

aking The Scientific Approach Towards Happiness With Rob Mack

Our greatest successes in life are often found in helping others succeed

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Hi welcome to Light Masters So today on the show we have Rob Mack and Rob is a happiness coach He's absolutely phenomenal Um I am just honored to have you here today because everything that you teach and everything that I've heard you say uh to to you know to me and to your clients and I mean you're just you're really really exceptional So thank you I am No I appreciate you saying that I appreciate you saying that I fully receive that And um I would say that most of my life I didn't feel that way though most of my life you feel very exceptional or very extraordinary I want to know um on that topic exactly is like how did you you said that I mean we're just gonna go right into it But yeah so you got started I mean you started off on a really uh down how you got involved with becoming a happiness coach Like ok I'm glad that you said it because I just uh yeah it's hard to you know bring the topic up But yeah so like tell me about that if you're willing to talk about that and then it was the worst thing that ever happened that turn into the best thing that ever happened How old were you I I remember being deeply miserable and unhappy since as long as I've been living I mean honestly since probably I feel like birth but I can remember clearly at six or seven feeling like life sucks But where does that come from Does it come from your upbringing Does it come from your environment or is it just Yeah I mean I think I'm an empath I think you're an empath You pick up the energy of the folks around you when they're very stressed and anxious and sad and you pick it up from the world you know can feel it Um So it was that it was largely that did you have a really tough upbringing I did Yeah my parents were phenomenal I had a phenomenal family but there was lots of stress and lots of conflict and you know and lots of um was I was really determined and destined to be successful and committed to being and doing things right Perfectly In fact which which sometimes when they say you strive for perfection it can actually you know it it's it's not always

healthy to always drive for perfection that no one's ever perfect Right So you're always gonna be disappointed first of all that's exactly right Because nothing can live up to the expectation that you've placed on yourself or you've placed on that thing Wow Ok So you had so you had kind of an interesting um upbringing where where did you say that you were from Little Washington outside of Pittsburgh Very small little cow town Wow And so like what was it like for you in your life You're six or seven year old You're trying to be perfect You're very you know you just don't see the glass half full I mean what is that like for a kid Like and then how did it progress Yeah Um so it was mostly me crying about something probably trying to hide the tears And um it was mostly me also just trying to hide myself I was I loved my own alone Like I love being alone because as much as I maybe I was stuck with my own thoughts it was better than being surrounded by people who I felt were always putting me on the spot to be or do something I didn't like being social I wasn't good at being social I don't think I really even spoke too many words until I was like 13 I remember going to church and other people would ask my mom hey does does he not speak And she said oh he'll speak when he's when he's ready He's he's probably just observing you or whatever But I didn't um socialize at all And these thoughts that were mostly and largely unconscious for me at six or seven you know you're not that aware of your self talk over time just got worse And then it wasn't just about the stress and anxiety that surrounded me And that was sort of that I felt on the inside It was also this existential angst that began to develop where I looked at life as a whole and I was always very good at playing things out to the end Like so um and I would say OK if I accomplish X or Y or Z then what happens Oh wait then I've got to do this you know climb this other mountain this other mountain Then what happens Oh well death happens And I was just oh wow no matter what I accomplish on this planet or a choir no matter what I do I will die and everyone I love will also die And that is really really morbid for such a young person too Wow So that's how you sort of saw the world and just really oh my gosh this is this is what makes you amazing today how you can relate to all your all of your clients and what's what's brought you you have been through so much that you're so relatable But um so what was it like during that time that like what was it like days before you were about to take your life Um it was no different than any other day Not really I was like this sucks And I hate my job and I did I thought about writing a suicide note I contemplated that a couple of times and then I just discovered I didn't know what to say What do you say And I

