



## **Taking Charge** – Ending the Self Help Hustle and Heartbreak

**Today's Guide** – Best Selling Author Lori King

Hosted by Mark Januszewski

Mark J: Hello everybody, Mark J on the now becoming controversial webcast taking charge, ending the self-help hustle and heartache. What's that all about? Well, the self-help industry is a 12 billion with a B dollar industry that virtually has zero quantifiable results, a lot of feel good stuff. We buy self-help books and we go away to weekends or whatever we do, we yell, we scream, we resolve to do better, but come a week later, or even a few days later and no more than a month later. Really not much changes. And now we're not here to beat any of those people up but just to get really honest about what it takes to take charge. You see, everything that's ever been accomplished or achieved was first thought that germinated in a mind and that person held that vision over and over clearer and clearer. But they did something else.

They took actions that matched that vision. So, the answer to everything is thought. So, the first thing we want to do is get a great thought out there to you. Because the master key experience is the only known course. It's a self-discovery course not a self-help course, that actually gives you quantifiable numbers of how many people took the course. And this is how many people are happy by the way, it's over 94% everyone is happy, the learnings started fly open and everything gets better. So, aloha is the first thought that we want to share with you. Now why is that? Well, it's pretty simple. I did not know this in 2010 when I started living inside my dream.

Aloha, ALO means the divine and HA means breath. So, as you listen to today's guest, a remarkable woman, to say the least, merely amazing what's happened for this woman and the countless people that she's helped. I'll let her explain what her mission is. But basically, aloha means the breath of the Divine is on you. And we hope that happens and you pick up a few pointers today, because it really doesn't matter what business you're in. Successful people always have exactly the same pattern. W Clement stone prove this Napoleon Hill prove this, the list of people who actually did the work, it's very simple, an idea that's big, bigger than self, not meant to glorify myself, and then the actions that match that idea express and continuous action and locking out all negative thought some people call it being in the zone.

What is the zone mean? Zero O negative effects, zero O negative effects. So, if you think, for example, that when you lose X amount of weight, you're going to be healthier. You're automatically setting yourself up for failure. Because what you're actually affirming all that time is that you're not healthy now and this woman's an expert and this is totally divorcing yourself from negativity of any kind and only focusing on what it is you want to accomplish. So, let's talk a little bit about Lori King and remember aloha, we'd love for you, Patty, nice to see you here I'm always so great hello, how do you do.

We'd love to have you share this with other people. That would be great. Not sure. But anyway, we'll fight through it. So, let me tell you a little bit about Lori King. I met her a few years ago. And she took a course called The Master Key experience. By the way you can get to "mkmmcourse.com" it only comes once a year. It's six months hardest investing you'll ever do. There's a couple of slots left, you're a week behind that's okay. Just get over the amount but anyway, so she took the course and she was in a in a strange place but an open place. A lot of times we don't realize that the storms that come into our lives aren't always there to disrupt us.

Sometimes they're there to steer us. And this woman changed that completely. Founder bless, She wrote a book called come back strong we'll get that link in there for you, she wrote this book called come back strong and I'll let her tell you a little bit about it, but it's so Every man and woman should read because something every woman is going to go through. And every woman has a partner or we hope two or three, right? But anyway, you know, meaning your family is around you and they go through this with you and it certainly helped me a lot because the fabulous DVM is in that beautiful transition with lots of sweating anyway.

So, here's what happens coming out or it's just come out, I think is she's now featured in the new Chicken Soup for the Soul and this is unbelievable this is why I do what I do, just this thing, this is just a fantastic thing. A list just came out of 28 most brilliant books for a woman to empower itself and on that list is Tina Fey. And that list is rolling right into the one that wrote all those Harry Potter things. Oprah and the fantastic my pick for all of the top 28 number one is Lori King. Welcome to the call, thanks for jumping on.

