rob's a real host Like I'm an amateur No the best host the most professional ones are the ones who always consider themselves amateurs in a way Right You've got like the beginner's mind and I try to

always remember that I think um you know the best hosts are the ones that are most present You're so present and you're so beautiful inside and out Uh So you are a pro Oh thank you Rob Talk about positive sex You know it comes with the territory Yes it does So I'm really excited to delve into um your work and I'd love to hear what you feel is the greatest impact you get to make when you work with people Tell me about that Yeah So I think um the most satisfying and rewarding part of my work is really getting to see people experience the innate and inherent happiness that's within us all You know I think a lot of us spend so much of our lives chasing people places things and hoping that they'll deliver on the happiness that we're ultimately after But it's so nice for someone to just connect with you on the phone and then say oh my goodness I feel so c lifted or inspired and I can feel this joy from the inside out And so for me it's that in the beginning of my private practice I've been a coach for about 20 years in the beginning of my practice you know I would always try to impose my ideas and my beliefs on everyone else trying to really you know be very structured and rigid about the ways in which I would connect with people And I discovered a lazier but smarter and much more transformative approach which is kind of getting out of the way and just leaving room for sort of grace to enter the scene and for something unpredictable and unexpected to happen So I find that you know keeping my mind quiet and just being perfectly present does most of the work for me In fact all of the work Um and so when I'm just tapped into it didn't turn on in that way It's amazing the miracles that can happen That's beautiful And I agree too Um You know 20 going on 20 years now for me working with clients is a medical intuitive I agree It's so much about being present and everybody really craves to feel heard and understood and you know like they matter and that's what you what you're bringing and much more as well but you nailed it Well I didn't know you you had 20 years in two that makes us each 21 years of age So we we started doing it at one just in case anybody's Oh yes exactly We've been at it since uh we could emulate Yeah exactly You you bring up a good point I just wanted to highlight something profound you said and um you know there's this entire body of research that found you know they they looked and said hey what makes for the most transformative or most healing therapy You know what is it And they discovered well it's not actually the school of thought or the school of therapy It's more about the therapist And they said OK well what is it about the therapist And they said well it's just one thing mainly and it's unconditional regard You know we call that unconditional love We can simply call it presence but it's simply holding

space for change to happen and holding space from a non judgmental unconditionally loving perfectly peaceful place And I love that because I know that's something that you are consistent You consistently do Well I mean it's a medical intuitive I imagine Thank you I think that's part of both of our jobs you know that holding a space I always tell my clients I all I do is hold open the door you do everything I just even point out where the door is maybe and they open it Absolutely I just uh you're absolutely right about that Um You know it's interesting I remember you know reading probably like most of us who read scripture and you know knock on the door shall be open and then you know later I remember reading different kind of versions of that which is like you know don't knock the door is already open right at the door There is no door it's always been open to you and everything's always been available to you And I think part of presence and practicing whether it's unconditional love or unconditional happiness is just entering into that experience where you realize and recognize that whatever it is you're searching for is has always been available to you Absolutely And that the open door is inside of you and it's always been open That's right So no knocking no asking is necessary Um Absolutely But it does require I think for me I don't know about you but quiet my mind That's always been the challenge because the ego wants to get in there the mind wants to get in there and dictate you know the direction and how fast and the way it should look and feel that can be a little bit of a challenge Definitely And you know hence why we come back to meditation and mindfulness And you know and I think our minds and our desire to um shape our reality serve us in many ways We need those qualities to be successful and create the life that we desire to some degree Um I know for me and uh I'm gonna ask you your version of this I I was born intuitive So I was born with no structure inside of me I mean I had luckily I had structured parents and my mom was you know able to help bring structure but um you know no structure internally along with like a DH D and stuff like that So for me the journey these this last like I guess 30 plus years has been having enough structure to share the unstructured reality of that unconditional energy Um I'd love to hear how how did that journey go for you Uh How did you start out as a child Yeah So I feel strongly and deeply that I was intuitive as well but I didn't have an awareness of that intuition at all I was I started off you know I took the long scenic route to happiness and peace and self love I think so many of us do So I remember being happy as long as I remember being alive I was deeply unhappy um truly depressed and you know I was a I grew out of it you know

