



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

**Today's Guests** – Best Selling Author Lori King, Top Earner Entrepreneur & Mom of 8 Dawn Anderson and The Fab Davene

Hosted by Mark Januszewski

What are you going to do with your life?

Taking charge with successful businessman, world-renowned speaker and best-selling author, Mark Januszewski, this is the only podcast where we end the self-help hustle and heartache and arm our listeners with everything, they need to access a remarkable power within a power beyond measure. Mark J is the creator of the famous master key experience, which publishes annually a success rate of over 98% happier, healthier and more successful people. Mark co-created the master key experience, combining science and spirituality with his wife, over 30 scientists and the illuminated ones spanning 4000 years, you'll quickly discover that there really are no common people, there is greatness within you and this podcast will help you find and develop your greatness. The best news, it's in you already and so it's free, I welcome you to our host Mark J, creator of the master key experience.

Mark: Hey, hello everybody and welcome to taking charge, ending the self-help hustle and heartache, well if he doesn't like these purple glasses, anyway. So, what is this podcast and what is ending the self-help hustle and heartache.

Well, basically, the self-help industry has never really produced a twelve-billion-dollar industry any quantifiable results. And you going to hear from some people today, that had been down the self-help road and actually experienced the same thing.

It's kind of stoked about a book or a seminar they went to, but nothing really changed for them; and three amazing women that are remarkably successful, all in different fields and all found fulfillment for themselves, because they made a discovery.

So, first, the thing order of business is always as we start on this call, if you're not familiar with us as one, we'd love you to share and get people over here, we really like that, that makes us feel good. And secondly, we always open with Aloha and I didn't know what Aloha meant until I moved here in 2010, you know manifested my dream, the same discovery you're going to hear from these three women.

It's the same discovery, but it plays out differently in everybody's lives, because we're all meant to grow along different lines, not the lines that have been programmed into us by well-meaning and some not so well-meaning institutions and people and of course our parents did the best they could, but they were really trained by the same system to be a copy of a copy.

So, we wish you Aloha if you are listening to this; and what does aloha actually mean? Well, Alo is the divine and Ha is breath. So, when someone says Aloha, you probably like me; if you've never been here, you think that they're saying hello or goodbye, but what they're really doing is putting the breath of the Divine on you or a Power greater than yourself or opening up your mind.

This beautiful world that we live in and it's just a fantastic place, so I want to welcome into this and I'm joined by three amazing people today, let me get them on here and let's see what we got, okay.

So, we got Lori King okay and we got Davene Grant Januszewski and we've got the notoriously famous now Donna, Donna Anderson. So, it's so nice for all you guys to be here, welcome to the call. Let me just give you a

little background on these three women, so you understand where they're coming from. Lori King was going through a rough time and she'll tell you a little bit about that and she got inspired and she's written a book called Come Back Strong and we're really excited later in October, I were going to have Lori on and to carry this cause, because women go through the change and you know they were around guys like me that say to their wife; listen if you're going to change, let's get on with it okay.

And so, she's affected thousands of people already, a best-selling book come back strong, she's been written up in the New York Daily News and this is really huge. She's in the next Chicken Soup for the Soul book, which is amazing, because she's effecting change in people's lives by being herself.

Donna Anderson, I met Donna few years ago and she was tearing some of her beautiful hero; it grew back though. It fret a frustrated single mom of one, two, three, four, five, six, seven, eight of eight kids single mom, struggling in network marketing, made the same discovery that Lori made, found her truth and now has become in the top 1% of the earners in the world in network marketing, unbelievable, so that's an amazing story.

And then, is the fabulous Davene, who was a single mom. When I met her, she wanted to get her kids home and was in network marketing, never sold anything in her life, went on to be the number one salesman at a Honda dealership and...

Davene: Saleswoman.

Mark: Say it again?

Davene: Saleswoman, sales person.

Mark: Sales woman, salesperson, man I still got a long way to go...

Davene: Sales girl.

Mark: Sales girl, that ought to push people over the top, boom. So, anyway, but like Don and like Lori in their own undefined ways, there was a lack of fulfillment in their life, which I've always felt is what the real call, to the truth is feeling of discontentment or dissatisfaction or disillusionment with goals, even people like Davene hit some goals.