Lori King: Yeah, thank you so much and as whenever happens, as soon as I go live on an interview, I have a train in the background that goes by so you can hear the train in the background, it's just the way the universe works. That keeps us all humorous, right.

Mark J: Yeah, beautiful.

Lori King: Aloha thank you so much, I love what you said about Breath and divine. That's really powerful.

Mark J: Yeah, I didn't know that when I moved here, I thought it was Hello and goodbye. And what's really interesting is I'm considered a Holly and what Holly means is no breath so yeah, it's really interesting because I grew up in Boston, and in the Boston area, they've always fancied themselves as being progressive. I lived in South Carolina too and the prejudice and Boston were so much worse in a very sophisticated and underhanded way. And Chris, I never realized that you know, as a white kid in an affluent in two affluent communities and I played ball and you know, there were blacks and Asians on the team and all I cared about was winning. But to actually be here and be on the other side of that has been a fascinating and learning experience. But what's really nice is they treat the elderly well and now that am past 70, they kind of leave me alone. But anyway, let's get let's get to your book. Why don't you tell us what inspired your book and how that's actually and then if you would lead that into the bigger mission, which I think is a beautiful thing that you're doing.

Lori King: So, I had an unexpected surgery. It was kind of in the top of my health athletic and wellness wise considered myself strong when united hit all my goals. And we discovered a couple of I had some routine procedures and that led to the discovery of some cysts and fibroids and masses and so when we opted to have those removed, you know, I knew the best case scenario and I'm always the best case scenario type girl was that we were just going to remove that ovary, worst cases scenario was a hysterectomy and I thought, well, that's not going to happen.

Not going to be that girl that focuses on that. Well, I woke up to the worst-case scenario and knew absolutely nothing about how that was going to change my life. I knew sure my organs had been removed. But what I didn't know and understand anything about was that literally overnight, I would enter what's called surgical menopause. And menopause is something you know, even I thought, Oh, it's for women that are older. It's just Hot flashes and night sweats, what's the big deal? And the reality is for some people, it's not a big deal and for some women, they are going to breeze right through it.

And God bless you because that's the best-case scenario and that's a wonderful thing so stay positive. But the worst case scenario is you can have a lot of different symptoms that show up it could be anything from insomnia to waking to a lack of focus to depression and anxiety to just really questioning everything in your life from you know, the may have may affect your sexuality and your relationship so you can really get a plethora of symptoms. So, women that I've talked to all over the world, whether it's natural menopause or surgical menopause, there's no predictor. My mom breezed through menopause, I didn't. So, you know, genetic and history wasn't necessarily a precursor for me. So, when I was at the kind of word, you know, month after month of just kind of spiraling downward and wondering what was wrong with me and when was I ever going to feel good again.

I started writing and writing was very therapeutic for me. And there was a lot of darkness that I had to go into to bring that story out. And for me, I always wanted to be able to see the hope on the other side of it for myself and from others. And so, before I wrote, the more I realized that I didn't have to be at the end of my road at the end of my journey to be able to start inspiring others. And so that was kind of where the book was born as far as really taking a situation that I had no prior knowledge of how to handle and moving forward to being able to share everything that I did, from what I thought in the beginning was going to help to what it really narrow down to and the beauty of the journey was how key and timely the Master Key course that you spoke about in the intro Martin really played a place and I love what you said about sometimes that bad plays really steers us in the right direction. And that's pretty powerful and that really played a role into the birthing of the book. And just me really getting back on track.

Mark J: Yeah, now what we're talking about here is menopause but folks pay attention, okay, the shits going to hit the fan in your life from time to time. And it's going to make some people and it's going to break some people. And what Lori's really talking about and I'm going to ask you a couple of questions about menopause because I think men need to know about menopause. Anyway, you know, but keep your eye on the ball here. This is about adversity; this is about a storm that comes into your life that Steering you in a different direction. And you are affected both physically and mentally, what you have to do and what I saw Lori do was she reached into the depths of her spirit, because nothing can touch that except a power greater than yourself, God, whatever you want to call it, we're nondenominational here. So just a couple of quick questions about this. Okay, one is it contagious? Because now I'm sweating at nigh

Lori King: Misery loves company [13:34 inaudible] so, no, it's not contagious.