that 01 day I'll just grow out of it I'll eventually you know perform well in on the you know athletic field I'll perform well I'll have great friends I'll have a beautiful girlfriend and it will be ok Um That didn't really happen at least not right away So the depression and unhappiness that I felt as a small child only got worse was that And eventually I got to a place where I was suicidal Wow Yeah I started researching ways to kill myself and you know I saw the test Mars on my wrist to this day because Jay um you know I basically I was slash my wrist But what's interesting is in that moment um you know I had experience an experience that I didn't expect or predict which was that I felt peace as I seriously contemplated taking my own life And uh so funny enough like at that moment I just decided to postpone the suicide for like an hour It wasn't even a long time It was like an hour Yes to do some research And that sort of began wow Sort of I guess awakening in a way Yeah Yeah It's kind of why I do the work I do today That's what I'm thinking Yeah That's what set you on that path and look at the you know the body of work and that you've built and the help that you've been able to share Yeah It's interesting It was it's ironic in a way Um and and yet at the same time not so much I mean you know I and you know this better than anyone It's like our greatest problems often truly point to our greatest purpose They do The one thing I was asking for at that point in my life was purpose you know and it came uh maybe poorly wrapped Uh But boy the gift inside so profound it it changed your life indeed changed the course of your life That's right Exactly And uh and it's it's so interesting that by virtue of me going through that experience that I can be of any help or service to anyone else so much more help to other people Right So um yeah really good for me to remember that Absolutely Yeah And it took you you know down your path Hi It's Amy Lee Merry I'm so grateful to be a part of my medical intuitive clients journeys of healing and evolution We're all on our own paths to greater health and self actualization in a medical intuitive session with me We connect deeply with your spirit guides and ancestors and dig into the root causes of what's going on in your physical body emotions mind energetic body and spirit to learn more about my medical intuitive work Check out the work with me page on Amy Lee Mere dot com So one came one came after and then college and yeah So at the time I was working for a consulting company It was a great company great people hated the job you know and uh you know you felt deep on the inside that you're just so there's something un expressed within you right And you're you're not getting a chance to live an authentic life So um at at some point I decided to go back and get my MB A and I was putting

myself through school by doing like entertainment related stuff So I I fell into modeling and I was doing acting stuff And then I discovered a program at the University of Pennsylvania It's a master's in Applied Positive Psychology which is essentially the um Ivy League study in Science of what makes life worth living ways in which happiness and success are related So you know most of them are pretty clear hopefully at this point in our lives that success doesn't lead to happiness but happiness lead to success And so I took that program I opened my private practice um the book or the journal that I was keeping where I was tracking the stuff that may be happen that didn't that became happiness for me inside out And then you know life continued to unfold Yes You studied what makes life worth living and you made a choice that life was worth living right It was a point where you made that choice Yeah Totally Yeah And it's interesting too and we were talking about this a little before even you know the episode the game Um you know when you sort of make a commitment or set a strong intention the ways in which life shows up or seems to show up to support you in that right Because are positive And so when I made the choice you know years earlier that I was gonna live blissfully or not at all it's interesting This program pops up and you know other things pop up teachers and authors and all kinds of things and sent you down your path which has been such a beautiful one And um you know I certainly think one of the things that makes life worth living as well for those of us who aren't having to deal with like things like uh you know profound economic security issues and things like that So if we're in a position where we're getting to look at what doesn't make life worth living Some of that meaning is is sharing your gifts and passing that on and raising the vibration of the planet Yeah And it's easy to overlook that It's easy to get lost in the nitty gritty detail of our lives I think that it's all about just keeping the speed going on this hamster wheel that feels like the world or feels like life and um it can be a little bit difficult to step off the hamster wheel for a little bit of time and really clarify why you're living like what you're living your life for all this stuff for what's all the laundry for it all the work for it all they're working out and what's all that full to what end Um Once you get clear about that it's easy to reverse engineer the rest of your life accordingly That sums up my life philosophy right there It does reverse engineering life to to your desires you know your benevolent desires essentially That's what I that's what I do It sounds like that's what you do It's working for you So yes Absolutely Um You know it's important because and it's amazing how much it simplifies your life as well Right It streamline simplifies it and it also

