

TRANSCRIPT

File Name: S-LAC EP#26 complete

Duration: 00:38:45

Robert: Welcome everybody to "Success Left a Clue" episode number 26. And what an amazing episode is this going to be, because today I have a special guest. This gentleman is like... how do I describe him? Years ago, I gave him the nickname "The quantum monk". And the reason I nicknamed him that is because not only does he study quantum physics (and that was his kind of field of training), but he also became a monk for 8 years and actually did over fifteen thousand hours, fifteen thousand hours of silent meditation. And from that meditation he came up some brilliant, amazing ways of looking at life. And I am just so excited to get him on this podcast because of that insight we are going to go through something called the chaos modules. So this gentleman we did a call via phone, so you can notice a little bit difference in the sound. But I'm going to let you know - it is got to be a two-part series because the information was so amazing, so profound it took us well over an hour to record it. So I decided to break it down into two bite sized chunks and do it in two episodes. So for episode number twenty six, we are going to dive in and I want to welcome to the show the one and only Mr. Greg Montana. Let's get right into this. Shall we?

Oh great. Thank you for being here. So I understand you are sitting in California at your home, and you just were outside and you are hot because you have been doing a lot of hard work. So what kind of a day are you having?

Greg: It's gorgeous. I mean outside it's like 75 degrees. I like doing my work outside. We have so many properties that I can always go and trim something or clean something up or... and that's my workout. I like getting my hands in the earth.

Robert: You are just being grounded. Is that what you are saying?

Greg: Oh man! Love being outside. So thank you for asking and I know outside for you it's delightful right now. Isn't it?

Robert: Well it actually has warmed up. It is only minus 8 Celsius right now. It is only. And you know you are a Canadian when you say only minus 8. It's almost T-shirt weather...

Greg: I see.

Robert: For me right now. Considering down it's like minus 30 last few days, with wind-chill in a minus 40 to 50s. And to kind of bring this to you, kind of tie together people from the US they go, that work with Fahrenheit, they go "Well how cold is minus 40?" And I say "Easy. At minus 40 Fahrenheit and Celsius match. It's cold. Let's just say it's cold."

Greg: Wow. Now when you step out the door can you see over the snow banks yet?

Robert: Well, yes. We can still see...we were not getting that much snow, but it's all good. It's all good.

Greg: Oh man. People wear down jackets here when it's fifty-five degrees of Fahrenheit.

Robert: Plus fifty five. Yes. Oh man. So I want to thank you for agreeing to do this podcast with me. And here is the thing, you and I are recording it right now. And depending on what people are listening to the replays, what they may not realize is that last night we actually did a webinar on the same topic which literally spurred me to want to be able to do this podcast, because I believe the information that you have to share is that important that the world needs it. So for those of you who are listening right now, Greg and I are actually on a phone recording a call. So that might be why the quality is a little bit different. But as I have talked to you in other podcast, here is what I love the saying that comes from a mentor of mine that says "Don't get good. Get done." So I'm not worried about this being perfect because if you are listening for the quality to be the best, you are missing the point of what we are about to teach you. So don't get good, get done. We are getting done. And remember I turned that into a clue by adding to his nice, empowering statement. He says "Don't get good, get done.", and then I added "by getting done, you are going to get good." And that's what this is about.

Greg: Ohh.

Robert: Did you like that Greg?

Greg: I like it. I like it a lot. I like it.

Robert: I got you on the phone and I want to maximize my time with you because the people listening to this podcast, they are about to be blown away. No matter what I could say to build you up for the knowledge that you have would not do justice. There is a reason call you the quantum monk because just the side of spirituality that you have, and then mixing it with quantum physics to back up all the stuff that you are talking about is awesome. And the information that we are going to talk about now is on what you call your quan..or I want to go right back to quantum, your chaos module. And last night... it's funny you and I are having the webinar, my business partner was monitoring it and after the end she was like "Oh my goodness! He was talking to me. It's like he was talking directly to me. I know he wasn't talking just to me but it's like he was talking to me." And that's like right now I've already got the goosebumps. So I want to dive into this and first question I'm going to ask you is most people think they have to avoid chaos. But can we avoid chaos in our lives?