had tried to have this conversation in like bite size pieces with people I cared about very much my family and they were always great but there was no way they could understand unless you've been there You can't it's impossible to you know and they would say I just don't think that way And I was like but that's life Like I'm sitting here right now with you My 16 7 year old self would have said my gosh this beautiful woman I maybe if I even if I just met you she could be gone in five seconds She could be gone in five days or five years but in any case she's gonna be gone Yeah You don't know Wow So yeah just so the days before nothing different Really Um and I can't say that I was 100% committed Obviously obviously if I was I would not be here today Right But um I just started thinking and researching ways to do it That's where my mind was at Oh I could take pills I could shoot myself You know you start going down this rabbit hole of things that you could do I didn't want to experience a whole lot of pain I didn't want it to be that messy I didn't wanna like the whole thing But then you also realize you only have access to certain tools and things So yeah it's interesting because in my life I've had um I know three people that have committed suicide and one that attempted it and two of them were related to me So I understand and I and I I don't understand but I I've been through it too So but this is what makes you so relatable as a coach is that you have been through all of that and that uh right now suicide you know is at an all time high So I'm sure that you can um really relate to your clients And then I mean how on earth did that change from that to becoming a happiness coach Like let's talk about that It's wild actually And that's why I really do believe all of life is just this perfect perfectly woven tapestry Um You know and so what happened with me is as I dug the steak knife in my wrist Yeah I I just was because it was a pain thing You know you want to see how painful it's going to be And um I felt more peaceful and blissful than I'd ever felt before in my whole life for no good reason There's a knife in my arm Well I cannot I I just I can't really relate to that Ok Yeah So I had this experience and I'm like wow that's really interesting I'm not I'm feeling nothing objectively has changed I had a good job I had a good family I was healthy I didn't have any real complaints which actually made the depression a lot worse in some ways because I felt guilty for not being more grateful Right So it's very complicated Yeah Um but then I thought when I had this experience of like peace I thought I can postpone this for a day or at least an hour I should like maybe just do a little bit of searching And so I did I just started searching and researching a little bit and seeing what was going on within me And I discovered that what was going

on within me was a perfect microcosm for what was going on in the world at large Like I was experiencing objectively good circumstances and a good life but subjectively I felt like crap Also in the world since 1950 there's been an increasing amount of suicides and depression We've got 10 times the level of bipolar depression You know we've got more uh access to uh disorders Um we've got more stress more anxiety we've got more drug use in lots of ways and it all points back to the same thing This is all despite all the technological advances the improvement in health the improvement in quality of life longer lives I mean all this objective stuff is improving but subjectively we're feeling worse for it So we are actually much happier in 1950 than we are today I mean I see it every day too I mean it's it's apparent now too And they're also saying that you know drugs with with all four cases that I've been aware of they've all been on pain They started off with on on prescription drugs and blah blah blah that's a whole other topic But what I love about you and what you so bring to this world and to your clients the people that you heal is that you have this experience and because you come from that you can really really help people through the toughest and most difficult times of their life And um even for somebody like me I've not committed or or thought about you know contemplating suicide But I have my I've had my moments where I was thinking you know it might have been a brief thought because life is tough and life is hard and and I I you know went through really difficult a really difficult time recently And um so when I heard you talk about you being a happiness coach and the the the in your inspiration pod that I heard you record already I mean you have so much amazing incredible knowledge that um I've never heard anybody eloquently say it the way that that you have and everybody can relate to what you do and how you help people and um what I wanna know is like tell me yes it's true Thank you Oh you're welcome Um So thank you for being on this planet and also tell me about a uh a success story of one of your clients like I want to know Um It's a great question Um So man I mean yeah well yeah and um and I say that no in a way that um gives credit to me because at my best what I do best at my best is get out of the way right I get out of the way Ok Um So um you know I've got there's one particular client I remember um great kid he's probably 17 or 18 and you work with a lot of teens Um Some yeah you could say that Yeah I definitely work with some teens um and usually their parents call and the kids don't really you know so that's how it goes Um And so it was a lot of like negotiation that goes on But in any case uh yes And so this kid 17 18 great kid you know and he had uh

he grew up um really really fortunate and his parents had worked very very hard to get them to a place where they could he wouldn't have to worry about basic needs He wouldn't have to worry about money really You know and they they kill themselves and you know and uh in doing that So anyway this kid is a great kid But um you know he lied a lot lot of drug use you know not particularly happy And um my work was basically to live with him I live with this kid you know and I live with his family was not not painful It was a beautiful house and a beautiful place I moved in to help and I don't want to do this Yeah Yeah That's awesome Yeah Oh my gosh It was a 24 hour a day thing So I moved in with him and uh you know and the challenges of course is that the things that you and I could talk about I couldn't necessarily talk to this kid about It couldn't say hey this is why you should be happy and this is why you should not lie And this is it's not he doesn't register Yeah So this is why I say at my best I get out of the way My job in a situation like that is simply to offer him the one thing that he's not able to access for himself which essentially at the end of the day for all of this is really just unconditional love You know and his parents parents thought that they were giving him and they were right And and and they and they very much were he wasn't giving that to himself or allowing himself to access that right And and his parents and like all of us they're busy they got their own lives and they have things going on They're trying to you know support and provide for the family And so my job the way I see it with all my clients is to just provide a space of unconditional love and regard so that they can hear their own wisdom and so they can come up with their own answers and so they can realize their own power And I often in the beginning of my practice I was doing a great disservice to clients because I was giving them all this information and all this stuff that I had learned over the years And I realized that in lots of ways that was a disservice because I was encouraging them and training them to lean on me and depend on me for their happiness That's Yeah Yeah So um yeah so the most transformative element in any therapy or coaching practice scientifically is unconditional regard you know So all therapist the therapies all coaching uh approaches pretty much work equally well And uh the only matter that the only element that truly matters is how unconditionally loving or how much unconditional regard the therapist or coach can embody Right and have them come up with the answers so that it's unconditional from their side to side Exactly Exactly So they can offer that to themselves this particular kid That's all I focused on Even though we talked about things every now and how you live with his family Like three