She became a successful network marketer, she became a highly successful car salesperson, okay. Progress not perfection and yet, she was unfulfilled, there was a discontent. So, if you some people call it the god hole, some call it depression, some call it discontent.

We've come to discover through these three women and thousands of others that what this really is, is a call to your truth, the truth of being. So, Lori why don't you tell us how it was for you and this discovery that you made and what's happened since for you?

Lori: Sure, thank you Mark, thank you for hosting us, great podcast, it's a pleasure to be here with such greatness. So, I was in a dead-end job, you know like you mentioned, I had a lot of success in my life, I you know had done some graduate gone to college, I had done some graduate work at Syracuse University and run a marathon, they had climbed or I had an amazing love, but there was always still this angst and this searching and being able to discover my purpose, being able to kind close the door and on the self-help, just knowing what to be move to move forward and move my life forward towards my goals and my dreams and sometimes a lot of it was just not really defining that.

So, there were so many tools in learning through MK MMA, that just opened the floodgates of where I could go in life and you know when I was, again I was working a full-time job at the time; and now, I've left that job, I've self-published a book, I'm going to be in Chicken Soup for the Soul and I'm you know, I can still remember writing out part of that mission statement of I'm a best-selling author.

And the first time I read it out, wahoo, I cried, like it was just so big, like I knew I wanted to be an author, I knew I wanted to hold a book in my hand, but to be a best-selling author and to put that out to the universe was the scariest thing in the world, but it happened.

So, they say, it's not if your dreams aren't big enough, they don't scare you, then they're not big enough, right. So, yeah, I'm living proof that it can happen.

Mark: Yeah, so bring us justice, you know in your words, you saw a video, a couple of videos and you know they're long, right and we walk people through three long videos to make sure they'll do the work.

So, you had this full-time job, you had this discontentment and you know, what do you think it was that made you pull the trigger, because we tell you in the videos, it's going to be work?

Lori: Right, right, honestly, it was my husband getting on it, he watched the videos, he said let's do this, I came kicking and screaming be like it's just, that's... you know I knew it was going to be a lot of work, I had so much on my plate, I was like how are we going to do this, how are we going to carve out the time on top of it, like the video was starting on my birthday.

I was like I don't want to spend an hour on a video, you know that I know it was going to be two hours or more, it took, you know it was listening in that first session though, was just there were something pulling in, something drawing me and it was like we have to do this every week, just more and more things got filled in.

So, I was a skeptic in the beginning, we're not necessarily skeptic, it was just; I've done a lot of personal development, have done a lot of self-confidence, like what's different about this. But you know, having the videos up front and you can just kind of feel the authenticity come through in those videos and the people that we're going to work with, working with and getting on board, knowing that I was going to have a guide and you know, the accountability of just someone else going through it and then just working in groups too.

so, by the end of week one, it was like I can do this, like this you know, I thrive on hard work and I loved the discipline of just having things to do every week and seeing results right away.

Mark: I get it, beautiful, so let's shift over here to Donna, Donna again, you know we're going with from one woman who was in a regular job and became a successful author and is growing her career by her book; whether you're a man or a woman, you got to understand, this is a critical transition in a lifetime and Donna, you went through a critical transition and you were sort of in the...

Like myself in the 90s, stuck in the mud so to speak and you know had some ideas about how you wanted it to be and it is unfulfilled, I don't know how with the kids, you couldn't be fulfilled, but that's from the outside looking in and most of us have to discover, until we're living our own truth.

Nothing, it doesn't matter what we surround ourselves with, you know toys or boats, cars, you know that kind of stuff or over socializing or alcohol or whatever or kids, if we're not happy. So, how is, you know tell us what's happened for you?

Donna: Well, first of all, thank you so much for asking me to be on here, because it's a pleasure not only to spend time with you and two other amazing women, but to be able to share how this has really impacted me and my life in totality.

I want to go back to when I saw the video; number one, I knew in the middle of who I am that I was ready for the next thing, you know I had done a lot of personal development and read a lot of books, done counseling, coaching, a number of things, but there was just more and I knew it.

And there are so many people out there that they wake up in the morning and they goal is this all there is.

Mark: The key car, right?

