

TRANSCRIPT

File Name: SLAC48GracieMayTimeCOMPLETE

Duration: 00:11:50

[Intro]

Hello everybody! This is Robert Raymond Riopel and this is Success Left A Clue, the weekly podcast where I take just everyday clues to success from all over my travels around the world. And I put them into lessons for you to learn from and take into your life.

This is episode number 48.

We are rapidly closing in on the 1 year anniversary of doing this podcast and I'm really excited. I can't believe it's almost been a year and I'm just so happy. I've been enjoying it, having a blast. It's funny. Here we are. Even though this is coming out weekly, week after week after week, it's actually been well over about a month, month and a half since I actually recorded the last podcast episode.

I prerecorded a bunch leading up to the launch of my book, Success Left A Clue. And so, we've gone through the launch, we've got all that done. It is now on Amazon. People are giving us amazing feedback on the book. And so now, it is time to get back into recording some more of the podcast episodes and that's exactly what we're doing.

If you've been a follower of mine, following my podcast, thank you so much. And, you'll know I do this from all over the world. There's times when I am sitting at my home, I am at my desk doing the recording of a podcast episode or 2 or 3. And there's times, I maybe in Asia. I maybe in India. I maybe in Europe. Anywhere around the world doing events.

I am actually in my hotel room doing a recording. While that's not changing, but this time it is a little bit different as I do this episode. And it's because of where I'm at that this came up and reminded me of a very important clue to success. You'll notice the title is Gracie May Time.

Some of you if you've seen me on stage, you know that stands for, those of you who don't, you're about to find out. But let me kind of do the backstory. Where am I right now? Well, one of the things that we talked about in a previous podcast, is the importance of having success and family time.

So I'm actually out in Northern British Columbia in Canada. I'm camping in a very northern town. It is called Kitimat. It was founded by the Alcan, tin. They make like aluminum cans, Alcan, and they founded this town decades ago as a place to put one of their smelting plants to melt down the aluminum to make the cans and they needed a deep water harbor.

So we're right near the ocean. It has a deep water harbor. And this town was actually created by a company that's what it was created. And the reason we are here is not because of that, but it is because of something that they have plenty of in this area and that's salmon fishing.

So we've got right now, our group is going down in size. We started about 20 a week ago when I arrived. We're now down to 13 people where we're all camped out. We've got the tents set up. We've got the camp kitchen set up. We're fishing. We're catching. We're smoking the salmon. We're canning the salmon. We're just having a blast. We're having some great family time. Bonfire at night, sitting around the fire, marshmallows, s'mores, all of that. If you're getting hungry or jealous, I do apologize.

But look! This is the importance of having success to allow yourself to have the downtime. And it was this

morning that I was actually, all of a sudden, I got one of those one hand claps right between the eyes and it reminded me Robert, there is a lesson that you've taught from stage to thousands and thousands of people but it is something that you have not done in a while. And that is called your Gracie May Time.

So for those of you who do not know Gracie May, it happens to be our pet pig. She is an Australian Razor Back, a miniature Australian Razor Back and she is a princess. I'll admit that. She is a princess, and she travels everywhere that we can travel and take her. Airplanes, no. Across the US border, no. But we are in Canada, camping. She loves her camping.

Now, one of the things about adult pigs, we've had her since she was 2 days old. But she is almost 6 now. And one of the things about adult pigs is they actually sleep a lot. They are not very active. They are not very active at all. And so, one of the things that we used to do when she was smaller, we take her on a lot of walks. And lately because of her age and she doesn't move very fast, there is a whole history of pigs joint problems and stuff like that. She doesn't walk very well. And so, we don't take her on many walks anymore.

But this morning, one of the things we have been doing on a regular basis at least twice a day while we were camping, is we take her on short little walks. We take her couple hundred feet down the road from our campsite and back and is very slow. Meaning, when you walk a pig, you're only ever going to go as fast as that pig is going to go. And that is not fast at all. And this is something I discovered when she was younger that really impacted my life.