Mark J: What can Yeah, well, then I'm going through something but anyway, what can you know, the people that are around someone that's going through this beautiful transformation, okay and you're going to come out the other side, which is really a signal that that part of your life is over, what do you Want to do with the next several chapters. And I know when someone's in it and I've been through a couple of things physically, that knocked me down one of them for a couple of years. You know, is the hope that you talked about on the other side in the interim, people that are in the vicinity, okay. You know, is there anything that they can do or not do? What are a couple of maybe do's and don'ts to be supportive Besides?

Lori King: Absolutely, as you said, every, this is something that affects everybody. So, while I was going through it, my husband was also going through it. I have parents, I have siblings, you know, women I talked to all over the world where whether you're a man or a woman, you have coworkers, you have sisters, you have mothers, you have daughters, you have cousins, you have coworkers, you have neighbors, you have people on the street that are going to be going through this transition and as you said at bursary, adversity, you know, my setback just

happened to be surgical menopause, it could be a heart attack, it could be a divorce, it could be any health challenge or a loss, you know the loss of someone you love a loss of a dream, any of those that can be considered adversity or a setback. what do we do with it? And how do we move forward? And the biggest thing I think for the people around us and for us to always keep in the front of our mind is compassion and kindness. We don't know what people are going through, menopause isn't something Yes, the hot flashes can be very obvious but the insomnia or the lack of focus or the anxiety, the depression that comes through it.

Mark J: Fatigue.

Lori King: The fatigue, the feeling like you know, aliens have taken over your body and your mind my emotions were all over the place, it was like a roller coaster. One minute I was calm the other minute I was like, in a rage. And you know, people don't always have a name for it. So, compassion and kindness, I think is the biggest thing that we can show anybody and just always grace to know that, you know, if one of your loved ones bites your head off and that's not the norm, there might be something deeper there, you might not have done anything, maybe you spilled the milk or you broke a glass. If they overreact, then take a step back, take a breath, that the divine Aloha and just whether they're right or wrong, I think the biggest thing that we can offer is kindness and grace and just forgiveness and just that seeing them and hearing them and being able to say, Hey, are you okay, what's going on? How can I help?

Mark J: Yeah, so yeah, I've learned that I love Iceberg [16:44 inaudible], but right now chewing that near her that's not a good idea, in my mouth is like you know, I grew up in Italian home, you know, no open mouth when you chewing. But anyway, yeah, it's like nails on a chalkboard. So Okay, we had some fun with that and it is a beautiful part of life, because it's going to transition you. And you know, we look at, I think a good analogy or metaphor here is the seed. You know, if you look at a seed, and you actually see it, it's breaking, so that the life can sprout out of it, it looks like it's total destruction, but something magnificent is coming later. So, let's move to your bigger mission. I mean, this was like the tip of the iceberg, it's what you were going through. But inside that you found something Look, you're smiling for me yet again now. For the bigger mission and why don't you tell us how that led you there, what the bigger mission is and how that led you there.

Lori King: That really goes back to the master key course, I have to give a lot of credit to that because you know, I've done a lot of self-development, I've done a lot of personal development, read all the books I've taken courses. And this course just combined so much of the thought process with the action and the habits and the flow and the enthusiasm and the feeling, it combined it all and one of the biggest things that came out of that course was being able to end menopause because menopause is a better perspective, you can look at it as the end of something or you can look at it as the beginning of something. The Chinese looking at as a second spring or a rebirth, which I love that it's a chance to look backwards. It's a plant that look forward and that hit right at the same time, the timing, this divine timing of this course where I was digging and digging and digging. And you know, we had a guy that was just forcing me to go within and go deeper and deeper and deeper to figure out who do you want to be? What do you want to be? What is this all moving towards and to be able to write out a definite major purpose in it and narrow down to a mission statement which is to inspire people to live a life of true health, love, laughter and freedom.