Greg: Well the reason this module is still powerful is I think it gives people a sense that of just wellbeing and control over something that they never have. Chaos is something that everybody historically resist and pushed it back, that this shouldn't be happening to me. It should be the way I expect. But by the end of this call, you are going to find that it's very different, and that chaos is actually a beautiful force of nature. And is a really powerful, it's not a manmade force like time or a lot of energies that we have created. It's actually something that has been around

since the beginning of time. And chaos ensures our personal evolution and that our purpose is manifest in the world. So that's what we are going to experience if we can embrace chaos.

Robert: So don't resist but embrace. Embrace.

Greg: Not only embrace it but...we had a lot of fun last night talking about ride it like a wild wave. And just realized like a surfer goes out and all of a sudden he finds himself on a 70-foot wave and he is like "Oh my god! This is better than anything that I have ever done. Oh and I hope I survive it." Right? So, the good thing about chaos is it is committed to your evolution but not your destruction. So it will definitely, if we cooperate with it, catapult us forward on that wild ride on that wave.

Robert: And that's exactly it because, and I learned that from you is that chaos - the reason it's there is to force us to evolve. To force us to evolve and yet we are conditioned to resist it so much and when I talk about "Success Left A Clue" that's why I say or I love how you have said embrace it. Embrace the chaos because we are not going to get rid of it as people will discover as we talk. So, what I want to do is I'm going to start this off and I want everybody on this listening to the podcast right now to actually visualize. We talked about that everything in this universe is energy and quantum physics can back that up. Energy travels in frequencies and vibrations. So, I want you listening to picture a vibration, an energy wave that goes up, curves down and starts curving back up. And now through the center of that, going from left to right, I want you to draw a straight line that kind of cuts it in half. So you have got half a wave up, that goes above the line and then it curves down you have a wave that goes under the line. And on this line I want you to put some numbers. There is a one, you kind of like write at the beginning, the wave is about to go up you are starting on an upward trajectory. A two is right at the very top, the peak of that wave and as the wave starts doing down picture a three, a four and a five on that downward curve, from when the three is starting to go down, the 4 is about at the center line, the five is above the center line on that downward trajectory. And then right at the bottom curve where the wave decides to start coming back up there is a six. And then half way up that curve upwards towards the center line is a seven.

Greg you call this "The cycle of life". Now, why is it important I start with this? For people to actually see this one, two, three, four, five, six, seven on this the two curves? What do you want people to do with that first of all?

Greg: Well, what this is going to do is going to give them something really useful. So it's fun to understand chaos but we want to be able to use it personally in our lives. And this one, when you look at the upswing - the one and the two at the top, and then three, four, five coming down, and then six at the bottom, and then seven coming up which of course leads them to one, two, three, four, five, six, seven and it just keeps repeating itself. So when we are at the peak we are at the two, when we are at the bottom we are at six.

So where are you? We want to find out if you look at your life are you on, are you feeling like you are on an upswing that things are...you are about to reach a peak, do you feel like you are at

a peak right now? Do you feel like you are sort of, things are starting to get a little bit testy, and they are getting really complicated, and you are a little frustrated lately? That would be three, four, five (depending on how frustrated you are going to get). Really frustrated would be a five. Are you in complete chaos? Which is like a six. Are you at the bottom? Or are you coming on an upswing which is like a seven? And so just pick a number.

Robert: And they don't have to know the meaning behind it. There is just, right now, at this moment when you are listening to this, what do you feel like your energy is right now? Are you on that upswing? that downswing? So just like Greg described choose a number and then put it aside. Excellent.

So that's, you call that the cycle of life. And so one of the things in your chaos modules is you talk about four different, distinct phases that people go through, or energy that they will transition through. And the first one that you talk about is something called listening. Can you tell us what that is? What is that?

Greg: Right. So we are going to take a little tangent and we are going to come back to that cycle of life which is that sine wave. So there are four things. So here is our tangent. We will take a little detour now. Ready? Go. So we have the first phase that people experience is kind of like at the beginning of life we are a child, and we listen, and we are exploring, and we are curious, and we are two years old. We are like...we are into everything. Right. And so the listening phase is when we are actually curious and exploring, we are creating, we are having this planning and talking about possibilities and infinite ways that things could go. That's the listening phase.

Robert: Okay great. And why is listening important?

