

Episode 4 New Age Podcast Quantum Magic TV - Rob Mack Celebrity Happiness/Psychologist Coach/Author

Right Hi you guys I am so excited today I'm even more excited I think that I've ever been because I just love Rob Mack He's the best And today on Quantum Magic TV we get to talk to him personally about life and what's going on and all that He does Rob Where does that start Oh man that was quite an introduction I so appreciate you know that feeling is perfectly neutral Thank you I appreciate that I just I and I gotta give it to you like you're an Ivy League educated positive psychology expert celebrity happiness coach author The list goes on that you have been seen on uh Good morning La la Land Good morning America Today's show E you're endorsed by Oprah I just I don't even know what it's so crazy Uh I just want dance moves like yours though I can move like you we can trade we can trade you can help me with the happiness life coach stuff and I'll help you with the moves That's a plan Ok It's a deal So tell us about your journey How did all of this life coaching happiness coaching come about Uh what are you doing for people And what has your experience been Yeah Boy the hard way I learned everything the hard way shay I don't know about you but I was probably the least likely person to become a happiness coach because I was deeply miserable as a kid Like I remember being unhappy and like hating myself at four or five years of age I mean I really and I always thought I would grow out of it Yeah that young my first memories of myself were of me feeling miserable stressed anxious and unhappy And I always saw a ground of it like as I made friends and I did well athletically and academically that I would just find happiness or it would find me that did not happen right away Um Instead over time I just became more and more depressed So got to a place in my life where I was thinking about suicide so often that I couldn't really get ahead of it I couldn't stop it It felt like And eventually I got to a place where I started researching ways to kill myself Yeah And so I decided I was gonna slit my wrist So I remember you know I went to the kitchen I got a kitchen knife and uh you know the thing about suicide is you want to end the pain So as much as you want to end the psychological and emotional suffering you don't want to experience more physical pain So I was like well how much is this gonna hurt you know dig this into my wrist So in any case I went to dig it in my wrist and I had the most unexpected unpredictable experience that I could have ever imagined

Like yeah so in that moment as I'm like seriously contemplating committing to suicide I felt more peace and more bliss and more love that I had probably thought my entire life despite nothing in my external conditions or circumstances changing at all You know you think that was something that yourself that happened in that moment Yeah it was I definitely would chalk it up as a divine intervention you know and uh I didn't understand it at the time I just knew something strange had happened And so I decided in that moment I was gonna postpone suicide for like an hour It was just an hour man like that was and that was a tall order for me It was very ambitious to think that whole I was like I'm gonna last last an hour but I started doing a little research about depression and suicidal ideation and happiness And I learned so much even that little hour most important thing I learned was that I wasn't alone and that hour bled into several hours several days weeks Now I look back you know it's been over 20 some years and I can't barely recognize that you know that that person So it's kind of wild You know I've learned a lot along the way and it wasn't you know a linear progression It was like two steps forward and sometimes it felt like 100 steps backwards Um And the suicidal audiation didn't just end that day or that week or even that year But over time I just became inch by inch happier and happier and happier And uh he we are today and you I and it's so crazy because your energy and your vibe and just and and knowing you I would never think that about you But I feel like some of the you know most high level coaches and and people like you and experts do have to go through those dark the darkness you have to go through the darkness to get to that light and to be able to help people almost truth right there It's true That's spoken from someone who's lived that themselves huh Like you know you're absolutely right about that Um when something is life or death you become pretty good at it pretty quickly You know it's like either either swim or die you're gonna try really hard to learn how to swim Um and that was the case with me around happiness I said well if I'm gonna live I'm gonna live happily or not at all You know I'm gonna live blissfully or not at all And so I did um put a lot of effort in and I read voraciously and I applied everything that I could apply and I forgot the stuff that didn't work and I got the stuff that did Um But yeah eventually led um to like a lived embodied experience of happiness instead of just something that was in my head And I think that's the difference Right That's the difference between I think extraordinarily I don't want to just say successful but talented or gifted people at anything They like they like eat breathe sleep uh sleep and like they live it You know they don't just talk about it they don't

