



Energy4Life Podcast
Episode #52
Choice Point – Full Movie

Harry Massey 0:00

Welcome to the energy for life podcast where we explore the future of health and wellness to help you enhance your energy, health and purpose.

Speaker 0:15

In today's world. Many of the problems we face are global in nature.

Sir Richard Branson 0:26

The greatest satisfaction people can get from life is making a difference to other people's lives.

Brett Moran 0:33

It's all about building your confidence, facing the fears

Speaker 0:36

That is a legend.

Brett Moran 0:38

From of strength to strength, you're going.

Alison Pothier 0:40

Proper legend to me, don't know where I'd be without him.

Sir Richard Branson 0:46

If everybody could think like that, that they would get so much more satisfaction out of life themselves, and they could transform other people's lives.

Gregg Braden 0:59

When we look at the context of where we are in our world, in our lives today, the best minds of our time are telling us in no uncertain terms, we're in trouble here on planet Earth.

Alison Pothier 1:20

Feel we are in the time of the grace, creativity available to humanity. Because we have the ability to do something different the

Speaker 1:33

choices we make now have the power to destroy our planet to destroy each other to destroy civilization, or to transform it and take it to the next level.

Gregg Braden 1:48

Each time the cycle comes to an end, it opens a window of opportunity, called a choice point.

Harry Massey 2:04

While we're in our global crises, the question that many of us are asking is "how come we've got all of these technological solutions? We've got the people and the passion? How on earth is it the solutions end up being blocked by the love of power? Whereas instead, wouldn't it perhaps be better if we could all get up, align our purposes, have come from the power of love to see the solutions through?"

James Caan 2:33

I saw the floods, I suppose just like millions of people did. But for me watching them on TV just wasn't enough. I felt I had to come myself and see what had happened and how the people were affected.

Unknown Speaker 3:01

Pakistan Prime Minister today describe the floods devastating his country as the worst in its history.

James Caan 3:07

If you look at world poverty today, you know, we have 6 billion people on the planet. You know, the world economy, you know, is huge. It's ginormous. When you look around you hear what people really need is quite humble existence. It only takes each of us to give a very small amount. And I believe we could almost eliminate poverty.

Harry Massey 3:39

From this determination to overcome crises, new and creative solutions can be born.

Unknown Speaker 3:47

I am quite literally clambering over the roofs of people's homes.

Scilla Elworthy 3:55

Problems are evolutionary drivers. This is true of your own life. It's driving you don't always respond. But if you do, you'll probably find you're going towards something more creative. Problems are evolutionary drivers. Crises often precede transformation, and innovation. So when you feel crises coming on in your own life or in the world, look for what's innovative.

Harry Massey 4:31

From my experience, crisis can often lead to wonderful new beginnings. While I was at university, I used to go rock climbing during a day, mountaineering in the holidays, and I used to party most of the night. I just loved dancing. I used to dance at least five times a

week. But unfortunately, there was this downside to this hedonistic lifestyle. And as the years went on, my life turned into a complete disaster. During that time, I started getting increasingly tired, and ended up having an ice climbing accident, where I fractured my spine. And from then, I ended up having eight whole years in bed with chronic fatigue syndrome, staring at a blank ceiling. But I even have to do my university exams from a wheelchair. At that time, I felt my life was completely over, but had almost no choices. I was feeling completely isolated, and trapped. I didn't know what to do. But deep down, I wasn't willing to accept how my life was. I was sure there was another path.

Alison Pothier 5:40

We all have our choice points in our lives that lead us somewhere else. The question that matters most though, is what will you do at yours?

My career started in New York City working for the heads of the futures and options business and moved quite quickly to running a team over in London onboarding clients and legal negotiations. They ended up in management, and over a 15 year career in investment banking in a very short period of time into the Global Head of electronic trading. And then a chief operating officer and managing director in the city. So by 30, I was the Global Head of what I did. And I was, to all intents and purposes, a success is measured in the eyes of the world at large. This is what you're supposed to aspire to.

Brett Moran 6:50

My life back then was really dishonest. I lived on a whim, I lived on a lie. Constantly from day to day, I was dishonest with drug dealers. I was dishonest with family and friends. I was ripping people off constantly lying and blogging to try and get some more money to get more drugs. But the most important person I was dishonest to is myself. You know, I was putting on a big mask. I was lying. I lied so much that I was believing my own lies. My mom was a typical housewife. My dad was a typical geezer. He was a football hooligan on the weekends, quite racist for some very judgmental opinions about the world. And for me, I wanted to become that person. So then he could love me more. So I was arrested for racism. As a child, I was arrested for violence.

Everything that my dad was doing, I seem to be copying. I was getting into drug data in college him. Well, I just a few friends that would do armed robberies. And I become like a driver and even waiting to sit in the car waiting for people to do it. I used to know and think to myself that this was so wrong that I was on the wrong path. But somehow the drugs and the lifestyle took over.

Alison Pothier 8:27

I'm getting on flights and making the money. I'm growing in the organization. And sudden me I come back home from a business trip in life is flipped.