Donna: They forgot that they had dreams, that they had desires, that they had goals and they can't even begin to know where to start to revitalize that. And so, for me, it was really... going back to what you said, being true to yourself, I didn't even know who I was anymore, I was a mom of eight, I was a hard worker, I was a you know, I was a dance teacher, I was all these other things, but I didn't know who I was and what I really wanted.

And so, when I saw the videos, it was just like the hope light went on and I said; I'm going to do this, because this is my opportunity to take it to the next level and that's what's happened in my life, you know there's nothing better than getting up in the morning and knowing that you just show up as who you are and that's good enough.

Mark: Yeah, yeah and you are and you've been and I know that you've transferred a lot of this on to your teams and I remember us talking way back, when that you know, when you said to me, what's the real secret; I said there's no real secret, I said people are intended to grow and if they're not growing up spiritually and emotionally, then they're limited and they're going to quit and if they, if you can get them to grow a little bit and I know you have a coaching thing that you do for people, which is fantastic; to help them grow, because when they're growing they're happy and when they're happy, the learning centers fly open and you said something really critical and I think, I think Lori's book is a huge part of this too, I certainly saw this in her.

You said the word revitalized okay, so you get involved here and what Lori talked about the MKMMA, folks, that's the master key, mastermind alliance, our master key experience and that's you can't buy it. So, this isn't for people getting on here to pitch you, your tuition, no strings okay, it's already paid. So, if you're identifying with what the women are saying go to MK MMA course.com, they will drop that in there for you.

But, how did that revitalization take place in you, because that's what is... since I knew you before and after, I can see it in you, I can see it in Lori, I mean I have some pictures of her before and then I see you're on a bike and it's just incredible and you know, she's up like this and just the revitalization, tell me about that?

Donna: Well, again, going back to we get in this daily routine of existence and I don't want to use the word living, because we're not living and we've got these two voices in our head that are talking to us every day, you know the one that tells us that silly, that's not realistic, you can't do that; and then the one that goes, well, maybe you can and the side that says, you can't, starts drowning out the other side right.

And I will say this, this is a battle, this is not just a journey, it's a battle, it's a battle to get yourself back; and if you're not willing to fight for yourself, because you're all you got, then don't do it. But if you know within who you are, that there is more, then this is the way to get find it and become recharged, become connected to who you really are.

Because again, getting to that place of knowing that who you are authentically, that you're a miracle, that you were designed for a purpose, with a purpose and on purpose, that allows you to now go and not only live your life, but at assist other people in living theirs and letting other people come to you in an authentic truthful honest manner.

It's just, it's hard to put words into a life that's green and growing instead of ripe and rotten.

Mark: I'm stealing that, Alan, honey make it, make a slide. So, you know, this is, you know I think what's so important about what these two women are saying and forgive me for connecting the dots for you, but I think it's when you see me looking down, I'm making notes and I'm you know; Mark and his famous index cards are all over the place now.

But you know Lori's really looked at the menopausal state now and what comes out of her book is, this is an awesome transformation, you know it really is and this is really what revitalizes the soul, which is really what Donna's talking about, was a very different story than Davene. I met Dave about thirty... let me say forty years ago now.

Lori: Oh nice, 26

Mark: 26, really, okay, so I met Dave Ian about 26 years ago, Tori asked me when the anniversary is, not today. Anyway, sometime in March, anyway, so, but basically, she was 30 at the time and she was wanted to be home with her kids, she was in a network marketing business and I had already established some success there, I had two kids, I was raising him alone and I came home, I was home with my kids and so, we kind of migrated, I was looking for somebody that had a burn for something in that, on that in that particular leg and she was looking for somebody that could get her what she wanted, which is to be at home with the kids.

It really wasn't about the money for her and it took me a little time to understand that, but what I saw was someone that was ambitious. Now, follow me here, she was ambitious, she was struggling in networking then, she became successful and then, didn't want to do the business anymore and supportive of me and all that, but didn't want to do the business anymore and got a career in direct sales at the aforementioned presidential Honda dealership, number one, number one, two years in a row.

So, obviously a woman that's willing to learn, ambitious, but was there was two great kids that were now home, but was feeling unfulfilled, so what was the trigger for you?