Greg: Well, it is when it is in the right phase. There is a time to get busy doing things, and put your blinders on, and stay focused and don't let anything distract you. But there is a time for listening. And listening is important because if we are not receptive to the dance with nature, or with our partners, or with our business. If we don't dance which takes focus, plus it takes being receptive and seeing where things are wanting to go. Listening is the way we can keep our feelers open for "Am I headed in the right direction?" Because I'm sure everybody on the line has been in a situation where you put your blinders on and you have said "You know what? I'm just going to get to the end of this thing." And you didn't stay a little peripheral when you needed to and things perhaps blew up. So listening is something... we always want to stay a little receptive. But in the first phase called listening, this is the place where we throw out all the things that we know and we start exploring new possibilities. And it's one of the most fun phases for people but it's actually the beginning of a new cycle that we are going to explore.

Robert: And so yeah. And on your cycle of evolution you say have the words curious, interested and so that's it what you are in that phase and then you talked about just now exploration. So, last night you used the beautiful example of a new car. Can you give us that example of how you are tying that into listening phase of it?

Greg: Right. Or..

Robert: Say you are used to like relationship. Car or relationship either one.

Greg: Okay. We will take both real quick. So if you are driving a bus and you say “I’m sick of driving this bus. I want to do something different.” And then you look out a window and you look at a car and you say “Wow. Maybe I could own a car.” Now I want you to hear the opening in that. There is the curiosity. I wonder what car I would buy? I wonder what? Where would I go to buy a car? And would it be a sedan? Would it be a minivan? What kind of a car would it be? So, this is the listening phase, the exploring phase.

Or we meet a person. You go out to watch a Super Bowl and you are sitting there, you look across the room and there is somebody that strikes your eye and you are like “Wow! I wonder who that is.” And you walk over and say “Hi! I’m Greg. What’s your name?” And they say “Well, I’m so on and so forth.” “What’s your favorite color?” “Can I buy you a drink?” And “What’s your favorite drink?” And so this is the exploring phase in relationship and anything that we start out doing, we are always going to start with that listening phase.

Robert: Perfect, isn't it? That's exactly... and everybody you are going to always go through, and this is something we talked about on the webinar itself, is that in different areas in your life you can be in different phases but the listening phase is kind of, I almost call it, I know it's not the beginning because I know they all tie and go round and round and round but my mind says it's kind of like the beginning. Before you do anything else, you do have to listen. Would you agree with that? Or am I kind of off the mark?

Greg: Well, it depends. Again it depends on the phase. If you don't listen you are not going to have as much information and if you listen too much... there is a time to focus because if you are listening throughout all the things that you are creating, you can get caught on so many different tangents. People can sway you in one direction or another. So in the listening phase, this is actually the phase if you are to take on a project, a relationship, or buy a car, this is just the appropriate time for actually doing your exploration, for being curious and interested and gathering your information.

Robert: Excellent. And so what I'm looking at your just that cycle of evolution, so from listening you have that curiosity, you are interested, you are getting into exploration. And that now leads to the second kind of phase or second module which is called “awakening”. And I love how you say that. It's like the “aww ho” moment, or I call it the one-handed clap where you got that palm of your hand and comes up and you tap yourself on the forehead like “Oh my goodness! Why didn't I see that before?” So that is all about the awakening part. The awakening module.

Greg: Well if you think about it, why are you listening? Why are you talking to this person? Why are you exploring to have a new car? You want to find that confidence moment. That moment when the lightbulb goes off. And so you are like “Hey! Can I buy you a drink?” And “What’s your favorite flavor ice-cream?” and “Where you would like to go?” And all of a sudden enough

variable line up because of the listening you have this flash of insight. It's like "Yes!!" It's that yes moment. Yes! This is the person. This could be the person! Hey, can I take you to dinner? Wow, maybe that's the car. That's the car. It's got the right mileage, it's got the right color, the price is right. It's that moment of like "Bam! That's it, that's it!" So you can say that you are listening all of a sudden is captured by like a moment. Like a cat sees a mouse and says "There it is!" So that's the awakening moment. It's the moment of Aha! It's both of a moment where everything focuses on one point and opens up, because now you know exactly like this is the thing. It's where the vision crystallizes so to speak.

Robert: Excellent! And as you are seeing that vision crystallizing as an example and you are getting that absolute awakening, you talk about you also start to evaluate. What does that mean you start to evaluate?