I had within a matter of weeks miscarriage husband having an affair with the Secretary in the company and told that you might have breast cancer. I would go into work. And I would do my job. Because that was the one thing that I knew how to do. So in my room

at one point, I hit my head trying to get some luggage out for the next flight I was going to take and I realized no one would know I was there. And and I remember thinking, Okay, I've had enough and I screamed at the top of my lungs. Absolutely screaming at Tom Hanks. All I need is some help. I was on the phone with dad and he said alhaj doing this and I really not good. And he said no one can take life from you. And I said my problem Isn't that anyone took anything from me? My problem is I don't feel anything. And if I don't feel any more, and I don't see a purpose anymore in why we do what we do, I want out and shot through me like, I can't believe my father has to hear me say I don't want the life he gave me and and it's that bad.

Brett Moran 10:33

I was trying to pretend that life was great life was good. But behind closed doors, you know, I used to cry myself to sleep, contemplate suicide, or picked up tablets by never went through with it picked up the scissors to cut my wrists, but I never went through with it.

I was at the lowest of the lows, I was in a very dark place in my mind, in my world. I was, you know, my rock bottom. And not saying that, whether I had a choice or whether I thought about it. It just happened. I just stopped, froze, and just sort of looked inside myself. And that fear kicked in what is it going to be like in prison was going to get beaten up, or the other people going to be like on prison material, whatever dumb. just felt like my whole life. My whole world just completely stopped in that one moment. The worst thing was a reaction on my mom, when I see my mom and see how much I really her reconfirmed all the crimes and the lifestyle of sort of living just sort of showed me how much I was hurting people.

Harry Massey 11:42

When we come to the end of a cycle in our lives, we're at a choice point. And that transition can feel like a real struggle.

John Paul DeJoria 11:49

I was homeless on a couple of occasions. When I started john paul Mitchell systems living in my car, I was a bit homeless. I had a choice both times first time am I gonna succumb to this? Oh, poor me Oh, no, or am I gonna have the choice to get away out of this. First time I was homeless was 23 years old. And I had a son, two and a half years old, I went up and picked up soda pop bottles, cashed him into grocery stores for a couple of cents, and made it happen.

Scilla Elworthy 12:19

Just like a caterpillar into a butterfly, you begin to feel a bit uncomfortable with the way things are. If one feels a kind of an ease or a need to do something, that's the first indication that you're getting ready to change, you're not happy in your job anymore. You you would like things to have more meaning.

Harry Massey 12:47

As you enter a choice point and you start experiencing a crisis, you quickly learn humility, because what you thought was gonna work out, doesn't work out. And therefore you realize that there's much larger forces at play, just yourself. Really a choice point is a wake up call, a time to be able to read the signs, and then make better choices for a much better future cycle.

Brett Moran 13:14

Book seems to just fall out from the shelf is low, it's just sort of fell out in front of me. And I just seem to pick this book up, and just sort of for that one split second, and it sounds completely mad, very woowoo. But for that one split second, it felt like I wasn't on that prison sentence, it felt like the well just stopped spinning. It just felt like everything just disappeared. And it just sounds mad. And when I pick the book up, it just felt like I was so connected with it. It was called moment by moment and the practice of art and meditation.

John Paul DeJoria 13:54

There were times in my life when things happen that were very unpleasant. And I blamed it on someone else being the bad guy. What did I get away from my purpose, I helped cause it. When I was down and out and making those choices. A lot of that choice had to do with how well you felt about your own ability inside. Not the circumstances that you are in. If you feel and know by Gosh, I have that opportunity. And I'm going to be a winner no matter what it takes. I'm going to make it out of this no matter what it takes you do it. The minute you start agreeing that everyone's against you. You start blaming where you're at on everything and everybody else. And then you go further in and further and further in and you carry hate around with you as time goes along. That choice was I'm going to get out of this no matter what it takes. Because I'm here I'm here. That's how it happened either. I was destined to be here and learn lessons, which did happen to me several times in my life, okay, or this is my time to be able to say I mean Being I'm alive. I'm not a clam and the clam shell or an oyster and an oyster shell, I'm going to do something because I can't I don't care what it takes. I'm gonna overcome it. And that was a good choice.

Alison Pothier 15:12

I looked in the mirror myself and said, Is this what I meant for myself? Do I recognize myself in this moment? Is this where I want to be going in my life? Wasn't all about money. It wasn't that position, or that title that defined me internally. Where is me the person that I, I remember I was when I, when I was a kid sitting on a steps with a dream. Where is that dream?

Harry Massey 15:52

Birke's dream was to be a basketball player,

Birke Baehr 15:55

I decided that I'd rather be an organic farmer instead.

Harry Massey 15:58

But this all changed when he discovered the unhealthy effects of the food industry on this generation, resulting in the label Generation Z

Birke Baehr 16:08

It made me mad when my generation has been branded as Generation Z as the most unhealthy and unfit and the most obese generation, since I guess, recorded time, and that way, I can have a greater impact on the world.

Harry Massey 16:24

What happens to people who choose to align their purpose so early on, in his teenage years, someone else also wanted to communicate a message to his generation?

Sir Richard Branson 16:33

Well, I was 15 once I was at school. And I think like a lot of 15 year olds, I vehemently disagreed with the Vietnamese War. Students didn't have a voice. And I thought maybe we could start a national magazine for young people. To give young people a voice and to campaign against issues we felt strongly about inside worked out of the school phone box managed to sell enough advertising to cover the printing of the paper costs. And my headmaster gave me the choice of either staying at school and not doing the magazine or leaving school and doing the magazine and so I said goodbye, and headed off handed off to do the magazine.