Davene: First of all I want to say I'm honored to be on here with these two, I know these women and what they've accomplished and it's amazing to me and I don't care what you call me and I know Donna and Lori are going to agree, I know who I am. See them call me a girl, you call me whatever you want, I know, it doesn't matter what you call and I know you respect me, so I'm good.

So, the trigger is, like there were a lot of triggers and what Donna was saying and I know what Lori has experienced also, is things happened, that were like okay this is intolerable for me anymore,, so as a former addict you know, I had issues with that in the past and then a mother of girls, who I wanted to set an example for; I had two daughters that I wanted them to see have a mom who reached for what she wanted and didn't look for a man to provide that for her, but to provide for herself, that and then come together in a relationship as a whole person. So, those were huge triggers for me.

Mark: So, you got involved and I remember you sitting and reading this stuff right...

Davene: I sat upstairs in that room and read for every single day for two solid years and did everything that we teach in the master key experience and I have money, you know we all got them right, I will all agree index cards basically saved my life. And if you want to know how that happens, yeah this is a shameless pitch, do the master key class and you'll find out how that can happen.

But, anyway, I went up there and I read and I sat and I did my gratitude and I did all the stuff that we teach in the class all that integrated things on me and do you know everything and before I knew it, two years before I want it to be; mark and I was living here in Kauai and the only thing I did, was those things and I know that Donna and Lori; oh, I just did the things and all of a sudden life just opened up and I said,, I suck I saw, I can have anything, I want I can have any life I want, if I'm willing to do the work.

Mark: So, here's the thing right, you know we've talked about quote/unquote this discovery, so here's the discovery folks. The discovery is the only thing that you have control over, are your own thoughts, that's it, that's the great discovery. The problem is we've been, you know you think that you can go to a website or listen to a CD or read a book or go away for the weekend, scream your brains out and walk across ice cubes or hot coals or whatever and that's going to change everything, it takes and there's another fallacy out there that it takes 21 days to develop habit, okay we're looking at 90 minimum without a miss...

Davene: And you need the support of a fellowship, if you don't have that, it is not going to happen, it's called mastermind Alliance for a reason. We're in a mastermind, you can't do this on your own, no matter how much you think you can, how much you want to, there's no point, humans are meant to connect, were meant to help each other, that's why Donna has the gifts that she has, I could never build an organization the way that she has and Lori write that amazing book, I could never write that book, but I can pull from these people, because we all have different skills and talents and that's why we need each other.

Sorry to interrupt you Mark.

Mark: No, you know I'm used to it, no big deal, happy life, wife happy life anyway. So, we're talking about a discovery and the discovery is this in really simple terms and you see this in the very first lesson of anything worthwhile, is that the world within creates the world without. All the conditions in your life, the circumstances in your life and if your mind right now, is going to; oh well, what about the time that guy hit me with this car and wrecked my car and that put me behind, you know you're still here okay, how did you react to that, maybe it was time for another car, maybe it saved you from getting killed someplace else, who knows.

Don't; if you play in that game, what you're saying is, I'm going to do exactly the opposite of what Davene just said and what Donna did and what Lori did, I'm going to do it myself, this is self will run riot of the seven deadly sins, pride heads the list, because it tells you; you don't have the other six and it tells, you don't have pride either.

So, this isn't about swallowing your pride, it's about dismantling a misnomer and that misnomer is, it's lonely at the top, nothing could be further from the truth, nobody gets to the top like Don has; nobody, it continues to escalate like Lori has without help, it's not lonely at the top; here's the real statement, no one makes it to the top alone, okay.

If you make it alone, you aren't stay in there, you're spending all your time hanging on to it, because you didn't have support and get into giving and receiving on the way up, but that's a podcast for another time. So, here's my question Don. can you address this, the world within creates the world without, how difficult was that for you to

actually buy into and see that all the time, they're asking us to put in is to influence the world within with our own truth, not marks truth or Anels truth or anybody else's.

How difficult was that for you to accept?

Donna: Well, it's very difficult and it took time and that's why this course takes time, because it's incremental small changes and so, you're looking at a staircase and you're taking one step at a time, but there's days when I maybe went down a step and I had to go back up the same step again, because my subconscious mind had one thing to say and my conscious mind had another thing to say.