Those are all things that I've inspired to have in my life that I feel, you know, successes to me is when I'm truly healthy when I have a great love when I'm laughing when I have freedom. And so, I want everybody in the world to have that as well. So then how that translates is everything that I do in my life, whether it's my writing, whether it's

coaching, whether it's speaking, whether it's an interview like this, it boils down to my time management, like when people ask me to make a commitment for an event or something like that, I can go back to that mission statements that doesn't align with who I am and what I am. And everything kind of reinforced it.

I worked on my website with someone that had taken the course as well and I still have the quote on an index card. I have index cards of all sizes. You speak my language. But it says know who you are, stay with who you are and what am I offering people and it still comes back to me time and time again. Whenever I start to waver or move off track and think, Oh, I need to be more like someone or I need to be doing this, it's like no, know who you are stay with who you are clock, doesn't align with that mission statement, doesn't align with that purpose.

So, come back strong was a journey that I took through surgical menopause. But I had women that one woman had been going through divorce when she read it, and another had a heart attack the year before. And they really took that as again, like the adversity and the setback and how do you overcome that. And so, it was wonderful to be able to inspire women and men of in that realm. Everything I do going forward and chicken soup was a great niche for me as well because that's all about inspiring people too. So, It really just, it's amazing when things just dial in whether it's menopause or the master key when you get clear, It's amazing how wonderful life can be and come together.

Mark J: Yeah, I think. Tell us again, because a few people here, Eduardo, thank you. He says, you know, these are words of wisdom. Angela says, Angela Kelly, talks about these are beautiful words. So, it's true health love laughter, freedom.

Lori King: Freedom.

Mark J: Okay, so, I think one of the things that happens a lot, you know that this isn't the way that I teach, you know, it's like the theory and the words are great but Joanne goes through a divorce and Frank loses his internetwork marketing company and the company goes sideways, whatever, doesn't work out, okay. So, the guy does hit the proverbial fan here. The adversity is there and stone Mich Hill took and put in thinking Grow Rich, but stone used to say all the time when I was trained by him, if you're not familiar him, he's the one that made Napoleon Hill a household word, Hill was...

So, we all need an advocate okay and the way to get an advocate is not run around looking for an advocate, but become an advocate, become an advocate the more you give advocacy for others the more will come to you. And this is what Lori's done and now she's being in mentioned on a regular basis in the same company with rolling and Oprah and Tina Fey. I mean, it's just phenomenal. Okay, because I've seen her advocate for other people's health, you know, which is a great thing and for their love, and you can tell she's got that impatient around her, she loves laughing and it's in laughter when we're not taking ourselves so seriously.

That's the first step into freedom. But anyway, so these two people, one's gone through a divorce. You know, That's an emotional trauma. one's gone through a severe business setback. Let's say they were the network marketing company. Oh, a couple of years ago VMO got shut down.

You know and I know a couple of guys who were making 10,15 grand a month over there and all of a sudden, it's gone. So, walk us through, you know, two different scenarios, obviously a paycheck is going to affect us psychologically and a divorce is going to affect us financially. But you have an emotional setback and a business setback, how do you help these people do what stone talked about, He said, every adversity has the seed for equal or greater accomplishment in it. So, you made that might not be your approach. But basically, what you're

saying is a you know, adversity, right? Is come back strong from that. Okay, take either one of those first and tell me what are some of the steps because what we love Do and I know you do it so well is, you know, ABC or 123. What do we do at that point?

Lori King: So, divorce, having been there not an easy thing for anybody to go through, regardless of whether you're the one that chooses or you are the one that maybe it's just not your choice to go through. It can be devastating and so much of what I've done, you know, I think in the beginning, it's human nature to look outside. We want to blame other people or we want to, you know, find a pill that's going to fix our life or a quick fix and overnight, you know, something that's going to make us feel better.