just think about it they live it And I think after like people are missing that heart and brain coherence is where too many people are in their head and constantly overanalyzing versus really digging deeper into what they're feeling why they're feeling it how to heal it how to move forward so that they truly feel good and live an amazing life truth right there Truth right there Shay That's exactly right You nailed it And it's funny you should say that because took me years to recognize and realize it But what you just said wasn't that was my precise problem is that I was feeling things very deeply and I was analyzing it a lot But in that analysis turned from reflection which was could be helpful in introspection which is into rumination where you would just repeat the same old negative redundant thoughts over and over and over again without really taking a solution oriented approach or even knowing what direction in order to face to take a solution oriented approach So you nailed it and then people I feel like get so deep in their thoughts that and it's like such a dark rabbit hole And when you're in such a dark place sometimes I feel like and I'm I'm sure you can agree with where you were at You just don't know who to go to what to do how to get help and what are some tools that you would say are for people to just help themselves first of all and then eventually once they break through that to find more options you man it's such this is why I love conversations with you I mean it comes from such an authentic place with you Um The questions are so profound like that was precisely the challenge that I had was that um I had dipped my toes into the water so to speak in trying to have these conversations with people about what I was feeling and thinking you know because I was really experiencing like this existential angst like this idea of like what's the purpose and meaning of my existence of any of our existences Yeah Right Like why why am I put here on this planet without a rule book or a guidebook I don't know what the goal of this whole thing is everything I work so hard to achieve will one day be stripped away from me either because I lose it or have an accident or misfortune or death And everyone I love and I try hard so hard to get to love me also will strictly stripped away from me And I don't know where I came from before this life I don't know where I'm going to after this life It would just all these thoughts would just overwhelm me You know And so when I also realized I couldn't really connect with anyone about it because they if they did experience or did have those thoughts they maybe weren't comfortable talking to me about them But a lot of people didn't you know hadn't thought about these things in that way So a couple of tips and tricks that I learned along the way is one there are people out there in the world

who have solved the very problem you're most struggling with whatever it is So for me it was depression and unhappiness Yeah But some for some other people it might be a really severe financial issue or a health issue or whatever But there are people out there in the world who have spent and spilled blood sweat and tears to all for that problem And you can lean on those people and lots of times that means leaning on them virtually you might not know who they are they might not be alive In this physical in their physical body today A lot of my best friends and most helpful coaches and therapists over the years have been you know dead authors right And so leaning into that first and foremost there are there's infinite seemingly infinite resources available to you online And if you're serious about this I promise you the more you seek the more things will show up for you in divine timing at just the moment when you need it So you know if your heart's in it and if you really mean it when you say you want to be happy if you really mean it you'll be overwhelmed by the ways in which life will support you and cooperate with you and collaborate with you in making that desire for happiness a reality Yes because the universe really wants to serve us It does But when our energetic frequency is on that lower level it's hard for the universe to allow that good to come So I like really want and hope people can hear this and the fact that if you work every day at shifting your frequency and your energetics those things will become a lot easier You know and I'm curious to ask you like what was the quantum leap that you took I know you obviously that was a a major experience and a and a turn for you when you went through that But once you did the work and and you you know were feeling better and you were doing better What quantum leap happened in your life for you to kind of get the success and all this stuff started happening and then you were working with all these people Oh man good question Shay oh shit That's why we are friends like we're friends of real life you know Um Truly um so a number of things I would say that it was when I fully deeply committed to happiness for itself not for what it could deliver So the mistake that most of us make is that we want to manifest stuff for people or conditions or circumstances That is the biggest trap of all OK You can't fake the universe out by pretending to be happy in order to have or get these successful life experiences to show up in your life It doesn't work that way You have to be genuinely tapped into and then turned on for joy itself peace itself love itself And you have to recognize and realize that the reason you want to achieve a choir accomplish anything else in your life is for the feeling it's for the happiness it's for the peace and the love and the joy If you can focus on first