And so, that's why earlier I refer to it as a battle, because those two things were battling against each other and here's the thing, years later I'm still applying these same principles on a daily basis, I know that I can attach any feeling I want to any thought, I have and I have to tell myself that throughout the day...

Davene: [crosstalk 25:47] I'm interested that five minutes ago.

Donna: Well, talking about you know, if you got in a car accident or whatever, I used that example all the time, you know I live on an island too, it's on the opposite side of the US from Mark and Davene, but love the ocean and the water, but let's imagine that we're all riding in the car together okay, so I want you guys to be sitting in the in my BMW, the tops down and we've got our sunglasses on and our ball caps and we got the music on and we're laughing and having a great time, we're going to go over to the market, you know the outdoor market and we get to a stop sign and just to the left of us, we can see the sun shining of the ocean and we can hear the waves crashing, probably get to a stop sign and somebody pulls up just behind us to our and we start to go and they pull out right in front of u.

I slam on my brakes, our hats and glasses go flowing you know, and immediately I go; can you believe that guy, I mean where did he get his driver's license; the drugstore you know, an all the way to the open market, I'm just going on and on, about some time and he drove off right, he could care less, he drove off and I'm just still manifesting that.

But now, let's rewind it, okay, we're driving down, sun shining, playing the music, we're laughing, having a great time, pull up to a stop sign, he pulls out in front of us, I slam on the brakes, I look over at Davene and I go, I don't know who's prettier; you or me, but obviously he wanted a closer look.

Mark: Exactly.

Donna: Okay, so I just attached a completely different feeling to that same experience, were in charge of that. But, you need help to understand how to approach it and how to change your thinking and through this course, you take the time and the energy and the skill set and learning and the support that you need to be able to change the way you look at life, because it's the same life; the only thing that's different is how you perceive it and at the end of the day, every equation of our lives, everything that's ever happened, the only thing that's the same in every situation was you.

Mark: Yeah, yeah, it was the common denominator, she was really, really, well said. So, by the way, just so you'll know again, it's not a pitch, you're not going to get led to a sales page and ask for two or three thousand dollars, you're going to determine the value and your scholarship is already paid for, there's no strings okay, it's not a scam, we hear these scholarship deals online and you go there; well, normally we charge four thousand, but today we're charging two, this isn't like that.

And how did that money come about to pay everybody's way in this year, for the... there's a certain amount of people we can take, I'm sure you heard Don say, because of the hands-on support of a guide. Basically, we have a very low guide to member ratio, so there's just a certain number of scholarships available, because we don't want to diminish the end-users benefit, so you can have and do the things that Lori, Don and Davene have been able to do, which are you know completely different right.

Someone that was succeeding in network marketing and that wasn't her truth and someone who wasn't, it was and that's just phenomenal, this is a beautiful thing. So, this discovery that you have control over your thoughts and what Don of course is referring to is the law of dual thought, that we can attach any feeling that we want. Now, think about this for a second, this brilliance that she brought okay and you can't learn this intellectually getting the effect, is not about an intellectual understanding, it's about holding the thought and practicing the corresponding behavior over and over and over again; and to get help with that of a small tribe of eight to ten people that you'll be with and a guide who's been through it and trained, is the easiest way to win the battle more often than you lose it, I still lose it once in a while, okay.

So, you know Lori, your see, you know you're seeing, so this discovery for you, so one more thing I want to say about that is, think of any life form on the planet; mice, elephants, giraffes, alligators, they can only... they cannot take pleasure in sex or not sex. In other words, as human beings, a mice same thing, food and sex to procreate the species, they cannot take pleasure in abstinence, they don't have this gift that Don is talking about, that you can attach any feeling you want to any experience you're having; and once you can do that, you have control over this discovery, the discovery is one thing, that the only thing you have control over is your thoughts.

But, learning the seven laws of the mind and how to control them, not based on what you know, but on what your heart's desire is, was that a challenge for you Lori?

Lori: Absolutely, I think, just, you know of so much of what Don said, it was fun in the beginning and just to come to the realization of how intertwined our thoughts and our words and our feelings are and attaching that feeling, I was you know kind of in a in a negative place, when I started the course.