Greg: Well, once we have basically say "That's the car I want. That's it." Now we got to do some research and find out "Okay, how am I going to afford this?" It's funny like Tamara and I, I took her out to buy a car. She is used to buying a BMW but frankly I don't like the ride of the BMW and all. So, I was looking for something more luxurious. So, I took her out to see Cadillac ATS. She gets in the thing. The guy starts the car. She looks at the dashboard, she says "Oh my god! This is my car!" Because she loved the blue lights on the dashboard. That's how she made her decision. She had that Aha moment. And I'm sitting here going.. and I turn while we are sitting in the car going on a test drive, I turn to her and say "You realize that we are going to have real trouble negotiating the price on this car because of how excited you are right now?" with the guy sitting in the back seat.

And so that evaluation period is where it is like can we get... alright what's the price of the car? Can I afford the car? Is this the right person? Let me take you on a date. And you see if they show up, whether they have showered or not, or whether they show up and they have got fluorescent lipstick, and you want to go to that evaluation phase.

So and in everything where we are listening, we hopefully the reason why we are listening is we want to have that aha moment. And that's the thing that I think most people are addicted to. They are like Yes! Like that stop moment. "I've got it! Yes!" and so that evaluation is to make sure this is worth my commitment. This is something that now that I have actually had an aha moment, is this something I really want to say, this is something I want to do long term. Because it's easy for people to say "Hey! This is great! And that's great." But how many calories are in this thing? What is it going to cost? And how long does it last if I sign on the bottom line and can I get out of this contract if I need to? So that's what the evaluation period is about.

Robert: I laugh because knowing you and Tamara so well and loving who you guys are as a couple, as people, as individuals, I was so full on picturing her seeing those blue lights and seeing that that aww moment happening for her, because that's how so in the moment and present she is. When she sees something she likes, you are right she has that awakening and people around her experience it because she doesn't...it's one of the clues I give people. That one of the greatest things you can, in my opinion that you can do on this planet to better the planet is to be

authentic. And you and Tamara are two of the most authentic people I know. And that's one of the things again that attracts Roxanne and myself to you is because we know, you know how Tamara is feeling. You know when she sees something she likes, you know she likes it. There is no poker face. There is no hiding it. And when she is upset, she is upset. That is so cool because how many people don't allow themselves to live in that kind of an energy. They think they have to put up a false face. And so kind of it was off side topic, but man I just so clearly saw an awakening with her with the blue lights on the dash.

Greg: Right. And once you have that awakening, you want to evaluate it. So, here I am I'm going "Tamara what are you doing?" But she is Tamara. She is going to, she is excited, she is going to be authentically excited like you said. So.

Robert: Yeah.

Greg: So once you have got the awakening and you evaluate "Is this the right thing for me?" and you decide it and you come to that conclusion because you got all your ducks in a row, you know it's something you can afford, it's something that you are committed to, it's something you want to put your time and energy into. That leads us to the next phase.

Robert: Which happens to be something called the, I believe knowing.

Greg: Knowing. Yes. We have... this is the phase where we are in our confidence. We have got the conclusion, we have got expectations, we are... This is like okay. This is where we do put our blinders on. So our listening has led us to an awakening, through awakening we go through an evaluation and once you have said "Okay. That's it." You sign on the bottom line. And then you drive out with your new car. So, now you are in your confidence and you are going to make sure alright I'm going to get tune ups on the right time, I'm going to put gas and everything. So this is where you are in the phase where you are just like knowing. You are like confident, knowing, conclusion, expectation. This is the way it is going to be. And it's going to be that way, whether it's for a three-year lease, it's going to be that way for that period and that's it. Or if you say I'm going to buy this car, this is the car I'm planning to drive for the next ten year, that's where you got your plan.

And you are not open to having something come and distract you from that. You are not into listening after you have signed on the bottom line. Once you have signed for a brand-new car, you go out looking for another car? You go shopping again? Once you have been out on your third or fourth date and you say to someone "Hey! This is feeling good to me." Do you go out and start dating other people? No. This is where you close off your possibilities. You close down your listening. You basically realize that you are going to make use of your awakening, and now you are committing, and you are in your knowing and you are there.

Robert: Okay. But Greg. I'm your friend and that person just isn't right for you. Why don't you see that?