I think clearing away the clutter and going within was the biggest thing that I've learned is when I'm looking externally for happiness for a solution for a fix. That never really gets me where I want to go or to the next step. It's when I get quiet, it's when I go within and really get clear and get focused in quiet in the quiet time is what scares us because we're not doing something we're not doing enough but the reality is that quiet time and going within and going deep into your soul, what do I want? How do I turn this around? How do I bring the positive out of this?

Anytime you're focused on the negative in my mind, you're doing more damage to yourself to your mind, your body, your spirit, and there's no nothing you know, healing isn't going to come from that wholeness isn't going to come from them. So, you know, it's as simple as you know, some of you hear about it in the 12 step programs. It's one day at a time it's just what can I do today and going within and you know, that prayer that focus of again, nondenominational but whoever you see is here how its higher power.

So, the clarity and just going within of you know, where do I want to go from here, if this is a reality, my life and divorce is a reality that I can't fight or I can't change, then what's next for me, I think is what's the next step? You don't have to see the big picture. But what's the next step? Where am I going next? How do I put one foot in front of the other?

Mark J: Right just getting that day, get some resolution. And I know you've talked about it in your book, it's going to pass, you know, and we talk about it, we read it, all of us read it 120 times in a month, this too shall pass. And so, I know that you've shared that with some people that you've reached out to, and help is to help them embrace the pain right and affirm that it's going to pass. Right?

Lori King: Right.

Mark J: And I don't think any of us can think of anything in our lives what's really interesting about the human mind, is you can close your eyes and you can experience a good thing as if actually happening, the really bad and sad things, you can remember them, but they don't have the same intensity, if any intensity at all. It's like one of them is a real experience the good stuff. And the negative stuff is more of a historical accounting. So, they do that and then you encourage them to try to figure out if I'm correct and understanding what you're doing here is what do you want to do next.

Lori King: Yeah and it's focusing on the positive and it's looking at all you know, I look at wellness as in life in general as a wheel, everything always comes back to the bike. Many of you know me, I'm a cyclist. So, you have an outer wheel and an inner wheel and spokes and so all these different spokes.

For me, my top spokes of if I'm making a metaphor to life are the relationship, I have with my husband a great love my nutrition, my meditation, my Quiet Time my spiritual relationship my career, this folks can get bent over time

and when they get bent provider starts to wobble and the power of wellness and your life and moving forward is all those folks working together moving together what I was thinking of as you were speaking too was having tools of kind of in your back pocket and it goes back to the index cards of writing out your gratitude I have a kudos box is what I call it.

I have a kudos email file too so any email I got that celebrated me that was thanking me that was you know, just was a field that email I put in this little inbox called the kudos box, snail mail. I still get a wonderful snail mail my guide Nancy sends me wonderful postcards anytime, just...

Mark J: Nancy oh.

Lori King: Nancy oh, so I have a box filled with hers, from my parents and it's a kudos box and the same with the index cards that we have stacks of all over house with. It could be as small as I got out of bed today I graduated from college, I climbed a 14 or I ran a marathon or I fell in love, having those tools in place so that when the setbacks do happen, because they do, they inevitably happen, you have those tools in place to be able to pour that positivity back into your mind. Because that mind can either take us down the rabbit hole, which it did for me when I first had surgery, and I let it go for 16, 18 months where I was just down deeper into the hole to where I could turn it around and ramp back up and start focusing more on those positive things and know that as you said this too will pass and one thing that I learned from sitting in the still, I had tried meditating a lot of times before and the beauty of the scent is that your only goal the first goal is to just physically be still.