And what I remember most is Mark's favorite word of enthusiasm and I heard it in Don's voice, just that enthusiasm as she turned to Davene and talked about you know, that guy must have wanted to take the closer look and I still laugh at every time, it was one of my favorite words now too, but just all of that. And like as Don said, it wasn't something that happened overnight, it took time and it was recognizing and learning that's you know, when we don't feel good, that's a direct sign from the universe.

But I call God that you know, what are we thinking, you know if Don was feeling awful all the way to the market, then that's a sign to her that she's thinking negativity about what she just experienced with this driver that pulled out in front of her. So, you know when we're feeling good, that's also a sign that we're thinking good thoughts and you know, a big thing for me is... and when I heard a lot of people saying, but I heard Davene and Don saying was you know, we come to this course with ambition, we come to this as hard workers, for me I also came to it first as a victim and then, as a warrior I guess.

And I strive to be strong in a warrior for a long time and by the end of the class, I had gone from a warrior to a contributor and a manifested and a mastermind and I think that was the most significant change for me to see looking back now and to see those transitions, because so many of us do you have that victim mentality and coming out of it, realized and then I did have more control and that I could take responsibility.

I think responsibility is better word and just moving forward into that space, where like Davene talked about, like we don't do it alone and what Mark just said about you know, we don't get to the top alone; if we do, if we're going to fall and it's not going to last and to have the collaboration, the contribution to when we you know, I was still three or four years later, I'm still in contact with my guide and she still reminds me, when I say something that's out of character, that when it, when we fall back; like we don't we the four of us work, we're not perfect, like it didn't you know, it didn't just, all of a sudden, we got it we figured it out, we still need those reminders and I think that the community and the cut you know, the mastermind that keeps us going forward and the tools to be able to go back to as we still continue to navigate and manifest and go through, keep finding new dreams.

We didn't just have this one dream and now we reached it and we're done and I wanted to be vessel author, I think I did that, I still keep going within further and further and further and it's... and I the other thing that I'm reminded of too, is like so many times, like I've asked people; what are you dreaming of, what it, what is next, what are your goals and dreams for the next year; and sometimes you get that in the headlight book and we think, we don't know right.

So, many people say you know, I've said, I don't know what's next; well, the reality is we do, we're just pretending that we don't know and so that power of going within and learning the tools to be able to do that, which is course took in the course and the membership and the tribe taught us and continues to point us back to that.

It's like you do know, you do know what's in your heart, you do know what's in your gut, you do know what's in your soul, you do know your purpose, you do know what you were meant to do; and this course is going to give you the tools to discover that and just a dig so deep that you'll come out of it knowing and knowing every seasoning you're and how to get there.

Mark: That's a beautiful way to put it, because what you're really talking about is you know, the discovery, but the application, you know Lori did the work, Don to the work and we're going to get around to that in a couple of minutes folks, as we come in for a landing; probably in the next five or ten minutes, but you know on to you Davene, what the two girls are talking about is their version of and how they found it in their truth and in their soul to take your drumroll, please your favorite phrase, personal responsibility, you know to own that the circumstances right, right, to own the circumstances.

You know in the book, standing tall, here comes a shameless plug, talked about in the first Verity; what I talk about is that, you have to accept the fact that all the circumstances in your life, you created them. This is something to celebrate, because if they're created in the world within okay, thought everything, the interests of everything is thought, then you need to celebrate that you're creative and say oh, I need to learn how to create, just like Lori said some different thoughts.

If you want to do good things, think good things, if you want to do great things, think great thoughts all day long, because you can only hold one thought at a time, but it really begins according to Davene, who's one of the co-creators of this course actually, as I'd be I'd be the other one, but anyway she actually brought some original ideas, I just glommed a bunch of stuff together and it turned out right.

But personal responsibility, let's talk about that Dave and how that's a really a requirement, not only to succeed with this course, but to succeed period.

Davene: So, most people don't get over what I went through in my life, I had one of those Angela's Ashes Sybil type of child, but it was horrific and it was awful and in order for me to move on with my life and not become a drug

addict or a prostitute or most of what happens to people that experience that or I'm so, I can, you know I can be a dick, excuse me I can be a jerk, because of what happened to me, I have the right, because of how, what I was put through, but that's a bunch of bullshit, okay.

How can I take responsibility for what happened...?