manifesting and demonstrating that happiness inside of you despite and regardless what's not showing up in your life externally you'll be again impressed by the ways in which things show up out of thin air or people show up out of thin air and opportunities develop Even when you're like actively resisting them they'll still you know that was the story with me I remember like at some point chasing TV stuff and um you know I was getting away from this focus on happiness that I should have remembered And now I do remember is the ultimate purpose and meaning and point of our lives But I was getting away from that And so the TV stuff wasn't happening So I said what am I doing I'm chasing this TV stuff I'm routing my happiness through TV or through a book or whatever Why don't I go directly to the source for it Like I always have insisted and committed to doing and do it just because you want to be happy and if stuff shows up great it's icing on the cake but don't make it the cake itself And then all of a sudden as soon as you forget about it you put it on the shelf and it's not really that important anymore It shows up It's like my blog the universe loves giving guests the universe loves giving us stuff Life loves giving us stuff though You know because you you were you had the resistance of oh it's not happening subconsciously almost And it's interesting because it's like once you become aware and you're like what can I give not What can I get out of it The whole energetic shift and it's just like you said too It was interesting when I when I met you as well I was claiming to be on my spiritual path and I and I was but I was not there yet I was I was studying under a shaman I was traveling I was really trying to seek and really trying to do the whole entertainment thing And I think that it it really pertains to a lot of people in Los Angeles Like I've finally shifted my mindset too and like I don't need to go for every gig I don't need to try to run and try to get every gig Like I'm creating my gigs now and I'm and that is opening up doors of all the other things coming You just absolutely you nailed it I mean it's more than a meme even though we see the meme it's more than a meme This idea that needing nothing attracts everything and that it's not about giving up on your goals or your dreams It's just giving up the struggle and the resistance around your goals and dreams Like I remember the first TV show I booked before I was really happiness coach I was a model and I was an actor and I remember literally being so happy at a pool in my apartment complex in South Beach And I remember literally getting a call from the modeling agency and they're like hey Rob we got this casting do you wanna go to the casting And I was like uh I think I'm good on that one I don't think that's the right part for me

because I was just so happy at the pool quite frankly you know and I didn't really have to book it or anything But I had this friend of mine and um you know she and I had a scooter so she wanted to ride to the casting She calls me and says hey Rob can you give me a ride I said I'm not going to that casting You know I'm gonna just go ahead and enjoy my book at the pool I'm happier here And she said please can you just do it for me I said you know what I'll do it for you I love connecting with you and talking to you I get to the casting I thought it was just for a modeling shoot and then they're like hey you want to audition for this part like Paco and and I was like nah I'm actually I'm gonna go back to the pool but thank you guys so much you know like I was really like who does that Who's this No you know and I was like nah I'm not gonna you know and they're like just go ahead and do the lines real quick So I was having so much fun just talking to my friends and stuff and really excited to get back to the pool I read it real quick relaxed confident and just was done And then as I'm about to get on my like hey um where are you going I'm like I did my line I'm sure you guys are gonna book the role and they're like no no we want you to the role We're gonna book it And I'm like wait what I mean It was the least effort I could put into anything in my life and it just worked out But there's so so much truth in that shade for exactly the reason you defined which is that there was no resistance Yeah Oh that's good It's so crazy too because the other night you know I've really been trying to not trying I've been stepping into who I am and not letting you know out the outer world and energetics um affect me and really analyzing my childhood and the patterns that I developed um as an adult because of that and really shedding that and allowing myself to become who I truly am And the other night I just had these like all these weird like epiphanies and things happening and then I just had the urge to clear out my entire apartment I got rid of so much stuff and it's like kind of looks a little more empty in here but I like it Oh see I love that And I've done that clinic occasion myself Sometimes it's just rearranging furniture But it's a good point which is like you know clean out make room for new energy for new opportunities to you know enter into your life and for grace essentially to show up And I'm a firm believer in in in in that there's no question about it You can do that both externally and so much of the for me at least you know this spiritual journey is about keeping my mind and my heart empty of all these needless redundant negative thoughts or energies or whatever you know that empty space inside of you that often feels like silence and stillness and just perfect presence It's full I mean it's full of fulfillment It's full of light

and love and peace and happiness I mean that's essentially what it is it is But most of us run away from that edition We try to fill it up with stuff or with people or with other things and we never spend enough time there to recognize and realize that it's the very source of everything else we want in our lives Yes And then people sit and wonder why they're unhappy and why they feel this void and why they feel empty But you're not acknowledging your the empty space within you to actually truly learn about it That's right It's like that saying um what you run to you run from you know and you know it's like so you think that you're running to happiness You think that happiness or whatever it is Peace love success true abundance is somewhere out there in the future not recognizing and realizing the entire time It really is just sitting inside you here And now and if you could just simply get your head and your thoughts out of the way a little bit you could sink down deep enough to to realize and finally experience that perfect piece that you essentially are But again most of the world will not encourage you to do that That's not how you necessarily get people to buy your products or services It's so much easier to encourage them to buy your products and services You know if you convince them that that product or service will make them happy you know or that you as a partner will make them happy Um But we all know that's not the case it's so true And I feel like really though our paradigm is shifting and people are starting to wake up and they're starting to really question things and with that all happening and going on as well like where is your mind at with this whole pandemic and COVID And what is your take on it Yeah So my mind's not with the pandemic my mind you know my mind's not really with any of that stuff I mean um I feel so much deep um empathy and I have a genuine care and compassion uh for anyone and we've all been affected you know affected in some way But those folks who have lost people who are sick right now there's no question about that Um And there's also no question that you know it's an incredible opportunity an invitation to stop disempowering ourselves by giving the world responsibility to make us happy you know or even our health to make us happy you know Um I know it's hard to believe but science has found that there is no correlation between happiness and objective health So it's hard we all prefer to be healthy There's no question about that Uh You know we want help all day every day And that being said we know that just because you're healthy it doesn't mean that you're happy even if everything else is going well too right Um There is a correlation between subjective health meaning the way you experience your health the way you think about your health and