Greg: Right. So and have you ever noticed it's like when we do have that moment, so in a relationship let's say. We go out a few dinners and all of a sudden you are like "Oh my god! This is the person that I could marry." And when you basically get together with them, the two of you say "That's it. We are going to be together. You are my soulmate. We are going to be together forever." And then you tell all your friends and your friends are going "Are you sure?" What's our response? "Oh, tell me why? What do you think? Maybe you are right." No. Our response is isn't like that at all. We are confidently saying "You know what? This is the person that I'm going to marry. And you either stand by me and you can come to the wedding. But if not, you know what? You can go do something else because this is the choice that I've made. And the only people I want at the wedding are people that want to be there and want to support us in our relationship."

So we literally, when we are in that knowing phase, we will eliminate all the other possibilities. We will cut things out that aren't what we expect. We will blame or push away people that aren't in alignment with our plan.

And so with the car, when we are in our knowing phase and we are like driving the car, I'm going to drive this car for ten years. But then maybe it breaks down a couple of times after five years, you are like "Damn. This is wrong. This shouldn't be happening. This car is supposed to last me ten years." And you go get the expensive repair. So notice how we respond when we are in our knowing to something that's a new possibility - very different than when we are listening. Because when we are listening we want as many possibilities as... we want all the data that we can get. When we are in our knowing we want things to go exactly as we expect. So we draw conclusions. We have expectations. Exactly. And we are not particularly open to new possibilities and we are not particularly open to changes.

Robert: And, of course, because the universe, as you said it's about helping us evolve. That's what it does. So all of a sudden from that knowing phase we start to experience some confusion and that confusion is because things, if I'm understanding you correct, is because things aren't going exactly as you planned, exactly as you expected based on the conclusions you drew. Am I on the right track with that?

Greg: Right.

Robert: Yeah.

Greg: Because think about it. We as human beings, we aren't committed. We say "Oh, I'm committed to my evolution, but I want it to be easy. And I don't want to go broke and I don't want to take too many risks and I ..." Right? So we are basically pretty lazy about our evolution. We are not really going to say "You know what? I'm going to sign up for this workshop and I'm going to that one. I'm going to go do bungee jumping, skydiving, I'm going to see what if I'm good at singing and I..." I mean we all basically get into our comfort zone. That little comfort zone and we will stay there as long as we can. We are earning the income and everything is sliding along and then we get and it's almost like a slightly boring phase. It's like we are in our zone and

everything is going well and we are happy because nothing is disrupting us, because our knowing is happening as we expected. And we are feeling a little god-like. It's like alright I had my plan, and I implemented my plan and all the forces of nature are cooperating with me. And so, I got my little plan and my little plan has got me on my little path and everything is going nice and smooth.

And so but keep in mind there is a force of nature and by the way this is called entropy. Entropy is defined as "the disorder that will enter a closed system." So, nature has created some force just like gravity, just like lightning bolts or whatever and this force of nature will actually set up craziness in a system that is stuck. It will break it open. It will force it to evolve. And we know this, I learned this in thermodynamics class in college, that this entropy is something that scientist actually have formula for. That they can predict when a system is going to go into this entropic phase because if there is so many consonants and not enough variables to allow for evolution, and we have closed things down and I can give you a perfect example. If you remember the biosphere, it was an experiment I believe in the 80s, where they had a whole bunch of people who got into this dome. And they were going to live in there for like three years and they had, they were going to recycle all their waste and they were going to grow plants and they were going to recycle their oxygen with greenery. And this whole thing was a closed system. And the biologist said "Yup. Alright we have got it down." The scientist said "This is going to fail within nine months because the number of variables you have is minimized. Therefore, entropy will attack your system within a specific amount of time (which is going to be nine months)." And that's exactly what happened. Entropy entered the biosphere. They started seeing bacteria and virus they had never seen before. And the whole system broke down and now they were worried how do we open this thing? We are going to allow bacteria we haven't seen before. But they figured out rather introduced some outside influence and they were willing to evolve and everything worked out. So.

Robert: Wow.

Greg: We were talking about the listening phase, the awakening phase and the knowing phase. Now when you are in your knowing, are you willing to listen? Are you willing to evolve? It's seven years since your ten year automobile contract that you had with the universe that this car is going to last you ten years but the universe has something more for you. It's got it's own plan for how you are going to evolve. Are you open to that? Most people are not. Right and so this is why we say...

Robert: This is why we resist.