months Wow that's that's a long it was it was long for me because I like my loan You probably learned a lot though too I did Absolutely And so end of story um I just I do my best to let go of results the results up to me I just focus on the process you know maybe the kid turned up better maybe he didn't but I gave it everything I had And uh I promise you like probably a month or two after um his parents wrote to me and said Rob my our son is completely transformed at a soul level I love that Yeah And I that was and for me I'm like it was humbling and I don't say that no it was truly because I didn't I didn't do anything You know what I mean I I genuinely didn't do anything So you're one of the most humble people I've ever met and you you do change people you affect people when you walk into a room Rob you're like you really are one of those people And um but one of the things too that I love is that everything is scientifically based You've spent many years studying uh what happiness is and the science behind it too So when you speak I love knowing that it's not only just coming from what you've learned but it's also scientifically based Yeah these are not guesses I have no guesses I offer people no guesses People have enough guesses of their own Everything that I offer And that's something I made a commitment to everything I offer people is something that I have lived myself If I haven't lived myself I do not offer it up as a suggestion or recommendation or advice I don't because II I received too much of that in my life Everybody was telling me to do Xy or Z and so many of them were wrong and so many of them hadn't lived it and then I would try it and I'd fail and I'd be the guinea pig So I do not do that I did not offer Guess is everything that I offer people is tried and true based on science Often thousands of studies and my personal um experience on top of that there are no guesses here at all Very interesting So I know that we live in a very different society even as we did like 10 years ago or even five years ago And it's you know it's catapulting quite quickly into it's changing every day very quickly But I noticed that you know there's a lot of people including myself I have my moments where you know they're unhappy they have their moments What is the one thing do you think Um that causes unhappiness in a human in a person There's only one thing and it's a great great question Uh It's an over analytical mind It's a mind that cannot stop thinking It is the only source of unhappiness in the entire planet I just need to take a deep breath Oh yeah there is there is nothing more than that Now look that doesn't mean we don't experience physical pain physical pain is different Talking about mental psychological emotional and spiritual suffering and fear is just a thought It's just a thought The worst thing

that can happen to you in life or on your deathbed is a belief It's just a thought you know do we know that death is bad Not at all In fact most spirits will tell you it's the greatest moment of your life It's graduation It's pure bliss So we've got these beliefs and these ideas about life about the condition about the circumstance and those ideas and beliefs lead us to feel a certain way That's it It's just a belief and that so that unhappiness to a large extent is an illusion It's not that you're not experiencing it but the same way that you have a dream and in that dream you imagine you're suffering ok Because you don't have enough food or somebody's mistreating you And then you wake up in the morning and you're like oh no And then you realize it was a dream and you feel instantly better Same thing that happens with our thoughts all the time all the time Why is it at night too That uh people's why is it at night where everything just seems so like uh just everything is so tense at night and then you wake up in the morning and you're like you just don't feel quite as it's awareness because during the day you're distracted and entertained with so many different things and people that it's drowning out the noise it's kind of like have you ever been in a barber shop or a salon Maybe the old school ones they'd have a fan blowing but it was so much so loud People were talking and stuff like you just felt kind of anxious but not that anxious But you don't know why Yeah I don't know why Maybe if you were the last person out the door and everyone that was real quiet you heard that fan It was so super loud Like why is that fan blaring or the radio blaring with that Wow Very very very interesting Well listen I have I have a million more questions I wanna ask you But I do uh you have to hear Rob's Inspiration Pod because I've never heard any I really have never heard anything like that before You have it just just so perfectly said in a in a short period of time and so much knowledge so much wisdom and uh thank you so much for sharing it So if you love Rob as much as we do make sure that you check out his inspiration pod I promise you you're gonna want to listen to it again and again you have just listened to another inspiring episode of Life Masters with Tanya Meme to access the show notes for this episode or to listen to more shows simply visit [www dot Tanya meme dot com](http://www.dot.Tanya.meme.com) Master your own life and be inspired to help others to succeed Join us again next time here on Life Masters