Harry Massey 17:21

What though we haven't yet found our purpose? What if we're still trying to make sense of it all of what to do, and where to go. I

Brett Moran 17:35

just felt like, every time I was doing a bad Act, or I was lying, or cheating, I was taking drugs, or I was committing crime, that it wasn't me. It wasn't the person that I should be. It felt like there was two paths. And for some reason, I'm still walking that path, because it is old beliefs because of these old patterns. And I felt the path that had to be taken. The more heartfelt path was the one that's, you know, more congruent for me, the one that was had a feelgood factor. So every time I went against it, I felt like I was coming away from the path, which made me feel worse, I wanted to come back when you come back onto that right path.

David R Hamilton 18:10

It's actually hard to change behavior. And it's not a case of just saying, okay, I've decided that's no, and my life, whatever will go in that direction, we've got a work at it.

Every day of our lives presents us with an opportunity to choose, presents us with a choice point, because there's lots of little patterns unfolding in life. So anytime in our lives, we even feel I need to make a decision. Now. That's a choice point. So it doesn't we don't necessarily have to wait to the great big huge crisis in our life, just the the moments from day to day that we really feel we have to make a choice to do something

important to think something important, then we really can change our lives and our lives well unfold in a different direction.

Robert E Quinn 19:06

crises pushes outside our comfort zone. That was a terrible experience. But if we look at them carefully, there are these amazing things we learn.

Harry Massey 19:17

I thought to myself, if I'm trying to get myself better, our monitors will be helping others to get better, too. And wouldn't it be good if there was some sort of health system that could work out what was wrong with people from the comfort of their own homes, and help them to get better too? I didn't realize it at the time. But that was my own choice point. The starting to align my purpose. Yeah, I was in bed. I didn't have a clue how to do it. And I had absolutely no money. However, an incredible set of coincidences started to happen. And I started to meet the right type of people who helped me on my journey. And we ended up with a health system, many, many practitioners. We've helped many, many more And the business started to succeed, and I also got better too.

what's been completely incredible to me is how on earth against almost impossible odds, that to go from being ill in bed to actually creating a health business. What I began to wonder is whether there were patterns in people's success of whether they'd align themselves with something that was far greater than their own selfish desires to help them to be able to succeed in life. So I decided to embark upon a journey to find out. And that's an incredible people to work out whether there's some sort of common philosophy that both helped them to succeed in their own life, but also go on to make a difference, too.

Alison Pothier 20:53

And so I woke up, and I thought, this is where we're going to do this, I'm going to allow myself to have madness, with no limitation. And I'm going to allow myself to be logical, and grounded with no limitation. As long as I've got this side of me intact, this side of me is playing. And I will show up and do my job. And I will open the doors to all the rest, and have a look. And I will study it to check, I'll give it some time. So it was a survival technique. I've called it having magic glasses. I decided in any moment, to see it for what it looked like, and then have another look. And when I thought I saw it, again, another set of eyes, change it again, continually changed my perception on every thing. To give it another possibility over and over and over again. But, how does this whole thing work?

Harry Massey 21:59

What does science have to say about patterns and how they may be affecting our lives?

Vlatko Vedral 22:05

I think as, as a physicist, you know, we have we are really all simple things, you know, we study very simple systems. But I think, you know, the mutual relationships, the fact that that no object in this universe is an isolated object, and completely independent, certainly has got to have some some implications on that.

Scilla Elworthy 22:28

The sense of interconnectedness is very ancient, it was understood by daoists in China, millennia ago. It has also been understood in Africa, for centuries and centuries, the concept of Ubuntu that Desmond Tutu talks about, and that means I am because you are, we are interconnected, what I do, and even what I think affects another person, or, or possibly the whole human population in some way. So, it's not as though we're separate. We are all interconnected. When people act in unison, they act almost like a flock of starlings. When a great flock of birds, wheels and moves, how do they know to move as one. But I have witnessed again, and again, people acting together with enormous power,

Narrator 23:35

almost universally ancient texts and traditions have reminded us that we are connected. They said that one, that we are part of our world, that we're part of one another, we're part of the changes.

Vlatko Vedral 24:00

In physics, we really tend to think of us physicists as, as the observers of nature. But actually, if you look at it a little bit more deeply. The end, if you ask yourself, what is it that discriminates me and makes me into an observer, then you will not really find anything behind it, because after all, I'm just a bunch of atoms. And if you view it like that, then really the key element is not the observer or the observed, but the interaction between the two. And the observer and the observed could easily switch roles. So you could equally well say, there is nature out there making an observation on on me and that would be as correct as saying, I'm the one making observations on on ages.

Harry Massey 24:49

Perhaps rather than the simplistic view that your world is just created by you, as in the law of attraction thinking, perhaps there are patterns in the universe that are creating us to Understand how these patterns may be affecting us. Let's take a look at what these patterns might be.

Gregg Braden 25:08

Our reality, as chaotic as it looks to us, from time to time, is actually built of relatively few simple patterns that simply repeat themselves again and again and again and combine in different ways to give us the reality as we know it today.