You don't worry about your mind the first day and you just really just physically still and when you going through menopause and you get a hot flash, you know, I would wake up in the morning and have my slippers on and my blankets on and everything like you know I get down and I just be physically still in the hot flash would come in and be like okay, are you going to just observe this and let it go or you're going to freak out. And I think that's just kind of a great analogy to be able to sit with the pain as you mentioned and to be able to observe and to constantly one thing, I always do is just ask myself what is the lesson? What is here for me? What do what do I need to learn? What is this situation teaching me or growing me and how am I going to use it to help myself and help others?

Mark J: Yeah, I think a major thing here and I don't want you to miss this folk because she ran the table really quickly honest. Okay, but she's talking about when she says the set that's we felt that when we were administering or setting up the environment for the master key experience that if we just called it a sit rather than meditation, you know, just sit still, if you can't get control over your body, you'll never get control over the only thing that you do have control over and that's your mind. If you don't have control over your mind, you're dead in the water, you're going to default to other people's ideas for you, live a life of quiet desperation and either be resentful and angry or sad and depressed.

Okay, that all those are sicknesses to varying degrees of people that don't know how to control their mind. But run this table for us nice and slow because you're talking about nutrition, so you're talking about eating well, okay. Maybe some supplements because not always easy to get everything, you're getting exercise and you're exercising your mind before you even start your day, by taking some time to be quiet and doing some things with your mind and reading your gratitude, I love your kudos thing. That's a great, great thing. You know, we can forget to pick up the dry cleaning and think we're a total scumbag. Even though we did 97 things, you are right that you know, so this I love the kudos, I'm still now that's going in the course.

So, do you find that when people come into adversity. Okay and you're a lot more knowledgeable about this because it's your focus, it's your mission, you know, than I am. I'm a read, I'm like, I don't care about adversity. All you got is today pal, let's go moving forward. Not the most compassionate guy around that stuff, it's like so you dad didn't come to your baseball games when you were 9, what are you 59 now, years ago, build a bridge and get over it. Quit watching Oprah and Dr. Phil You know, you're fine the way you're perfect you're here right now but anyway, do you find that people that feed themselves mentally feed themselves spiritually and feed themselves properly Physically are able to Trent traverse and deal with adversity easier and bounce back faster or do you have any experience that you could share with us about that?

Lori King: I think 100% what you feed your mind, your soul, your brain. It's very, you know, it's very easy to get caught up in the... put your victim hat on or to watch the news and it's addicting. Those peptides that fire off in our brain that draws in where we can't stop watching and I'm not saying by any means be uninformed. But what you put into your body, from a nutrition standpoint, what you put in spiritually what you fit in what you watch, the people that you surround yourself with, it's all energy. And what you're fueling your body with is going to show up in the energy that you project to the world.

So, if you're filling your body with crap, if you're filling your mind with crap, if you're filling your spirit with crap, then you're going to output crap. And an energy standpoint. So, I think all of it plays together, It's all part of the whole there's not one thing in that you know that again, going back to the master key, it wasn't one thing that we did, there were so many things that wrapped together that tied together that made it solidified and I believe that, you know, a place apart. We can go through life and realize you know what?

My whole life feels like it's out of balance. I feel like all my spokes are broken. it can be difficult and challenging to just throw the life up and start from scratch and everything. But you can look at one spoke at a time you can say okay, this week, you know, I'm going to focus on my nutrition next week I'm going to focus on my exercise this week I'm going to focus on you know, getting into that sit and being physically still. Little by little, it's the daily consistent habits that really equal the bigger picture.