increases the enjoyment that you experience in all of it It really does And you know I it wasn't always like this for me either You know coming in without that internal structure and a lot of learning disabilities And you know the there were a lot of challenges to overcome Um and you know a little bit of a different path in the sense that I I was never one to choose the conventional path which has served me ultimately But at the time when you know there's comparison with other people and you should be at that level that they are or you know the different kinds of you know well meaning judgment from you know friends and family although very well meaning it it takes to get into this stage of life to have that be validated or not at this stage But it takes it takes time to have that be validated So I think there's many different paths that lead us to this point which I think you and I are both saying that we you know are enjoying which is the positive effect of our intentions and our mindset on our reality Absolutely You know that Wayne Dyer you know I used to read a lot of Wayne Dyer and he would say so beautifully you know so much of the spiritual journey spiritual path or we can just simply call it authenticity you know is about becoming independent of the well intentioned opinion uh well intentioned opinions of other people Right And it's letting go of the people pleasing and recognizing that look please all seven or 8 billion people on the planet but not please yourself and you won't be happy But if you please the one person yourself you will find even if you don't please the other seven or 8 billion people on the planet you're still happy Yes that sums it up right there And so it I I find with a lot of people and I'd love to hear if it's the case for you a lot of people show up and they honestly they don't even know how to tap into what do they want because they don't know And so what what advice would you give to people who are in that space of I don't even know what I want if I wanted to create a positive change Such a great question So I say that first of all I would drop this idea that you don't know what you want Um When you don't know what you want to achieve accomplish or acquire you always know how you want to feel you always know what you want to feel So start there you know you want to be happy You know it feels better to be happy than unhappy better to be peaceful and not peaceful better to feel loved than not love So you start there and then I'd say the second thing is focusing on the things that you are clear about that You do know in addition to that So there are things that you do every single day that are extraordinarily painful or extraordinarily pleasurable that you can begin tracking those pleasurable things we call I call happiness islands But notice the things that with very little time energy or

effort uplift you excite you make you feel energized or happy to be alive and just begin tracking that and stay out of your head about it Stay in that visceral place where it's clear Oh my goodness I like chocolate if you so you can start as shallow as you want but just start tracking the things that make you happy without very much time energy or effort and the things that don't or get in the way of that happiness valleys and you'll be surprised that over time you'll become more and more clear about all of it So just start you know where it's easy and I promise you'll get build momentum I love that And what's your I know this is kind of a um this is a question that could have a very long answer but um I know no you don't have to keep it short I don't I don't want you to keep it short but it's kind of a there's probably a lot you could say about it Um what is what is your way that you like to look at and describe the chemicals of happiness and the different you know pleasure chemicals that we get from these things and how we can optimize our lives with those Yeah It's a it's a great point So you know there is a lot of research that's basically found that look we all have a happiness set point We're born with a genetic predisposition for a certain level of happiness And most of us are as part of that are born with a sad Amygdala right Some of us are born with Amygdala but most people are more relatively sad Amygdala However you know the genetic predisposition that we have for happiness or unhappiness is perfectly malleable means you can change it It's not like height it's not like eye color that's a relatively static feature or quality It's something that you can change by doing things surrounding yourself with people um thinking new thoughts but essentially happiness producing or happiness generate or happiness allowing activities in people in places The more you can sort of get clear about that and be intentional about that you can actually turn on and turn off certain genetic codes and you can also rewire your brain and this is the entire sort of body of research around neuroplasticity You could rewire your brain for a happier more peaceful more loving and even more successful experience of life Your life doesn't have to be so painful It doesn't have to feel like torture It doesn't have to be unhappy You can actually rewire your brain for a much improved and enhanced experience an enjoyable experience of life and of each other and of yourself And so they say it takes about 66 days once you start a new habit for your brain to begin to rewire itself Um But yeah it's interesting um you know dopamine and serotonin and all these Oxytocin all these chemicals really you've got all these filled with chemicals in your body already and you're like a human living walking talking pharmacy So the question is you know