happiness And so all that being said is you know um any time you start to make other people or things responsible for how you feel you disempower yourself to make a change about it So um you know I'm not concerned at the end of the day my most peaceful moments remain the same My happiest moments remain remain the same And it's mostly when I'm not thinking about things that I can't control like So oh that is so well said because I feel like but it's a choice to choose to focus on what you're what you're choosing to focus on It is people kind of miss miss that with things and it's so easy for us to get into ego and get into fear and get into scarcity mode Uh And then when you get into those energetics that's when you know the universe does start giving you in your 3d reality that's happening in front of your eyes those things that match up to that So you you nailed it I mean she is so beautifully said um eloquently said as always you know it's true like the brain is built with a negativity bias right We know that's true We know that it takes about five positive experiences to compensate for the one equivalent negative experience right The brain is built that way So the brain is really designed to keep you alive It's not necessarily designed to make you happy That being said I would you know go beyond that We're more than a brain Ok We're something that is um that has a brain but we're not it we have a mind but we're not our mind we have a body but we're not our mind We're something that's essentially mindless and bottomless spirit itself right And when you spend time commuting with an in and as that which means not spending time being lost in your thoughts or lost in other people's thoughts or words or whatever all the time you suddenly discover that by just simply practicing the presence of your own naked existence or awareness that just blind awareness that and of itself is peace and happiness already And it manifests itself in infinite ways in your life in ways that are better than anything you could possibly make up or create or script or plot or plan or fathom I mean life is so much sweeter than our thoughts about it You know it's so much happier than our thoughts about So it's giving us so much more than our brains can comprehend which is why it's so interesting And I feel like you you're definitely a believer in quantum physics and science from from your languaging Do you um listen or or uh do any of Joe Deena's teachings I Yes II I love Joe Um I mean uh you are the placebo and uh yes Oh my gosh totally Um So yeah I love Joe Deena I mean there's so many I think the first author who I felt you know quote unquote in love with it was Abraham Hicks Abraham Hicks Yeah I mean Abraham Hicks and I remember once going to a seminar I got put in the hot seat and I'll never forget Yes And I got

to ask a question I had I mean the one person who probably had the most questions uh you know is it me It was always me I always had the most questions that annoy my mom and my friends and my family by asking them 1000 questions about the universe and spirit and and science Totally Well listen I got in the hot seat and all of a sudden I had a completely quiet mind and I felt perfectly content And I remember and I remember Esther saying to me essentially like um OK do you have a question And I was like I'm good It was so odd It was like I was like I'm good and she's like are you sure I'm like well I can probably come up with a question but I never felt so good So they just yeah but Abraham Hicks and Jonas bea Ere Toll Um I loved Joel Goldsmith Ernest Holmes um Michael Beck you know um Spira I mean there's so many great authors in the world and great teachers in the world and I've learned something from every single one of them There's not a teacher or a book that I've ever read or listened to that I haven't learned from Absolutely And I think it's so important for people to find what resonates with them and not feel like they have to take all the information and that's what's facts and true Like it of course everyone has an opinion and experience and it's so interesting when everyone's li living their own perspective through their own lens So I I feel like a lot of people misinterpret what's good for them based off of all the opinions they're taking off the value of everyone else and then they're so far from their inner self and then living this life and they're like well why aren't I happy You just said it so beautifully Wayne Dyer would always say it's how how important it is to become independent of the good intentions of other people you know And um that's just about minding your own business Right And so if you're stressed out if you're anxious if you're unhappy you can know for sure you're in somebody else's business or God's business right That means you're probably you know not in your yard anymore And so it's so important just to mind your own business and mind your own bliss And that means making other people less relevant than you have been And it doesn't mean you love you love the Yeah Yeah Yeah Absolutely Oh my gosh This is so good Seriously I just I wanted to dive in There was one thing I had and I just lost it So that's ok I'm gonna just let it go and I'm not gonna um hang on to that while you think about it I'll say this one thing you know I think part of the challenge with so many of us is that we become like object reverent or other reverent which means we just base our identity on things that are outside of us other people other things and you nailed it She you know you don't know the treasure that exists inside of you until you really dive deep You know and the thing about

