

TRANSCRIPT

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[Intro Music]

Hello and welcome once again. This is Robert Raymond Riopel of Success Left A Clue. I so love doing this podcast. We just talked about on the last episode if you listen to it, which is all about gratitude. Why you need to ask yourself the question each day, what are you grateful for?

It he got me thinking as I was recording it that, to have the opportunity to do a podcast. I love listening to podcasts. But I never really internalized the fact that here I am, a hundred and four episodes, into my own podcast that has now been downloaded tens of thousands of times around the world going towards more and more. You know what I said on the last episode, even if it's only one person or two person, people or person that downloaded and listened to it, I do this a lot for me and it's so true because it's the lessons that I get as I think about what I want to talk about, as I notice what's around me because let's dive into it. Okay.

Today's episode is called Disconnect. The best way to be truly connected. And again, it comes right from my own life. It comes from what I learn when I observe when I'm sitting there, and because I'm wanting to record podcasts I become even more hyper aware of what's going on around me at all times because here it is, that's where my lessons come from. So if you follow this back, if I want to record a podcast episode, then I have a topic, if I want to have a topic because my podcast is all about awareness and the lessons going on in my day to day life, well then, actually, I have to be aware of what's going on around me. It makes me more present. And so that then, makes me more present.

And the best way to have success, the best way to be happy is to be present. And so, I'm blessed that I get to do this. Today, it even boggles my mind. I had to say it in front of the stage all the time. Back in 2001, 18 years ago from where we are today, depending on when you're listening to this, 18 years ago from when I recorded this, go back to 2001.

Sitting in the audience for my very first personal development training as a student. First introduction into any kind of personal development, and if someone would come up to me and said, "Robert in the next few years, you're gonna go on to start teaching on stages around North America. And you'd even want to go on stages around the world. You can travel around the world several times, impacting audiences from anywhere from two to three people to thirty people to a hundred people to six thousand people and maybe more in the future at a time." If someone would have told me that, I would have said, "Excuse me? Who are you? What kind of drugs are you on right now?"

No. You see because I couldn't see it. Back then with what I knew, that wasn't a reality. In my mind, sure I might have dreamed having a great a life but I didn't know what it would look like and that scene comes in, on what you don't know. So back then, I didn't know what was possible for me today. And so, I'm forever grateful. For everything that has led to, but really to the fact of the presence I get to be in, the presence of mind, the practice of being present more and more.

And so, that kind of lead to a topic today that again, I've had podcasts that touched on it, talked on it, given their perspectives but I now two years later from when I originally started this podcast, I'm two years over into more knowledge new person. And so even if you go and listen to my old podcasts, you may notice that there's differences from when I started to where I am now, kind of the insights I have into things because I'm changing forever day in and day out as I grow as well.

And so here I was, I just finished an event and I'm going to relax and I have couple days before I fly to a new country to do another event and I like to tour around. I like to just go out. And so during this time each morning I'm doing a walk. I'm going, I'm putting my headset in, listen some local music back home to remind me and I'm just walking. I'm walking for my back. It is one of the best ways to release the muscles.

I'm walking. So, I'm doing this and then one day, I decided to go and do a little sightseeing. I've done my walk. And I head to the MRT station and hop on the bus and I realized, I didn't bring my headset to listen to some music. So all of a sudden, it's like well, what I'm gonna do?

Well, I'm sitting there and I started to watch people. I started to notice my surroundings. And I started to notice one of the things that is very evident right off the bat, that everybody who's coming onto that train or going off, almost all of them have something in common. They're doing what I was going to do. They've got their smartphone. Their device in their hand. And, they're looking at it. They got earphones in, listening. Some were just reading. Some are watching things. Some are listening to things.

And I'm noticing that they're there, but really they're not. See, they're disconnected. They're disconnected with the people around them. And so, I started watching them closer. I'm like watching as people come on, they're aware enough to know where to go and stay out of people's way, but then they find their spot and they don't connect with anyone around them. And they're aware enough to barely have to look up to know where they're going but they keep their eyes on the screen. They're distracted. They're in that. They're connected to their device but they're not connected with the world around them.

And this was really interesting. And I am like, wow, and so then, I'm sitting there, I take a break, and I looked down on my phone. And I decided to go on one of my games. It's about a 45 trip so I decided to play couple of games. We hit the stop. More people get on the train. Not every sit is taken and there's one empty beside me. And all of a sudden, this young guy, young boy, he sits down beside me. I play the game and I am aware that he's watching me. I'm aware that he's watching the game I'm playing with, which happens to be a golf game.

So, I decided to turn to him and say, "Do you play this game?" And he looks at me like, "Oh, you noticed me." And he just goes, "No." And I said, "Okay." So I just kept playing and I'm aware and I'm connected with him now. We're talking and then I went out of that game and pulled up another game I like to play. And he's eyes light up and said, "Oh you play this game." See coz I'm connected now to what's going on around me coz I've disconnected from just solely being in the game. I'm connected more by disconnecting.

I'll say that again, I'm connected more by disconnecting. See every other person on the plane has a little bit of a connection around them, but they're so disconnected with the world because they're so into their phone. So they only have a little awareness, but the moment I disconnected, I am now instantly was aware more of what's going on around me.

I'm hoping this is making sense coz I'm just going with what's in my mind. And so, he watched me play that game and then I went out of him, went to another one, and I could tell by his reaction, he said, "Oh you play this one too?" I said, "Yeah." And so, we end up talking. We had great little conversation. Put the phone down, we're talking. He said, are you from here, where are you from. And I told him I am from Canada and asked him some questions.

He asked where I'm going and I said, "I'm going to the Bayfront shop." I said, "Is that as far as you go?" No, I get off in Chinatown. I'm like okay, great. He's stop is a few more and I said, "Oh I got to go, look to see how many stops until mine and then he goes, 6. Coz he knew. He rides it all the time. And he doesn't have a phone. So you know he's connected. He rides that train and he watches people. I could tell.

And so, it came to his stop and said have a great day and I wasn't expecting it. But he turns to me and he puts his hand out to shake my hand and he goes nice to meet you. And I shake his hand. I'd say he's no more than eleven, twelve years old but present. It was like pretty cool. And that is when this lesson hit me of disconnect. The way to stay connected because in today's day and age of technology ladies and gentlemen is so easy. It is so easy to be so caught up, to be at a table maybe at a restaurant with friends and you're there together but you're not because you're holding your phones.

Family, you're in your devices so you are not truly together. Are you playing games instead? Isn't that a better way to connect? Maybe pull out board game, maybe connect with what's going on around you by putting away the technology for a little while. Be willing to get off of Facebook for a little while. And just really connect with what's going on around you. This is another reason I love to go walking so I've got down to my destination, I just started walking.

I started walking and I am noticing the beauty around me, pulled out my phone, did a Facebook live for my students coz I wanted to share some insights in that moment. Then I put my phone away and I just started walking. Had an amazing day because I was connected with nature. I was connected with everything, because I was disconnected from my phone.

So ladies and gentlemen, episode number 104, Success Left A Clue. I'm your host Robert Raymond Riopel, and as always live with passion.

[Outro Music]