can you do things and spend time with people and spend time in places that allows a healthy happy experience of this internal pharmacy they already have available to you at all times That's it right there I love it And it's so true And I know for me the more I really brought consciousness to that the it's a different version of what you're saying the more I noticed what what did you know set those things off for me it allowed me to shape my life in that way And as long as we're you know doing things that are holistically healthy for us who doesn't like to do what feels good Right That's just it And it's that thing in a way Um Robert Holden who is like one of the first positive psychologists he's based in the UK and he would talk a lot about the happiness contract that we have in our heads or the contract or the love contract which basically is just nothing more than inherited beliefs and stories about what you need to do in order to deserve or earn happiness or success or love And for the most part the contract doesn't need fixed or tweaked or edited it it needs thrown away Ok Like every stipulation and claws and caveat in that contract that tells you that you need to earn it or deserve it Whether it's happiness or peace to love and success is getting in the way of that very happiness peace love and success So one of the major causes that most of us or thoughts stories that most of us entertain that's not particularly helpful is this idea that you have to suffer your way to happiness or you have to suffer your way to love or that love is suffering or that love is sacrifice and happiness is sacrificed And so those are um ideas that while understandable are not constructive and no they're not Probably find a lot more happiness and peace and love if you can learn to let go of those ideas Exactly And re and ultimately rewire your brain in another direction right Right Exactly And that's the beautiful thing about the whole you know teaching is that you just need to do it one thought at a time just one moment at a time you know you know get in there and fix the whole thing and everything that happened in the past and too much Just what thought am I experiencing now Is it a thought that I enjoy And it's helpful with respect to happiness or not If it's not helpful you can replace it You can pivot from there you can let it go You don't need to think anything at all You know truly at the end of the day is less even about thinking than it is letting go of thinking and just experiencing that peaceful aliveness You already are I love that This has been so wonderful I wish we had more time We're gonna have to have Rob back on the show I'm gonna ask you for um our final question What would you tell your 17 year old self if you could send back a message from the future 11 thing I would say all is well all is always well Yeah I love



that All is always well And on that note thank you so much Rob Um Tell everybody where they can find you on social media Thank you so much for having me I so appreciate it No idea I really really um I'm so grateful for you Thank you I'm excited to that You got to be here and please tell everybody the name of your new book since we didn't even get a chance to discuss it because you had so much amazing stuff for us to hear about For sure That's that's all good Um I you can find love um from the inside out eventually in the spring Um So look forward to that You can find happiness from the inside out everywhere Great books are sold including Fun and Barnes and Noble um book online and online these days Um And then you can find me at coach Rob mac dot com and on Instagram at Rob Mac AC K official love love love Yay Thank you so much for being here Thank you everyone for listening to Happily Holistic and we're wishing you a joyful day Thanks for listening to Happily Holistic with me Amy Lee Merry You can find out more about the show on Amy Lee Mere dot com on the podcast page Please stop by your favorite social platform and leave me a comment I'd love to hear how you liked today's show and what topics you'd like me to cover in the future Come find me on Instagram and Facebook at Amy Lemere Until next time they happily pull this stick