Greg: Say again.

Robert: That's why we resist instead of embrace them because the next part of the module this fourth module is something called what?

Greg: Chaos.

Robert: Yeah.

Greg: And that is the purpose, the purpose of entropy which is it's this chaos which actually forces us to evolve. Now wouldn't you agree? Everyone that's on the line listening here. Isn't it true that after something terrible happened, maybe you lost your house, maybe someone died but the fact is regardless of what it was that broke into your knowing and your routine and everything that should have been going one way, you learned something you would not have learned if that chaos had not come into your lives. You had to start on a new path of evolution, you opened your eyes anew.

And that's the brilliance of chaos. When we are in our knowing and our blinders are on and it's wonderful that we are in that confidence and we are creating and we are working along in a zone. But if we are stuck in it, if we are getting bored, if we are getting complacent then that knowing is going to draw entropy or chaos, so that we can evolve and evolution and this is why we call the cycle of life is going to be to go right back to listening. Right? When things are in chaos, we are like "Oh my god! I wasn't expecting this. What the hell is wrong?" But then immediate things is "Okay. How am I going to deal this? New parameters. What am I going to do?"

So, we are listening again, we have a new awakening, we have new knowing, we get stuck in our knowing, chaos comes along breaks inside of our knowing. And basically, now instead of us being on our little plan of living safely in mediocrity and status quo, now we are... the universe has got us on a beautiful plan of self-actualization and evolution. And that's the brilliance and beauty of chaos. Now if you know it's coming, if you learn enough times and most people suspect it. It's when you are knowing and you see this thing coming, the thing you can do is you can volunteer to prevent chaos.

Robert: Right. And so I'm going to pause you on that because we are going to go deeper on that in a moment. So on chaos, you're in desperation, you are in disorientation, you have craziness going on and you talk about this is the time to surrender your knowing, just to realize that you know what this is natural. Because if people, and I think you told me this earlier, that when people one of the reasons they struggle and they resist it's because they try to go from knowing right to listening, and they think they can avoid chaos. And you are never going to avoid chaos. Am I correct on that?

Greg: Well yes. The brilliance of chaos is it shows us something about ourselves, makes us believe in ourselves in a way that we might not even know. And it does it on a huge scale. I'll give you an example of where chaos shows up out in nature. A giant forest fire. What does it do? It takes this canopy of say pine trees. A forest that's virtually stuck; it's just a pine forest, why? Because the trees grew up with other vegetation but with the pine trees free up taller than everything, they formed a canopy, everything else down there got no sunlight, it all died and now you got this very stuck forest that has relatively little wildlife in it. Because you need a variety of plants to support a variety of wildlife in it. And if it's starting, all the trees are starting to die all of a

sudden forest fire. Right? Burns everything around and makes everything incredibly fertile. The next rain that comes to...There are even plants that have a fire proof seed which is not waterproof.

Robert: Oh.

Greg: Or a waterproof seed that is not fire proof. So what happens is as the forest fire comes through and the seeds have been sitting there for years, the fire burns the shell off and the next time the rain comes it actually germinates. That is brilliant cooperation with chaos. It actually plans for a forest fire. So we have forest fires, we have hurricanes, floods, tsunamis - every one of these things is for us, every creature that experiences it to reinvent itself. To reinvent itself. This is why every animal has adapted to it's environment is because of chaos. The chaos keeps it from just being like a jelly fish, right? It's got a alright I need claws, I need legs, I need... I got to form this whole body over millions of years, and that all because of chaos. So chaos ensures...Say that again?

Robert: You just described the evolution of man basically for those who believe in the evolution that we started as a tadpole.

Greg: Exactly. Well and where are we headed? Where we are headed is to self-actualization. Yeah. Which as you know from the work that I do, all the work I do whether it's heart virtues, whether it's the chaos model, it's all to get to the top of that pyramid of self-actualization. And so when we can actually volunteer for the chaos and say "You know what? I want to find out who I really am. So I'm going to step out of my known environment and corporate with the chaos, and get back to listening."