Donna: don't go back Davene.

Davene: It sounds crazy, how can a three-year-old take responsibility for what happened, but if I don't do that, I can't move on okay. So, maybe you get to choose the life that you're going to live before you're born; we don't know, I'm not saying that's true, that isn't true, because I don't know, but maybe it is, maybe I said; okay, I want this soul to experience what that's like and how do you get over it and how do you take that experience and turn it into power, how do you turn it into honor, how do you turn it into love, compassion and service for other people, instead of sitting around feeling bad, okay.

So, maybe I had that experience, so that I would start this course with Mark and we would have the privilege and the opportunity of changing the lives of people who deserve something better; and Don, as you were talking, I was like; it's because you deserve it right and people don't know that and I didn't know that, so that's how I moved on from that okay.

I needed to have that experience and you know, what I'm grateful for it, I'm grateful, because I would not be the person that I am today, had that not happened right and I just want to tell you Don, you know what I used to say, where'd they get their license in a freaking crackerjack box, I used to do that stuff at sometimes, I still need you to get scared, you get scared, you get angry, but you choose, because after 90 seconds, if you're still angry, you're choosing to be angry, fact.

So, I love what you said, because driving around right, that's the time, I just love that and Wendy robe loved it too by the way. Young people on here, I just want to say Ellen, Darren, Tori, Kori, Wendy, thank you guys, Reginald, slut, Nellie; Oh Nellie, Lachman, hey Kristen thank you guys, Stephanie for being on here, we appreciate it.

Donna: You know, I want it, I just want to say one thing about the responsibility and a lot of times, I know I was this person; like you don't know my story, you know I would say that, you don't know what happened to me and so I would make it about me, which is my ego; and really, no, I don't know your story and you don't know mine, but it really is irrelevant, because we get to create the ending.

And so, you can stay stuck in that or you can just take responsibility knowing that everything you've chosen up to this point; good, better and different, you were part of the choice, but assume the power behind that, knowing well at that moment you say yes, it's me, now you get to create anything you want, anything at all, it's all up to you; and this course helps you realize that power

Mark: Yeah and I think what's really important in Lori's message is the same and we'll go for some staccato answers here, so people get it, because they're here in the glory and about this great thing, but what you know, it's really, if you look at Lori's book and within the cause that she's carrying, is instead of it being a burden, it's a time of transformation, it's a time that its equated to clean slate and you're all done having kids and worrying about them; we had too many, you didn't have enough or a way that's done okay.

So, what do you want to be and this is, what we're really talking about is transformation, so we've talked a lot about the glory and you've seen what happened with these women, what I hope you're sensing is; they each have a personal sense of fulfillment, staccato answers here, Lori course easy or hard?

Lori: Both.

Mark: Don easy or hard?

Donna: Easy to do and easy not to do.

Mark: Dave?

Davene: Simple, but hard to do.

Mark: Okay, the price of the course okay, is a daily dedication of about an hour or so a day, depending how fast you read and we actually give you again, give okay, that's not you to get in and here all these little upsells. By the way, if you're hearing this podcast after the 30th of September, get on our list anyway at [masterkeyexperience.com](http://masterkeyexperience.com) and we'll feed you some good stuff all year and run a couple of separate little webcasts to keep you plugged in, but there's a limit and now is the time.

Basically, what we have is the price you had to pay this hour or so a day, worth it or not Lori?

Lori: Worth it.

Mark: Donna?

Donna: Well, the price of regret, this biggest price ever. Yeah and so for me, if I wouldn't have done it, I would be living with regret and you can't put a price tag on that. So, am I worth an hour a day, heck yeah?

Mark: Yeah, yeah, the big buy in is the world within creates the world without, the ancestors, everything is thought; this is not mark, I've just quoted two of the greatest people on the planet, Hammerson the Buddha and Jesus Christ said according to your faith be it unto you, which means whatever you believe, it's not what you say, you believe, it's not what you tell other people, you believe, it's not what you'd like to think that you think you believe, but the circumstances in your life, the relationships you have with people, places, money and things is a perfect reflection of the world within.

Is that worth an hour a day of your time for six months, Dave?

Davene: I don't, I'm not even going to dignify that with an answer.

Mark: Come on.