Ian Stewart 25:32

Let's go for the big scale and look out into the universe into space. The galaxies, about 200 billion stars, but they clump together like a kind of Whirlpool in space, in a spiral, it flows in towards the middle spirals, very, very common as mathematical patterns, from the huge scale of galaxies right down to snail shells.

Got in your back garden, look at the snail, the shell is spiral. If you look at the Whirlpool, a little one may be in a river, that's water moving around around in the spiral, it flows in towards the middle. The wonderful thing is that when you look at these patterns, they're not just once off, they keep coming up, the same pattern comes up all over the place.

Across all the world's deserts, you see the same basic five or six different kinds of sand, you know, the ones that just form straight line. They're beautiful crescent shaped dunes, which slowly move. And then if you go out into the solar system, look on Mars, all of the same patterns of dunes are appearing on Mars, if you see a very striking mathematical pattern repeated on several different planets, let alone across the surface of the earth. That says the same kinds of laws of nature must be operating everywhere. It's not just all chaotic and random, there are perhaps secret rules behind the scenes which govern how the natural world really behaves.

Recognizing that the plant is a fractal doesn't have itself say very much, it's just giving a name to the shape. But if you can understand the growth rules for the plant, the way that the genetics of the plant must be every so often saying, when you come to a bird, maybe you put out a new shoot. And then the rules for the new shoot are the same as the rules for the original shoot. So it's almost as if it's, it's got some little program that it's running some recipe. And every so often, the recipe says when you got to this point, go back to the beginning, start again, but do it from here.

Harry Massey 28:01

fractals exists everywhere in nature and the reality around us. Do these patterns perhaps connect and affect our everyday lives, too? And what power does that give us to improve our destinies for the better?

David R Hamilton 28:14

It's very easy for us to think that we are separate from nature, you know, we drive our cars to what we live in houses, we walk about and get on with our lives. And it seems like the world is happening outside of us. But that's not exactly the case. We actually part of nature and nature has these cycles, which influence our behavior. The cycle of the earth going around the Sun gives us the seasons, but that changes the availability of the food that we eat. And that then changes the chemistry of our body. So what what we've seen in our lives, is the way in which your biology is working, is actually a consequence of cycles in nature.

Jack Canfield 28:58

There's patterns and seasons in the in nature's patterns of the lunar cycles that affect people. I mean, I've had nights where my whole family couldn't sleep because it was a full moon, you know, why is that there's a pattern there. And as we understand these patterns and cooperate with these patterns, then it's like you get to dance through life, better to be dragged through life.

Harry Massey 29:34

So perhaps there are points in the cycles and patterns of our lives, where it's easier to change and choose to do something different.

Narrator 29:43

When one cycle ends, before the next cycle begins, there's a window of time where neither exists or neither one exists. And it's in that place where we have the greatest opportunity where our choices have been great. This potency to change the pattern, the oscillation, the cycle of the past before it begins the next cycle. So the idea of a seed setting a cycle into motion, and a choice point opening, at the end of one cycle before the next begins, gives us an evolutionary edge that perhaps our ancestors did not have.

David R Hamilton 30:29

In waist terms, what not with me is if you're traveling down a path, and you get to a fork in the path, so the choice point is, you could choose to continue along the same path that you've been on in the past. Or you can choose a different path, which would represent choose a different way of acting a different way of behavior or a different way of thinking.

Narrator 30:52

But the key is that while we certainly may choose at any time in our lives, and it's good to do so, there are times when the physics stacks the deck in our favor, and gives us the edge that allows our choices to have a greater potency. And if we're going to make powerful choices of healing for ourselves, of peace, for our communities, or for our world, to me, it makes perfect sense to, to use that opportunity. So if we bring all this information together, the picture that it is beginning to paint for us, it is an awesome picture. It's an amazing, it's a beautiful, empowering picture of us, as part of rather than separate from the world around us. We are intimately entwined and meshed. And all that we know is our lives and our world.

James Caan 31:53

Finding your place in society, finding your place in that world, I think is absolutely key.

John Paul DeJoria 32:03

I also believe that there are things we can call external reality that you have to be aware of, you know, whether those are patterns, whether it's a train coming down the track at you, if there's a train coming down to track, you better get off the track, there's a wave coming in, you either better know how to surf or swim, or you better get back on the shore. And we can learn to cooperate with these patterns, we can learn to cooperate with cycles and trends and so forth.

Jack Canfield 32:33

The journey of success is about constantly learning, it's constantly evolving, you have to listen and listen to the people around you. Because sometimes you'll get clear messages saying, This just isn't going to work. And you just want to carry on because you read a

book somewhere that says, never give up. But I don't think it's smart to carry on and something that isn't going to work. And you carry on until you've lost everything.

Sir Richard Branson 32:59

Think the times that Virgin has succeeded is where we've been much, much better than all our competitors. And we've created something of quality, something which we can be really proud of him. And I'm here today in Dallas, it taking on American Airlines with Virgin America, a domestic airline, tiny compared to American Airlines. But because it's so much better, I think it will succeed. Whereas when we took on Coca Cola are also based here. And Virgin Cola, you know, tasted as good. But it wasn't something that, you know, dramatically set it apart from Coca Cola. And therefore, by and large it failed.

Harry Massey 33:54

How then, do you work out where patterns are going? So you're then able to make better choices to support your journey.