And we were talking about a relationship. I'll give you an example of what chaos looks like in a relationship. You meet somebody "Oh what's your favorite flavor ice cream? Oh my gosh mine too. Oh that's great. Let's go out to dinner. Oh that's terrific." You go out 3 or 4 times. Oh my gosh this could be the one. "Hey mom this could be the one. I think I met the girl I want to marry." And then you go "Will you marry me?" She says "Yes." All of a sudden awakening and then you are like this is it. This is my wife. We are in our knowing. We are going to plan the wedding. We are going to do this. We are going to do that. And then we will go on a honeymoon and everything is going to go and then we are going to get together and we are going to love happily ever after.

Now for almost everyone I know, you come back from the honeymoon and you get settled in and all of a sudden something starts happening. It's kind of like wait a minute she leaves her towel on the bed and she is all pissed off that he has got a toothbrush on the counter. And like "This isn't what I was expecting." And there is an adjustment for newlyweds. And so they have got their knowing but it's fresh and new so they kind of naturally take that chaos and they say "Well I love this person", which is a really good thing to notice that love is a great tool to take with you into chaos. You get through it and you start listening and say "Okay listen, let's do some...let's come up with something new. How about we explore some options. I'll put my

toothbrush away, if you put your towel away.” You start negotiating whatever is going to happen. So now we are going to listening again.

And maybe you go up to an awakening and knowing and you get stuck in your knowing and you are fighting with your spouse, you go see a therapist. What will the therapist make you do? They say “Well, let me help you. Let me teach you a listening technique. Let me help you communicate.” Then you have an awakening and you say “Really that's what you were thinking? I didn't know that. My god I haven't been listening. Oh thank you dear. Thank you for coming to the therapist. This is so wonderful.” Then you get into your knowing. Anytime we have a problem we are going to go see the therapist, right?

And all of a sudden she comes in the door and says “Honey? I'm pregnant.” Total chaos. Oh my gosh. What are we going to do? Listening, listening, listening, listening. We got to... What do we do? I'm going to be a father. What does that mean? Oh let me go talk to my friends, let me call my dad.

Then you go on to your awakening. I'm going to be father. My wife is pregnant. The baby is healthy. This is great. And then and you learn and then you go and then you are going to learn how to get that diapers, you are going to paint the room blue. Breathe, breathe. breathe. You practice everything. Right?

And all of a sudden she has the baby. And is it what you expect? For anyone that's had kids they know. Having child is not what you expect. It's something completely different. So and there is nothing you can say to somebody that's just had a baby about what they are going to be going through next. Total chaos. And then you say “Oh my god! What do I do?” So you call your mom you say what do with this? Whatever, you got all this stuff that happens: the diapers, and how come the poops stinks so bad? It's like all this stuff and then you go through awakening and then you get back into your knowing and you are like “Okay. I can be a parent. This is great.” Then they hit 13. Chaos. Right? So you get the picture.

Robert: I do. And what was going through my head is how it's like the woman going through the pregnancy or the birth “I'm never going to do this again. why did I do this?” And all of a sudden 6 months later they go on “Honey? I'd like another child.”

Greg: Right? Right?

Robert: Here is the thing is as we are going through this and we are painting this picture I know some people might go “Okay this is great but how do I utilize this in my life?” So would I like to do because we can go on and on and on but I want to make this, I want to bring you back for a second part to this podcast because I want to allow people to be able to take this in chunks. And so what I'd like to do is I want to kind of let this one sit. I want to end this podcast segment. And then next week, when the next podcast comes out I'd love for you and I to go through on how people can take this understanding of the chaos module and specific steps that they can do to

actually be able to utilize it in their favor so that they can actually cooperate with chaos, instead of trying to resist it. So are you willing to do that with me Greg?

Greg: That would be awesome. And in the meantime, what people can do it is take a look at that number you wrote down. And start to really think about it in the next few weeks - until the next podcast comes up. It's going to be next week did you say?

Robert: Yeah. Don't say a few weeks. I don't want them to know that we just shoot something, chaos. I love it.

Greg: Cool. Yeah, yeah. So be thinking about "Okay where am I in my life right now? Am I in that listening phase? Awakening? Knowing? Chaos?" You can even look into different areas of your life because the next session on this podcast, this thing is going to all come together and you are going to have some really powerful and profound tool. But what you are leaving with today is knowing that when chaos comes to visit you, learn to embrace it. And in the next, in the second half of this we are going to give you an incredibly powerful tool for how do you actually get on this wild stallion and ride it into your own self-actualization and evolution.

Robert: Excellent. So thank you for being on this episode and I look forward to doing the second part.