discovering that inner treasure is that everyone who's gone inside to find it finds it it's guaranteed and it lasts forever It's not something that you can lose You can't get it to have it taken away without your own consent You know unlike the other things that rust out or wear out And so just I would encourage you know everyone And I'm always the first to say that any time I encourage or give advice to someone else it's always really only meant for me because I'm the one person I know will listen or can listen Um And so that is just you know trust this idea and it sounds like scripture and is scripture but it's so much more than that which is like you know when you seek the kingdom of heaven you know the rest is added and that kingdom of heaven is within And for me that's really just about seeking the presence of source of life itself that infinite eternal faceless formless thoughtless worthless life force inside of me We're gonna spend time with it the same way I would spend time with you She not to get something from you you know or my mom something just for the joy of it alone When you spend time just for that you'll be amazed raised in the ways in which your life will shift and change in desirable happy healthy wealthy directions without so much effort you know and so and really truly being in the now and really just embracing whoever that is the experience in the now and not having your mind in the future or in the past and operating from that type of a level I feel like is so key and it's funny I totally remember it as you were talking I just feel like people don't trust themselves and tune into our bodies enough Like our bodies are so insanely incredible and able to heal in ways that we couldn't even imagine And I think that it needs to be addressed in the fact like you don't need to go seek all these medical like solutions slap on this pill help And I think I really want to encourage people and please help me here if you can like what do you what do you do if you start feeling sick or you start uh like I have some things I go and do and I do not go to for the pill bottle or anything I mean damn I won't even take a freaking Tylenol unless I'm challenging headache But like what do what do you do if you start feeling like oh my energetics are feeling off I made your mind's like well you I think you're getting sick but you're like oh no I'm not gonna go there What do you do Yeah What a great question So um you know I used to be that person who was like oh my gosh because I I would run to the doctor or when I was young I would tell my mom right away you know Um And so I don't do that I think for me I always reminded of the course and miracles quote So you know course of miracles um is such a powerful very long text It's a powerful text and one of the sort of I'm paraphrasing here But essentially you know a

miracle is a shift in perception That's the first piece The second piece is that you know when you feel sick the temptation is always to give more attention to your body which is a right intention I think you know you want to take care of the body But it's also to obsess about the body to obsess about health at precisely the time in which you don't want to be obsessing about the body but instead spending time with spirit So for me the invitation is always to recognize and realize and remember that who and what I am is ultimately untouchable immovable It's unshakeable it's invisible that spirit that exists at the heart of all of us and that we all share is infinitely and eternally healthy There is no such thing as illness there at all you know in presence there is no illness there is no disease and therefore no need for miracle no need for healing or any of that And so I want to spend time identifying with that more right So I do what I can to and I call it practicing the presence but it's mostly just feeling into the peaceful aliveness that's in my body and knowing that that is perfect health already even if my body is showing signs of something else Um I don't need to be obsessing about the body just because I'm not feeling particularly healthy in that moment or I'm not feeling particularly good So that's the number one thing for me Um I also find that um you know sleeping is underrated so just leave dehydration like sometimes it is the most basic things Um But generally it's your body you know is intelligent you're right So it's so much smarter than the brain is in lots of ways because it's more primitive And also you know if you don't take time to slow down and enjoy the present moment and take care of yourself don't worry the body will make you do it until you listen It's pretty insane That's like for me I just I'll start feeling it certain way but I choose to not allow my thoughts to feed into the feeling that I might be feeling because again people need to realize our emotions are not they don't define you what you're going through Yes Feel them Um and and sit with them and acknowledge them But I think it's so key to kind of mind over matter know that you you can be healthy You are healthy go for walks I'll connect I'll ground myself I'm a total like tree hugger I'm like one of those And I just love to find you know natural ways of just of healing because there's so many things you can do and not have to just go and run and be like oh this and that and the more you start getting into those thoughts the more you're just down this rabbit hole of sickness you nailed it and there's so much boys such so much so many profound and poignant insights you shared there shay I just wanna like highlight one or two because folks may have missed them And you know one is that like I used to think about surrender They will say well surrender you know what