Jack Canfield 34:01

life's all about not necessarily being an expert on the answer. But it's about being an expert on the question. And I think you can go through life and almost be fearless, but have the ability to ask the right questions.

Harry Massey 34:25

When I was ill, I really tried to understand my world. How on earth could I go from being ill to becoming incredibly healthy? And in doing that, I tried a number of therapies for at least a year, a year and a half to see what would happen. And I was attending to every single detail. I really tried to understand my world.

Birke Baehr 34:57

Because it has two tablespoons of tomato paste wouldn't be considered as a serving of vegetables.

Birke Baehr's Mother 35:04

Yeah, he's definitely always researching and finding out new information and sharing it with me and his dad.

I was logging on to my email one day, and he was beside me. And he saw something online about mercury in high fructose corn syrup. And he asked me, you know what that was

Birke Baehr 35:26

I started of looking into it. And really ingredient list on hamburger buns, salad dressings, and even peanut butter. And finding out that high fructose corn syrup is in almost everything. And that was pretty much my epiphany right there. And I said to my mom, me as an eight year old kid that I'm not going to drink sodas anymore.

Since then, I've gone deeper and deeper down the rabbit hole of finding out about GMOs and pesticides and herbicides and chemical fertilizers in the industrialized food system.

Harry Massey 36:02

Another way of understanding your world is to simply listen. So Richard Branson helped set up a group of wise world leaders called the elders, their wisdom shows us a key lesson in how to understand your world.

Sir Richard Branson 36:16

The main attributes of a good elder is is to be able to listen to other people. And not to always be pushing your own ideas and you learn learn a hell of a lot more by listening. And by and by speaking said, Yes, I think, you know, as, as I got older, I become perhaps a better listener than that, when I was younger.

John Paul DeJoria 36:43

It's more important for people to look at the world around them, and not just be within into their own little teeny world here, sit on your porch, or sit on a bus stop, open up and look at everything around you.

When you incorporate to planet is your life, you realize that many things you do affect everybody else.

Harry Massey 37:37

In combination with listening to others information, another method of gaining understanding is to listen to your own intuition.

Sir Richard Branson 37:46

I think intuition is important. And perhaps intuition comes from experience, and experience of falling flat on the face and experience and sometimes succeeding. If I'm deciding to do something, I don't get the accountancy in advance, I just do it based on my intuition. Like, if I if I'm going to say, trying to take over a chunk of persons rail network, you know, before we took it over, it was run by British Rail, it was dreadful. You know, the trains were, were clapped out trains. And, you know, I mean, I just my gut feeling was, if we could bring in brand new trains, if they could be a lot quicker, if we could, you know, make sure that people's mobile phones didn't get cut off all the time that we could, you know, give them good access to the internet, if we could get the staff motivated, that we could make a success of it. So. So, you know, a lot of it is based on what's common sense and intuition.

Narrator 38:49

We are still learning, we are deep into the learning curve. And the irony is that we must learn to survive what we've created for ourselves while we're still learning. So for me, it makes tremendous sense to apply what we do know, while we're studying the principles, to understand them even deeper.

Harry Massey 39:18

All of us are born with certain interests and skills. And these will start to guide you of where you should start to research and understand your world. And as you do that, can you start to learn about where the patterns in the world are going, and you align the two, that is when you've found your purpose.

Alison Pothier 39:44

And that service that I always wanted to make and that contribution I always wanted to make to this world. It can happen now. And so I said Bring it on, you know, bring it bloody on.

Scilla Elworthy 40:15

I think it really is important to search inside, for what satisfies us at a very deep level. And then there begins to come a kind of a glow. Because we're working from an inner source of power. It's like it's almost like a little power plant inside.

Jack Canfield 40:40

Well, I think we have a choice and like, I believe that everybody is born with a purpose. And you're given a set of skills and talents to manifest that purpose in life.

Harry Massey 40:52

Pattern that is aligned with purpose can simply be one where others will benefit. Bent now is a guiding light to help at risk teenagers break out of a destructive cycle and get onto a much more purpose led path.

Brett Moran 41:04

The plan is to be able to talk to some of the inmates and engage with them quite interactively, to help them sort of understand the power of their minds to be able to sort of change the course of direction or change the path of the error on hopefully sort of looking at ourselves and the behavior sort of gotten here in the first place. Fingers crossed given him some inspiration to sort of walk away from talk and sort of feel positive about ourselves and maybe you know, choosing different different paths and move forward. I just sort of looked at myself and looked at my thoughts my thoughts were quite mental. I started realizing our mental they really were and then it says like focus on your breathing let's come to something so simple so sound quite pathetic, but when I just sort of stopped and laid on itself for Okay, they stopped breathing. So breathing in and out slowly from an out from a nose and started becoming mindful. I started realizing I had all these negative thoughts are going around in my head as a kid I didn't get that I never had that connection or weren't sort of like told how good I was or anything go aren't told. You know how great you are, you know, how much of a miracle It is to be you bruh and how powerful you can become if you want to become and

Harry Massey 42:09

maybe you do think, Oh, yeah, that's the way I've got to be. But I'm not. It's all my fault. I've always said it is but I get I get a point that Yeah, obviously that's a how, how helped you down that way? I'm a loner. Yeah, yeah, I