Mark J: Yeah, and while we're talking about habits, let me digress here for a minute. You are your habits and your habits are created in your subconscious mind. Here's one of the biggest myths and I give you two lies, okay, write these down. Okay, and don't get sucked into them because adversity will crush you If you do. Number one, nobody's perfect: That's a bald-faced lie, you have moments of perfection all day long. And certainly, we're having a couple of those moments here. You know, Lori's really shared some great points here. The screens lighting up. You know, Leanne is talking about the sits, Laura is thinking, you know, for the questions that we're asking and all that when you're in service to other people without expectation and reciprocity, you're perfect. Okay, so that's, you know that is a huge, huge thing. That's nobody Perfect. Now, this is really important on a pragmatic level, it takes 21 days to develop a habit. All right lie that the peddlers WANT TO SUCK money out of you. Okay and that's right in there with the one of stimulus response, oh by my book, come to my webinar, come to my meeting, I'll show you how to put in choice between stimulus and response. The subconscious is going to make all the decisions and to develop a different perspective, like glory has in your subconscious so that your response still directed by the subconscious mind is now in relation to a mission as beautiful as true health, love, laughter and freedom. It didn't happen because she screamed all weekend and walked in a seminar and walked across ice cubes or hot coals, wonderful little metaphor is what they're not showing you is how they heard people into the lobby afterwards to buy courses for 25 to \$125,000.

When all you need is what Lori just told you, she said it in several different beautiful ways. It's inside, it's been there all the time. The difference and I get you to talk about this as we kind of move into it towards a landing the difference is, she figured out what she wanted, what she wanted her life to say. So that there was a, if you will a Dharma to a dharma it's not some mystical, Eastern word, it means living life with purpose of purpose and actually on purpose. And she is on purpose trying to help people elevate their health so, they're more capable of having the energy because giving love requires energy, as well as receiving it and we can laugh a little bit and experience authentic liberty or freedom. Okay, so can you tell us a little bit about you know, that aspect of your development and that there's a for a woman like you for a woman like anybody or a guy like me or a guy like anybody, there are infinite possibilities that are wonderful. But when you step into the field of pure potentiality and you know who you are, the right one is going to choose you. Okay.

Did you find that once you found that Because a lot of times when we're not sure what we want, everything sounds good and we don't want to miss anything, so we sign up for this network marketing deal and that network marketing deal and this real estate, no money down and learn to be a better cook and a bike rider and a Jagger and p90x and before you know we suck at everything, right? Because nobody can do everything. So, you picked one thing, did you find that it picked you and it released you is that part of the freedom of feeling influenced to every good deal, there's some great deals that come down.

Lori King: There are and when you're in the network marketing business, you get bombarded by a lot of other network marketing businesses and people that are always trying to steer you in another direction. And I've been with the same network marketing company for 9 years and I know people that every year they change and jump ships. It's a great industry and it's a great tool. For me, it always has to come back to passion, Nutrition is a huge passion for me, as far as eating well and filling my body as an athlete. And I feel like every person on the planet is an athlete because you're performing either as a father, as a mother, as a sibling, as a worker, as a writer whatever you do in life, that's your performance. And you don't have to be playing in the NBA or the NFL to be a performant. So, filling your body is absolutely important. So, for me, so much of it comes from passion and life leaves clues. When you look back on your life, I spent a lot of time looking backward towards my childhood and what was it in my childhood that I absolutely loved that I forgot.

And I asked people a lot of this when it comes to exercise, like if you hate going to the gym, don't go to the gym, but what did you love doing as a kid was it playing ball and join a ball club, you know, for me, I was always with my bike and I have, you know, dozens of stories about me on a bike and that's actually where the next book is going is short stories, cycling short stories. And it's light, it's going to inspire people, it's going to remind people of the joy of riding a bike. So, I think life leaves clues I think, again, that going within and we know more than we give ourselves credit for.

A key phrase is always what am I pretending I don't know because I do know, you know, when you look at someone say what's your passion? Or what do you love to do? Or what makes you happy? or What brings you bliss? Sometimes, especially as people get older, whether they're their 30s or 40s, or 50s, their 70s in their 90s You know, sometimes you get that there in the headlight not because they've forgotten, but just because they've forgotten doesn't mean that they don't know. And so, it's really accepting responsibility and realizing you do know, so stop pretending that you don't. So, if you've always wanted to write a book if you know, if people said Oh, you would make a great Actress you would make a great singer.