And and it sounded like I was surrendering to a diagnosis for instance or I was surrendering to like this bankruptcy or I'm surrendering to this addiction or whatever it was But surrender really isn't about the future at all and it's not about labels at all And it's not about the past at all It's simply about noticing what it is that you're feeling in the moment only in the moment and then not telling a story about how it is or isn't gonna last in the future and creating all this meaning out of something It's just right now my head hurts Ok That's it Stop right there That's plenty Just speak to the facts So you know surrender and presence and really leaning into the now is about sticking with the facts in this red hot moment and not getting into this place of forecasting and predicting and all of this anxiety provoking stressful thinking that gets in the way of enjoying or accepting what it is that you're experiencing at the moment Absolutely And I feel like that's too where like these moods can come from and then the moods change into total energetic shifts for for people whether it's negative or positive And it's just such a crazy concepts when it comes to all of it But I just love it because it really is science because we're all energy and it's all about just shifting your energy Oh Shay one of my favorite authors Richard Carlson he wrote Don't Sweat the small stuff but he went on to write other books that are just so profound in their simplicity And one of the things he would say is moods are invisible thoughts They're just thoughts that you don't recognize but you feel the effects of in the body or in the you know in the mind in or whatever And he would say the number one thing when it comes to relating to other people is to not take their moods personal personally You know because they're like that's the one thing we all do that somebody's in a bad mood and all of a sudden we either want to fix it right away or we take it personally And then we have a response and the next thing you know it's you're spiraling into some space and some place they don't need to spiral you know and so to that end that's why I think to says it well he's like you know kind of take to fight unconsciousness is itself unconsciousness to fight ignorance is ignorance To fight A lack of awareness is a lack of awareness You know it's like the easy way to say it is just to fight stupidity is stupid You know it's like so don't get in that place and space right where you're taking other people's moods personally And also recognizing when you're having a mood there's just some invisible thoughts there and you don't need to heal all those thoughts But you can simply remember that you don't need to think all the time obsessively compulsively at all You can simply rest and breathe and enjoy the moment if it's swiffer or doing the laundry or taking a nap or whatever Absolutely I took people's things so

personally and it just was like so detrimental to my life and my energetics And I never really realized that like everyone's always projecting like whether it's positive or negative and just really realizing and just knowing and sitting in who you are and not taking that on I think is so important for sure You know that we're all we're all guilty of that I mean that's one of the things I realized very early on too was the ways in which I would let other people's thoughts and moods dictate how I felt whether it was praise or whether it was criticism you know or they were in a bad mood or a good mood I'd be you know pushed around so easily But you know the greatest spiritual masters and teachers they aren't pushed around at all terms of what other people think and feel You know it just continued to stand firm in their peace in their love and their happiness and their confidence in their abundance Whether you recognize it as the abundance that you know you would call abundance or not there's a deeper abundance that might not look the way you think it looks but they stand firm in that despite the conditions circumstances and thoughts and opinions of other people Absolutely And that goes hand in hand I'm actually writing a book right now called Our Unseen Energetic World What Yeah I'm so excited When is it coming out I OK I don't have a date yet but I feel like I need to put it out into existence So by 2021 it's going to be launched and out and ready Um That's what I'm putting out into the universe So it's gonna be all about today about what we talked about because there's this unseen world that's not seen by our physical eyes that needs to be talked about And that was totally happening on this interview and between you and I and that's why I love love love love chatting with you because every time it's just like oh can you feel my father Oh you have no idea Shay I feel so incredibly and deeply blessed and fortunate to know you at all And I mean that at the deepest level like I love so much not just what you do and how you do it but I love who you are And I just want to thank you from the bottom of my heart for just being the light and the love that you are Shay I mean it's incredible so much true and see back at you honestly I just yeah I always I have so much to say about you so many good things and it's just always such good vibes and it's just on a deeper level so amazing And I wanted to well we'll wrap it up But I wanted to ask uh where can people find you Where can people work with you How can we know more about you Love it Yeah So you can find me at um Coach Rob Mack dot com You can find um my first book Happiness from the Inside out that aren't in science of fulfillment everywhere Great books are sold including Barnes and Noble and Amazon Um My second book Love From The Inside Out is

coming out in the spring and then you can find me on all social media platforms most notably Instagram at Rob Mac M A C K official Amazing Thank you so much Today was probably my most favorite interview because I just oh it was so deep and profound and I feel like a lot of people are gonna connect and and hopefully think and utilize this uh as a more deeper connection into themselves So thank you so much Rob You made my day Thank you You made mine amazing Thank you guys so much again for joining me Quantum Magic TV My amazing friend Rob Mack make sure you follow him work with him and we will see you guys back here at 12 p.m. PST every Monday Bye guys