Brett Moran 42:27

do feel like I was born bad. Yeah, I do feel like I haven't got a chance in the world. Yeah, I ain't no good at nothing. I'm good at Robbie and I'm good at selling well, I'm good at selling drugs are good at taking drugs. I was good at that lifestyle is good at being a prisoner. I was good at sort of like talking to tall Kidal, the walk. I was good at doing all that. But But deep down, I didn't feel good about myself. Now, I was always facing that way as the drug was facing that way. There's women I never faced forward and never had my eyes. My eyes were in blinkers. And I was always negative when I was thinking that I was negative and thinking that not being good enough or didn't go jail. And you know what I was creating it. as mentors. It's my sound, it sounds like a film is meant was this may sound, you can create anything that you want. You can create anything that you truly, truly desire. But I'm saying once you start to use the mind and the power of yourself, for the positive reasons, you'll completely change the course or the direction of where you're going. But if you can do that, you can do anything.

James Caan 43:19

He just showed us that. Just because you have a bad start in life. It doesn't mean it's gonna be like in the hallway for you, though. Whereas I fall, once in trouble. The police always in trouble the police, and he just proved me wrong.

Jack Canfield 43:32

Friend of mine recently, who's a studies these things very, very deeply asked me so jack, what's the purpose of the universe? I've never been asked that question. And I said, Well, let me think about that for a minute. I kept thinking, what do I know the universe is doing for sure. And I thought the only thing I know the universe is doing for sure is its expanding. We know that from physics. And so I said, I think the purpose of the universe is to expand. And he said, That's right. And anything that supports expansion, the expansion of freedom, the expansion of consciousness, the expansion of abundance, the expansion of love, that's going to get supported because it's aligned with what the universe is doing.

Sir Richard Branson 44:19

We have a beautiful game, as you know, one of the most beautiful in Africa. And I think it's very important that if you have a workplace anywhere in the world, that you do everything you can to look after the community around it. The first major thing we did was to set up a clinic in the area. And this weekend, we actually brought a wonderful team in to help people hearing aids suddenly being able to hear in both years. It's just one of the most emotional moments of my life. I think you get the greatest satisfaction in life, from giving, you know, just like it was like giving life back again. It was just incredible. You know, we wanted to scream with happiness. And in fact, you know, on the way back in the vehicle, we literally did or have massive screen back. And it's a great, it's a great feeling.

We bring a whole bunch of entrepreneurs down here to have a great holiday, have a great time. But also just to see how they get, they can help Africa.

It's just fantastic. I mean, seeing all these kids bouncing in there, they're so excited about having a school to go to, and obviously, the happiness of the teachers faces in the parents faces.

Speaker 45:47

This is my father. So now I like to thank my father, because he pays me to go to school. Now I have a manager of this class. So I like to thank you to my dad.

David R Hamilton 46:15

So when you paddle into a con, you're actually swept up by the con. So enter lane your purpose, we're understanding that as we align ourselves with a content, then we get swept along by that content. So we become part of that world. And as the world evolves, then we evolve with that particular world.

Harry Massey 46:31

For Alison, aligning her purpose meant giving up her wealth and status to be able to do what she was truly passionate about.

Alison Pothier 46:38

I exited the industry ahead of the market collapse. And within months was full time dedicated to this business. So I started a retreat center in London, dedicated to helping people move through this journey. To many people, it would look like I was failing. Like I was throwing away a job was I did I left the city, I left the money on the table, the millions offered as an investment banker. That's what you're leaving on the table. When I said no, I'm folding towels on the floor, in my center, believing in me.

For me Inside Out Retreats is is my childhood dream come to life. To everything that inside out three threes is offering is everything that I needed to come back to myself. So it is my light after the dark.

Speaker 47:58

The notion of knowing what results you want to create and actually knowing I was very critical, because it's a moment of commitment. And someone said at the moment of commitment the universe conspires to help you. What that means is that at that moment, you open up to the flow of resources that you weren't open to previously.

Alison Pothier 48:25

I want to start by saying thank you, to everybody who has made this possible. And who has created the space and the intention for our community by being a community already.

Birke Baehr 48:40

I feel that I will really enjoy to have my generation to be generation A. We need to be a more healthier race of people now because just think the next generation will be generation minus zero and minus one next generation. I don't want to have very

unhealthy kids. I want to have a healthy environment, healthy neighbors and healthy people and be able to have the people where they can make the change and be able to eat good fruits and vegetables where they actually taste good. It's not boiled into a piece like bland thing with what assault

Harry Massey 49:18

How does it feel when you start to change and align your purpose?

Alison Pothier 49:25

fulfillment for me seems to have arrived in an internal freedom to be self expressed and quite at peace with both abundance and lack with both title and no title. With no business and a business with just me in my life, not that is total freedom. I feel like it could show up, spend a long time hiding.

