

TRANSCRIPT

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[Intro]

Welcome everybody to Success Left A Clue, Episode # 23. So, Robert Raymond Riopel here, and I want to welcome you to this episode and I'm going to let you know that today's episode is going to be a little bit different than what you might normally expect from me and normally expect for if you've been listening to this podcast for a while. It is kind of going to be a different twist, but rest assured, I will let you know that it is absolutely not just a part of success. It is critical to understand this. Of course, already people's minds are going, "Okay, what the heck is this going to be about? This does not sound like some even kind of the energy that the Robert we know would really be in." Well, let's set the context and get this rolling right away.

I'm going to play a song that I'm going to almost guarantee that unless you are an absolute movie buff, most people aren't going to recognize it, but I'm going to play this song, portion of it, and that's going to be our starting point of the lesson for today. So, listen closely, here's the music and then I'll be right back after it.

[Music Playing]

Okay, for those of you who are wondering, "What the heck was that all about?" Well, that is a piece of music from a movie that I absolutely love. I not only love to watch movies, I'm looking for lessons in movies, but I also love to release particularly for the lesson. I'd love to watch animated movies, and so this one here, this movie is called *Inside Out*. And so, like you said, you're a movie buff, you're not going to recognize that music, but it come from the movie inside out. And on this movie, well, the reason that I really want to bring that on is because of one of the biggest lessons I got to kids and parents, a lot of people think that animated movies are made for the children, but if you really watched, you'll see that animated movies actually there's more lesson's in there for the parents of the children if they are actually to really pay attention.

And so, this one here, this movie *Inside Out*, for those of you who have not watched, I'm going to highly, highly, highly recommend that you do. They took a whole group of psychologist to really figure out what does the mind work like. All the different emotions are going on inside and this movie is about emotions inside of a little girl's head, and you got sadness, you got joy, you got frustration or anger, you've got disgust, you got fear. All these emotions playing out and they did this movie so well, so point on, and so I enjoyed the movie. But one of the biggest surprises from that movie was the lesson I want to talk about today.

And that lesson come from that song that I just played for you, and the title of that song is called *Joy Turns To Sadness*. A growing personality, and here's the thing that I really notice that it impacted and struck my wife, and it struck me, is that all through the movie you've got the character, the main character, the main emotion, is joy. Try to be happy, try to be happy, all through the whole movie. And one of the other emotions is sadness and they're trying to make sure everything that sadness seems to touch seems to go downhill. They think that she's ruining things. Joy's trying to like "Come on sadness, just leave us alone, go away." And the whole movie revolves around how this journey of how something goes wrong with the young girl, she starts going through an emotion because the parents have to move. There's all this strife in the family and stuff like that. She starts to feel sad, and joy's trying to bring her out of it, trying bring her out of it, trying to bring her out of it, keeping sadness, the emotion sadness, off to the side, because everything sadness touches seems to make it worse.

But really, what the lesson was, is that there is a place for sadness. There's a time for sadness. And what really struck me about this one, I was watching this is that how many people including me, and I'm pointing my fingers back at myself, how many people including me just try to push sadness off to the side. You've

got to be positive, you always have to have that outlook on life. Don't let things get you down. It gets very tiring, it gets very tiring, when you're always trying to be positive even though crashes going in on your life, and so talk about the one who had a clap right between the eyes. As I'm watching this movie, and that message came through so clearly that sadness has its place.

Meaning, ladies and gentlemen, if you truly want success, success isn't always an easy journey. Success has its up and down just like any other part of life. And so, if you're thinking you have to be positive about everything, you're actually suppressing that sadness. And when you suppress it, the next time that bubbles up, it will come up with more intensity and then you'll try to suppress it even more. It'll come up with more intensity, suppress it even more, come up with more intensity... and this is what causes a lot of depression. This is what causes a lot of people to self-sabotage themselves not only in business, not only in personal success, but in relationships, in their health, in all areas of their life.

So, I can only come from the experience of, "Why am I recording this podcast right now?" Because from the outside, people look at my life and it's like one amazing life. And it is, let's not be... let's be clear about that. But what a lot of people don't see is the sadness side. And when I used to suppress it, it used to cause a discomfort, a dis-ease. Just from this life alone, from the *Inside Out*, and realizing that whole lesson, that whole thing, is that joy turns to sadness, and it is a growing personality. We all have that in us. So how can you allow that sadness to show up and have its time? Maybe give yourself some space where you just sit down, you take some deep breaths, you meditate, you're quiet with yourself, you're not thinking that you have to go, go, go. Or maybe you connect with a family member, with a partner, and say, "You know what? I'm having a down day today," and then acknowledge that it is okay to have that.

Coz I'm going to make you a promise, ladies and gentlemen. You do this in your life. You allow sadness to come in and have its place. Not that it's - sorry, let me rephrase that: not allow it to come in, but understand it's there, it's part of you, it's part of how things go. So then understand that when sadness comes up, give it a space to be able to go through and work through, however that may look.

So, going back again to - from the outside, everybody's like, "Look at how amazing your life is, you travel all over the world!" But thanks to this lesson, because I used to suppress that sadness, I now create the space to give myself time to actually be sad and fully experience it. If it means emotion comes up, emotion comes up. That means tears, tears. If it means I get angry about something, I get angry about it and let it all. Every single emotion that you have, ladies and gentlemen, is there for a reason. So embrace it, instead of trying to resist it.

"Robert, people can't handle if I'm sad." If they can't handle when you're sad, they're not true friends. I'm going to be blunt on that, plain and simple. "Well Robert, when I get angry, it scares me. I'm scared about my anger." Yeah, absolutely! I get that. And that's probably because you have been so used to burying it for so long that when it comes up, it comes up in more intensity than you expect and that's what scares you. But could you imagine that if anger comes up, you have a way of venting it in a safe manner so you can at least move that energy through... you allow that emotion to come in and go back out and be done, and then you can go back to the next energy? You can go back to some happiness, you can go back to some concern, you can go back to some sadness, you can move and flow between all the emotions. That's what we're talking about, in a healthy way, in a safe way, in a way that allows you to do it so that you're not causing the disease and dis-ease inside of yourself.

Again, not just in personal life, but professional life, business, relationships, health, wealth... all areas. My recommendation on this podcast is allow sadness to have its time. That's what I'm doing now, I'm recording this in a time where there's a lot of sadness going on in my life - in a time where I talked to someone today and their parent just passed away, and I was listening to whether they're trying to candy-coated that everything's okay or were they allowing sadness to come through. Because I've now become even more

hyper-aware when I'm talking with people on if there are falsas up. Is there something that, a true feeling, a true emotion, that they've suppressed, that they haven't allowed to come through?

So, let me be clear, ladies and gentlemen. This may not be my typical "Success Left A Clue" podcast, but I hope you'll agree with me, it is a very important one to your success because for me, I want you to have success with elegance, grace, and joy. And the only way to fully do that is by allowing yourself to get to experience the other emotions when it's time, and find a way to be able to allow them to come up in a way that supports you instead of holds you back.

So, Robert Raymond Riopel for "Success Left A Clue". As always, thank you so much for listening. And as always, please do us a favor: go to iTunes, leave us a comment, rate the show... let us know what you're thinking. Even list in all your comments what you'd like to hear in our upcoming episodes. From my heart to yours, always live with passion and allow the emotions to be what they are. Until next time. Have a great, great, great day. Thanks, everybody.

[Outro]