Life leaves you clues whether it's your passions or things that people have been seeing and speaking into all your life. For me, the written word was always an easier clearer way for me to communicate. Then the spoken word, I've gotten better at the spoken word, but I'm still more comfortable in the written word. You know, so I believe life leave clues and we just have that quietness and going within and knowing taking responsible.

Mark J: I love what you're saying the yes or no question here in just your take on it. I'm not asking so I can tell you mine. Do you believe that once you acknowledge the answer to that question, what am I pretending not to know, I love what you said, just because you've forgotten what you love doesn't mean you don't know? The yes or no, do you believe that once you identify what that is and you move towards that, that all the distractions and temptations they just don't interest you anymore.

Lori King: Oh, that's yes or no, I think it gets clear, I don't think the distractions ever go away.

Mark J: Okay.

Lori King: I think for me, it gets a lot clearer, I do still get distracted but as soon as I knew it kind of kept me moving in the forward direction. So, I think it's more Yes than metaphor.

Mark J: Okay, the infinite field of pure potentiality. I promise you folks when you step into it, even though it's infinite choices, the right one will pick you. If you're paying attention. How do you pay attention? Or you answer that question what am I pretending not to know? The first thing you have to remember and it's a great way to get there. It's not my way but men there's some beautiful ideas and beautiful people like Lori that have been on these webcasts. She's telling you what she did was she went back from when she was a kid.

What did I love to do as a kid? Okay, like the girls just you'll be happy to hear this. They got me on the peloton of peloton or whatever it is. I was resisting it because with seven broken legs as a kid, the only rehab then was a bike and it was only three speeds and they said always leave it on three. So, I had to ride a bike everywhere and then Anyway, I'm back on the Patron and I forgot how much I like biking and it is you're right it's really a lot of fun. So obviously, a pant load of takeaways here going to restate the mission because it's so beautiful.

What's your mission? Lori's is to bring people to health love laughter and Freedom. I don't know how you top that, that's pretty fantastic. I think a huge thing that a huge tip that she gave us is look at some really good shits going to happen in your life and some bad shit is probably going to come down to but if you are taking care of yourself, your spiritual state, your mental state and your physical state on a regular basis, not only will you be more prepared to deal with adversity, okay?

Embrace it, experience it. But obviously, you can come back stronger, because you've put yourself in a great mental thing every once in a while, we get a body blow, and we get on for a while that's the way it is. And the monster takeaway is just because you forgotten what you love, doesn't mean that you don't know. So, we're going to end this the way we always do so people can see that you're not just as brilliant writer to chicken Soup for the Soul with Tina Fey and probably move over Tina, move over rolling, move over opera, there's a biker coming through. Right, right, right. [46:14 inaudible] on your left Okay, whatever. Well, my wife's dyslexic so I caught both metaphors and dyslexia from her. Okay.

Lori King: I need to do an [46:26 inaudible] interview.

Mark J: Didn't think so. Okay, so best thing you ever eat

Lori King: pizza.

Mark J: Forget about it am with you. Best place you ever visited?

Lori King: Costa Rica

Mark J: Okay, your favorite word or sound?

Lori King: laughter

Mark J: Your least favorite word or sound?

Lori King: Sarcasm.

Mark J: Okay, complete the following three phrases, okay. Love is---

Lori King: Everywhere.

Mark J: Money is---

Lori King: Everywhere.

Mark J: Life is---

Lori King: In the moment.

Mark J: In the moment beautiful. Last question, If God exists when you get to the pearly gates, what would you like to hear her or him say?

Lori King: Welcome home.

Mark J: Welcome home. Well, thank you so much, congratulations on all your success.

Lori King: Thank you.

Mark J: Piece be the journey.

Lori King: Thank you.

Mark J: Thank you Lori, again, get her book "come back strong". There's another one coming out. Dave will drop your site in there we'll get it posted up for you on Facebook and visit with Lori she helps people experience better health, laughter love what a combination that is. And of course, that's the real freedom of your soul. Peace everybody.

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