Brett Moran 49:57

So he just felt brim. It felt That was the different path that I was choosing. You know, it felt like that's where I should be. Hello, a friend like the light, that sounds fair Ott. But I felt like I found something inside me, which was my gift. I just felt so normal to be able to connect with people pretty straightforward if you get a bit scared. You know, I see beauty in the most smallest things. When I drive from picking my little daughter up, there's this tree that just seems to speak out to me. It's so obscure that you've noticed this tree in the middle of the M3, this tree just looks so beautiful. It's amazing. You know, I find beauty in silly little moments like that. That's one of my mates, that probably sounds completely mad, and they'd have to take 10 pills to see that tree. But I don't need to do that. Now I've got that buzz, or opening my eyes in the morning and listen to the birds whistle outside. I used to want to shoot the birds because I was so paranoid at four in the morning, that I could hear him stall, and I started to start another paranoid day. But now I wake up to the view and listen to them birds whistle.

James Caan 51:20

I do truly believe that changing the life of one person is like changing the life of a nation. You know, everything has to have a beginning. What I want to do is not only build a village, but I also want to rebuild the economy in the village. So each of the homes that I've built, I've made sure that everybody in the village has been part of that journey. Whether he's a bricklayer whether he's a plasterer, whether he's just a simple laborer. Once you do that, you're on a journey and a journey of recovery, which is really what this is about. When you actually come here, personally, and you're physically handing the certificates out to people to say this is now your home and you own it. I think nothing can replace that expression on somebody's face that gratitude. But I think it's very rewarding for me, too.

Harry Massey 52:19

If people during their choicepoint took a step back, examined more closely what their purposes could be and then realign those with where patterns are going, we would much more easily be able to turn all of the problems in society into solutions.

Television clip 52:38

A little old man has shown himself willing to make a supreme sacrifice.

Barbara Marx Hubbard 52:43

Gandhi had a very strong purpose, and he was able to get everybody to join with him. And so if you have a strong purpose, it's one thing to find out what it is. And then to say yes to it. And then you have to make the changes in order to do it.

Gregg Braden 53:10

One of the fundamental principles that comes to light again, and again and again, is that when we choose to change something in our lives, the the healing or the health of our bodies, or the physical reality around us, that it's not enough to simply think about the change or wish or hope for the change that we must become in our lives, the very things that we choose to experience in our world, we must become the healing, we must become the cooperation we must become the peace and to the best of our abilities live that principle every moment of every day in our lives. Before we can actually experience it in our world, I think

Jack Canfield 53:51

What often happens is we always think about the world's going to get better if only those people out there would change. And the fact is the change that has to start within ourselves, you know, there will continue to be conflict in the outer world as long as there's conflict inside the individual.

Narrator 54:07

What is it about myself that I'm seeing in the world around me that I'd like to change something that maybe I don't like, in the world, or I don't like in my family or in my workplace or something like that? How does that relate to something that I am or that I claim in my personal life and I think this is where the great leaps in personal growth occurred is the honesty.

Alison Pothier 54:37

I change the world I see by first changing it in me. It's about creating change in the world around you by change in your heart, change in your belief systems, changing your perceptions of the world around you. And that is about being the change that you want. To see in the world,

Sir Richard Branson 55:01

I think everybody can make a difference in the world. I mean, you know, some, some overseas quite a small way. You know, some some in a big way,

John Paul DeJoria 55:10

You don't have to be a politician, you don't have to be a wealthy person, you don't have to be empowered, you can be any living thing on this world. And if you just walk down the street and smiled at someone coming your way, you're already exchanging happiness and giving out the love. If you see someone that needs a helping hand, you

don't need money to do it, just put yourself there and give them a helping hand. Everybody can make a positive difference.

To get away from the power of power and ego, and go to the power of love. And the way you do that is you start doing something that benefits others, not wanting anything in return. What you get in return is so much love and fulfillment, you've accomplished this, you have the greatest power of them all. And it's not I have this, I have this Look at me, everybody, I'm special. The greatest power from all was you're able to help people through love, and they love you back. That's the greatest of all powers, and the planet is changing right now that direction. So we started, grow Appalachia. And we planted our first 100 Gardens two years ago, the goal was to take within five to seven years and feed half of Appalachian feeding themselves. We treat them, give them equipment, give all the seeds they want, and they can return help some of their neighbors along the way.

Unknown Speaker 56:46

A young man who used to work at the settlement school came to us and he said, Would you like to participate in a gardening grant, what will happen is that you'll get money for seeds and for tools, and then workers will come to your garden four to five times a year through your growing season. They'll have workshops that will help you to learn how to grow because I knew nothing about how to grow anything. When I first started Grow Appalachia.

John Paul DeJoria 57:13

We're moving ahead, we're exactly on target. We're not giving away charity, we're helping people help themselves.

Unknown Speaker 57:20

first year of at grow Appalachia, we probably had more food than we knew what to do with we planted corn, potatoes, tomatoes, cantaloupe, which that didn't do well, the turtle light the candle, I was very mad at the turtle. And we were able to make those last all winter and well into the summer.

Unknown Speaker 57:42

In central Appalachia, there's a really strong culture of giving. So most families are giving away all the produce they grow, except what they're eating and what they're preserving for themselves. People also feel that if they've been helped by gropp allatra, they should be giving back if John Paul is going to give us his money, we should be giving everybody else our food.

Unknown Speaker 58:03

I talked to mom and dad and we actually wrote a letter to john paul dejoria to thank him for giving the money for Grow Appalachia because it was wonderful. It was wonderful for our family, and to be able to see how that little tiny area of land could produce so much food. For me it was it truly still is overwhelming. And I know that a person shouldn't get this emotional about a garden. But it really has been a wonderful experience.