Davene: Am I worth an hour today, is my life forth an hour a day?

Mark: Right, yeah.

Davene: I'll quote Joseph Campbell, just get it done.

Mark: Just get it done. So, it's right?

Davene: Yeah, do it, do it now.

Mark: One of the things that happens for people and again just the staccato thing, your pithy little answers are great. Is that most people are struggle to think about where they're going to find the time true or false, about four five six seven weeks in, you start finding that you've unconsciously stop wasting time and not only do you have the hour, you have more time to do other things too, true or false Dave?

Davene: Absolutely true, it is more than enough time.

Mark: Absolutely true, Don?

Donna: Well, there's no doubt about it, that time is never; that's never, it's an excuse, it's never a reason and that's because we create all these distractions in our life, that take us away from what our true purpose is and we fill our lives with that white noise and we use that as an excuse for not having time, that's a lie.

I mean I have eight children and I was working you know full-time and volunteering and doing all sorts of other things and you know and if so, if you're in front of Netflix and television and games and whatever else you fill your life with, then that you're just lying to yourself and I guess you know, if you want to pay for your excuses, you're the only one that's going to buy them, because I'm not going to pay for that.

Mark: There's a, it's just beautifully dude...

Davene: I want to say your quote mark, if you don't have the time to do it right, when are you going to have the time to do it over.

Mark: Yeah, to be, what you're hearing from the three women that had some type of yearning or a discontentment and by the way, I think what's really interesting about Don that didn't come up today, so I'll bring it up; is that Lori's husband get in it, said let's do this and like she said; she came kicking and screaming, Don came in running in okay, because of a previous experience we had in another course together and some of her children were telling her, don't do that it's blasphemy, you can't do that.

So, it doesn't matter how you get here really, what happens is they answered the call, that something special is in them and something special can be manifested by them, this is about shifting your values a little bit, but we're not going to tell you what they should be; this is the greatest adventure on the planet, is to be able to meet who you really are, it's just unbelievable, it's incredible to meet this person and to be able to shape a new reality.

You are the author of the next chapters of your life, you're the architect of the ideal life that you want, you are the creator of these things and when you deal with a mastermind and you learn how to shed the conditioning you've had and find out who you really are, it's going to blow, it's going to blow you away.

Davene: So, much fun to find a goal.

Donna: And the only person you're cheating, is yourself.

Mark: Yes.

Donna: On a daily basis, it's like nobody else is going to know, but you're going to know.

Mark: Yeah, yeah.

Lori: [crosstalk 47:56] yourself want me to do, you know like that future is always you know depending on what I'm doing now and I don't always feel like you know, you feelings lie right; so some days like yeah, the hour is tough, but like what would my future, it's all depend on what am going to do...

Davene: I love that, that is procrastination, not doing what the right thing is for you to do, is you're pooping on your tomorrow self.

Mark: Yeah and you'll learn in the course, the science is evident, when they ask people to think of themselves; certain parts of their mind lit up, when they asked him to think of a total stranger, different parts of their brain lit up and when they ask people to think of their future self, three or four years down the road; the same lighting went on in the brain as a stranger, you've got to, get to know and develop this beautiful relationship.

And so, my big takeaways here, with your future self, that kills procrastination as you author and construct the ideal life for you, based on your truth, not mommy, not daddy, not the schools, not that they were good or bad, but who are you right out of Alice in Wonderland, always like they ask people the Alice in Wonderland question; you know, which road should I take mark ,which company; well, where are you going, well I don't know.

Then it doesn't matter what road you're on, just keep painting by the numbers, you know the Cheshire Cat said it all. So, just some big takeaways from Davie and of course personal responsibility, she said I'm not even going to justify answering whether or not it's worth an hour a day. From Don, we hear that we're not living, reminded me of Ben Franklin, who said most people are dead at 25, they just don't get buried until they're 75 and Lori our best-selling author here, three amazing women, so grateful you guys were here today; what's she saying is, it doesn't matter what you're in or how are you feeling, you can come back strong, it's in her book.

She's helping more than half the population in America and if guys weren't so dumb okay or how about this boys, we're so dumb, they'd read it to experience what their significant other is going through and support them and that you know, but since you have control over your mind honey, forget about that just get it over with okay.

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