

Episode #99

Hello, and welcome once again to Success Left A Clue, the podcast where I, your host, Robert Raymond Riopel, as I travel around the world, I take everyday things that I notice and I turn them into little clues of success and then I record them, put them down on this podcast and send them out to you my listener. Before I go any further I want to just thank everybody who's been downloading, following, being a great listener of this podcast, I totally appreciate that and I appreciate you.

Doing this podcast is allowing me to help fulfill one of my missions in life which is to guide and assist individuals in identifying and living their purpose with passion, living that purpose with passion. It pains me to see how many people out there, they don't live a passionate life. They just get by, they barely exist, So that's one of the reasons I do this podcast and with you listening it allows me to live that so thank you for that. So today's episode is episode number 99. Oh my goodness, we're getting so close, so close to number one hundred, next week's episode. I'm looking forward to recording that and getting that out to you and I have something special in mind for you. But that's the next episode.

Let's go back to where we are right now, episode number 99 and the title for this one you may have noticed is called Gracie May Time Update. Now, what the heck does that mean? Well for those of who have been listening to my podcast episode number 48 is entitled Gracie May Time. And in that episode I talked about how one of the ways I become present and grounded in the moment is I would take my pet Gracie May, very unique, unusual pet for some people, our pet pig, princess as she is, 265 pounds over or roughly a 120 kilos. And anytime I want to slow down and get back to present I just put her hook on and I take her for a walk. Because if you walk a pig, you will only ever walk as fast as they do and they don't walk very fast which then forces me to slow down, become present, knows what's going on around me.

Well here's the thing, Gracie May at the time of this recording she is now seven years old and for those of you who don't know, adult pigs one of the things they do the most is they sleep a lot. So she doesn't go for a lot of walks anymore because her knees don't handle it. She is just not in her energy to go for long walks. She goes outside, she walks around. She will stay in the area but she likes to lay down and sleep a lot. So it will fly for a while. I've kind of missed out on my Gracie May Time.

And I didn't even realize how much I was missing out on that Gracie May Time. Yeah I noticed little bits of it, would go to take her outside, feed her and let her do her business stuff like that but not having those walks I didn't realize that there was something missing. And so kind of fast forward to now, there has been an update to this because recently my wife and I, we ended up buying a brand new property, a beautiful acreage in a place called Central Alberta where we kind of grew up and where we met. Only taking us 27 years to come back to that area.

And we bought this beautiful little acreage and the acreage, 4.25 acres and in Alberta in Canada we get a lot of snow during the winter time so we bought the place, started renovating it and moved in during the summer. While when winter hits, that's a whole new thing. Because now I've gone from having the property with a normal size driveway that's maybe 15 feet wide, 16 feet wide and 25 feet long. I now have a driveway that is over 200 feet long. And, at the widest spot, 60 feet wide. So I have gone to a big, big driveway.

And so, when it's been snowing, there's been a lot of shoveling and you are going to know, there's a little bit of a cross or a little bit of similarities to this one and when I record on episode number 100, which is the next one and I'll tell you've got to listen to it coz I came up with even more insights and notices that I hadn't even thought of before. So you have to listen that one. Well shoveling this driveway there's times when I get out there and I just shovel. I put a shovel in my hand and I start shoveling.

And because it's cold, when I'm doing stuff like that, I like to listen to music so first couple times I put my iPhone in my pocket, headsets on and started listening, but in the cold weather we've had some snaps where it's -25, -30, -35 for a couple of weeks in a row. The iPhone doesn't last very long so now I'm out there just shoveling. And I'm just there with myself in my own mind. And all of a sudden I realized I had a new way. I'm doing my meditation. I had a new Gracie May Time. And all of a sudden, talk about a shift in the mindset going from having that mind set up I've got to do this, I don't like doing it or whatever it is.

All of a sudden I came up with a brand new powerful way to meditate. Because if you remember from previous podcast my Zen teacher taught me that the easiest way to meditate, meditation is being present, being present in the moment. And so, when I truly, I am in there, I'm shuffling and I am becoming present, all of a sudden I'm meditating. And I've got not only a great meditation but a great work out at the same time and all of a sudden I realized the benefits that's happening from having this May Time, this quiet time.

Some people are afraid to be quite with their mind. Because they're afraid of you'll, well it's gonna be another podcast I record called meditation versus medication. I believe that's gonna be episode number 101. And all of a sudden, they are afraid to be with themselves and one of the reasons people get depressed is because of that, so much alone time. But if you notice, and you can quite mind in a good way by being present so as I'm shoveling, I'm now fully present. I'm fully in the moment and I'm realizing just how amazing it is. I notice now the brilliance, the moment my mind goes quiet and all of a sudden focuses on every stroke of the shovel, every little bit snow I am moving, whether it's an easy amount or hard amount, whatever it is, I'm there in the moment with every stroke of that shovel, shoveling that snow and all of a sudden I become so present that I am now totally and truly reconnected.

Not that I'm ever disconnected to source, higher power, whatever you wanna call it, God, Great Spirit, whatever you wanna call it, a higher power. You're always connected anyway. But our mind gets so busy. That's what causes that cloud, that fog, that separation where we don't feel we are connected. And the moment you become present the moment you start meditating and every time I'm putting that shovel down and I am pushing forward, scooping a little bit more snow, all of a sudden, it takes little bit but then all of a sudden I become so present that all of a sudden, it blows me away. The ideas that come through, it blows me away. The things that I think of when I realize all of a sudden, again brilliance that comes up. Because that's exactly what it delivers for you. And it took a while look, as a saying goes in Canada it only takes so many kicks with a frozen mock lock for me to get it. But this Gracie May Time I'd been missing so much, so much. The universe provided a new way for me to get into that meditation. This first winter in our new home, oh it has given me plenty of time, plenty of time to get out there and be able to meditate. And I am so grateful it has.

So ask yourself if one way of becoming present isn't working for you, what else can you do, how else can you get out there and meditate, how else can you get out there and be present in your day to day moment so that you're with family. Maybe again, is when you're actually with family be with family. When you're driving, drive, be present in that vehicle. When you're getting ready for work or to go out, be present in what you're doing, in doing your hair, in doing ladies make up, whatever is and getting yourself ready, be present and it's a practice, it's a practice that you do moment to moment. Don't think you have to be perfect at it. That's why it's called the practice.

So this is episode number 99, titled Gracie May Time Update, a new powerful way that meditate. And so be creative, get out there, find your way ladies and gentlemen. And as a reminder, thank you for listening to the podcast. Please tell people about it. Give us a rating on the iTunes or android, however you download it. Give us a rating. Let us know what you're thinking. Give us a feedback. Anything that's working not working what you'd like to see different we take all of that in consideration. And thank you, thank you, thank you and I will let it go with a remembering, always live with passion, always live with passion my

friends and until the next episode, episode 100 coming up to you next. Listen to it. I appreciate you. Have an awesome day. And we'll talk to you then.