Alison Pothier 58:40

Initially, when when I had a vision to establish a center I thought I would be doing it on my own. And what came forward and opening our doors is everyone showing up in themselves to exchange service. So the we had the builder do the do the walls and we had the creative person show up and make our cards and and see things for us my own sister's a graphic designers Let me help all of us, I think give everyone permission to bring their gifts forward to show up in exactly who they are. So we could fit together as a puzzle piece and make it happen.

Harry Massey 59:22

A major key to getting your life on the right track is to align your purpose with patterns that are much larger than yourself. But there's often one thing that gets in the way. And that's fear. You don't even have to overcome fear. All you have to do is do it anyway to take the action butterflies and all.

Birke Baehr 59:46

People just need to talk out what they can say because I had a difference just by having a five minute talk on the internet. So just don't mind the fear. Go through it and you'll have a great time. It seems to me like corporations are always trying to get kids like me to get their parents to buy stuff that really isn't good for us or the planet. I've spoken at different TEDx events, conferences, in food and farming classes. And it's just been such an amazing experience and an amazing opportunity for me to go out there and be able to make a difference in the world.

Unknown Speaker 1:00:27

Everyone is afraid. It's absolutely natural. And the people who are most posturing as being the toughest folks are afraid someone says, I don't believe in that touchy feely crap.

Unknown Speaker 1:00:42

And what are they saying? They're saying, I know that I've been going through life leaving behind a trail of human debris, I know, destroying the systems I live in. But the notion of changing terrifies me

Alison Pothier 1:01:04

got to the point where, you know, fire me if you don't want this to, I'm gonna say the things that other people won't say, in order to make a difference around here. But it would take courage to do that it would take willingness to stand exposed and look like a fool to say something not only polar opposite of what the leader is saying, but also sometimes out out of left field.

Scilla Elworthy 1:01:40

Einstein said that we can't solve a problem using the same consciousness that created it, we have to somehow shift the perspective that we're coming from. I think one of the most positive things we could do is identify the choice points in each field, identify the

innovations that are working, and celebrate them, connect them, and continually communicate what's working. and invite everybody, not just the great innovators, to add their particular creative contribution. And I'd like to see an internet site comparable to a nervous system for humanity, we could call it a synergy engine. And synergy engine would help people anywhere, put in what they want to create, find their partners, add their gift, into the fields where these great innovations are already working.

Harry Massey 1:02:49

Choice Point Movement uses a social network built so that those of us who want to both change ourselves and the world are able to share ideas, find and then collaborate with each other.

Alison Pothier 1:03:04

I believe that the world we're trying to build a big puzzle in this world. One big picture that is that is brought together that every everybody serving in the thing they were here to be in the thing they were here to do. And to fill the fulfill the puzzle piece, they are meant to be in their shape, size, color. If everybody was doing that we could line each other up and actually create the picture here. A new one, a new opportunity, a new generation.

My role or my purpose in life is to help people come to the individuality of themselves. So they can serve and connect on that and create this picture of a different world.

David R Hamilton 1:04:04

Every single person can bring about change we can all bring about change. We are so embedded in social networks in life, that everything that we do is can is contagious. I am a great believer in the idea that a small group of people with compassion and kindness in their hearts can change the world. And evidence from social network research is beginning to lend great support to the idea because our emotions are contagious. Our behaviors are contagious. Nf every single thing that we do is always having a ripple effects always impact on the people around

Scilla Elworthy 1:04:38

us. It's my primary perspective is his joy and really enjoying this life. Then I want to be with other people who are doing that who are energetic, enterprising, creative, and we will have a ball together.

Harry Massey 1:05:03

The population of the world is facing a global choice point in time where our individual choices made today have a far greater impact on the world at large than in any other previous period. And the wonderful thing about going through this crisis is it gives us this amazing opportunity to take a step back, understand our world, and then take the choice to align our purpose, so that a lot of the world's problems can suddenly turn into the world's solutions, and collectively create the world we all want to live in. together for our individual contributions. We are the change.

Gregg Braden 1:05:41

Each time the cycle comes to an end, it opens a window of opportunity, called the choice.

Unknown Speaker 1:05:56

And we will want to share wisdom by helping to connect voices all over the world

Sir Richard Branson 1:06:04

What we're trying to do is to get a rallying cry of everybody who's working in businesses is running businesses to join together to get out there and just make make a difference. Some people very small, different, some people a bit difference.

Alison Pothier 1:06:22

We are so very gifted.

Brett Moran 1:06:30

Again, yeah, take that leap of faith, and enjoy and embrace life.

James Caan 1:06:35

We are incredibly resourceful and we can make things happen.

Barbara Marx Hubbard 1:06:42

Really, the solution is everybody finding that deeper life purpose and going for it,

Archbishop Desmond Tutu 1:06:49

and then sending off ripples

Jack Canfield 1:06:54

and knowing that that purpose when you're fully aligned with it is aligned with the purpose of the universe at that moment in time, you're going to have an extraordinary life

David R Hamilton 1:07:02

I'm changing more than my life, I'm changing the world.

Harry Massey 1:07:13

Thanks for listening to the energy for life podcast. If you enjoyed the show, please take the time to rate review and of course share. Thank you and see you again soon.