You see we all get busy. We all get going, going, going, caught up in keeping up with the Joneses. All of the stuff that has to be done. And we forget to take time for ourselves. Now, I am sure a number of you on this podcast right now can relate to what I am just saying. And that's it. We forget to take time for ourselves.

So one of the things that used to be a habit and while we're here this week and are actually here couple more weeks is, definitely been a habit, we've taken her for walks, is giving back that all important lesson of called Gracie May Time. And here's what that means.

Here is how I discovered it. When we started taking her for walks, of course, you are not moving very fast, we get down onto a pathway—she is on a harness, yes; she has a leash, yes—but she loves to walk herself. So after we get her where we started, she will follow us so we just take her leash and we tucked it up under her harness. We just need to be able to grab it quickly if something happens where we need to get hold of her but we just started walking and we walk slow.

And because we are walking slowly, something magical happens. Our minds slows down. We started to come back to the present. We started to notice and let me bring it back to me. I started to notice the beauty around me as I quiet my mind. And this is what I discovered years ago is this was something that was so needed in my life, was to have this Gracie May Time.

So at any time I get hectic, I get busy, I just go and I'd think of it, I go, "You know what? Gracie, let us go for a walk." I would hook her up and it would slow me down. And I would come back to present, which was one of the most beautiful places that you can be is in the present moment.

And so, this morning, I got that great reminder. And because here is the thing, we have been doing with doing the podcast, getting the book ready, getting the book launch, doing the traveling, doing the trainings I have been doing, it got really, really busy. And there never seem to be any time to slow down. Even here, we have been at the camp ground camping and fishing for a week but there is a lot to do while we're here.

I forgot to slow down. So this morning, I hooked up Gracie, fed her and we went for that little walk and all of a sudden, it was like I knew I was going to come in and record one or two podcasts today. And so, I started

thinking about that and brought me to present and all of a sudden look better. And I did. I physically, I actually did one of those one-handed claps. I took my hand, palm right between the eyes, did that clap, did that noise and went, “Wow! This is perfect.” And so, here is what I am going to suggest. Yes, most of you out there, probably 99.9999 percent of the people out there that listen to this podcast, you don’t have a pet pig.

So how do you create Gracie May Time in your reality? Well, that’s it. You come up with a way to create it. Find a way. Maybe, you have a dog, a pet. You take your pet for a walk, or maybe this is where meditation is perfect. Meditation, you take that 15 minutes, you sit down, and you center yourself. You use technology. I use the app, I’ve mentioned it on few of the podcasts, called Calm. C-a-l-m. Calm.

I like to listen to the sound of the rain. I will do 20 minutes. I will listen to the sound of the rain. I quiet. I have the headphones in. It quiets my mind. It slows me down. It brings me back to the present. It ends the session with a nice little, I have a set to do a little chime, a little dong, a meditation gong. Gong! And it brings me back out and I am like feeling refreshed.

So meditation is great. And if you are not sure, “Well, Robert, I don’t have time to sit for 20 minutes and meditate. How do I do that in my everyday life?” Well, go back to another lesson one of my Zen teachers taught me. She said that meditation is simply being present. So anything that you are totally present with in the moment, you are meditating.

So in fact, I am in my RV right now. I’ve got the door locked so no one can disturb me. They know I am recording a podcast. I am present doing this right now. So in essence, I am meditating. And here is why this is important to your success because if you get going and you just keep going, going, going, going, you will find you don’t sleep well at night, you will find that you are restless, you will find you get burned-out, you will find that you become less productive because you cannot focus on what you are doing.

Taking that 5, 10, 15, 20 minutes a day in your day to day life and you meditate, you have that Gracie May Time. Watch what it can do for you. Watch how that can really impact that life.

So Gracie May Time. I want to thank my amazing four-legged Gracie May for reminding me of that today because I am going to continue taking advantage of it, to just relax and slow down and come back to the present.

So this is Robert Raymond Riopel for Success Left A Clue episode number 48 and Gracie May Time. Have a rocking day wherever you are. And thank you again for listening to the podcast and following me. You are amazing and I will talk to you on the next one.

[Outro]